

unlock your *hidden* power

Dissolve the obstacles in your path and bring success TO YOU!

Rémy Chausse



How to Raise Your Vibration

It's easy to tell ourselves to have a better attitude toward life, or to just get over it ... or to think positive. And maybe we can find little moments of happiness here and there. But sometimes we're in a challenge that's just gnawing at us. And before we know it, negative ego-thinking is running the show.

While negative thinking doesn't draw in success, a quick shift in vibration CAN put us back on the right track for drawing in the positive successes that we'd like to experience.

3 Takeaways

- When you connect with nature ask, "What do I see, what do I hear, what do I smell, what can I touch, what can I taste?"
- Toxicity (in our bodies, our environment, or our spirit) impacts our ability to connect with our Inner Being.
- It's our unwillingness to let go of negative thoughts that blocks our prosperity

Assignment:

1. Take a few minutes to do each activity in today's episode
2. Identify which one raised your vibration *the most*
3. Google "how to raise my vibration" for more ideas
4. Create a "raise my vibration" idea list

Biggest Mistake to Avoid

Trying to solve the *challenge itself*. There's probably a core value that's been invalidated, and it's trying to bubble up to the surface so you can honor it again.



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at 10am PST

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