



Reflect, Release, Replace

This tool helps you shift vibration and get into a more positive mindset.

REFLECT: If you are feeling frustrated, angry, overwhelmed etc. It is important to embrace how you are feeling and where you are currently, without judgement, BEFORE you can move forward. **EXAMPLE:** *"I have had a really frustrating day. I feel cranky and no fun to be around" or "my life is not turning out the way I planned it."*

Give yourself permission to feel this way for a moment, validate that it's OK to feel that way temporarily. When you're ready to move out of this space:

RELEASE: *"I release this cranky, frustrated, no fun feeling and energy" Or "I release feeling like I failed."*

REPLACE: *"I am replacing the cranky, frustrated energy, with joy and lightheartedness." Or, "I am replacing feeling like I have failed, with self-love, patience and an open mind."*

Then, look for ways to raise your vibration; focus on all the good things you have or do an act of kindness.

Note, how do you feel?