

Vibetracker.com

Raise Your Vibration

Masterclass

8 Weeks to Higher Vibration

Over the past 14 days, we have discussed many tools to raise your vibration.

You're probably thinking...

Where do I start?

That's what this PDF answers. I'll show you how I would approach it if I wanted to raise my vibration again.

If I feel things aren't going well, I go through the checklist of all the tools I can implement.

Most likely, there are a few things I haven't been applying in my daily life at that moment.

Tools Checklist

Journaling

- Vibe checkpoint
- Energy journal
- Regular journal

Food

- Eat enough vegetables/fruits
- As much organic/whole foods as possible
- Healthy fats
- Stay well hydrated (electrolytes)
- Bless your food
- Filter your water
- Avoid eating 3 hours before bed

Sleep

- Fixed routine/sleep schedule
- No blue light 2 hours before sleep
- Dark room
- Cool room
- Turn off the router
- Fresh air during the day

Movement

- Do explosive workouts 2-3 times a week
- Do light exercises 3-4 times a week

Energy

- Consume positive content
- Surround yourself with high-vibe people
- Make your environment high-vibe
- Do things you enjoy

Flow State & Mindset

- Start with small tasks first
- Complete flow state tasks within 20-30 min
- Speak positively to yourself
- Put affirmations on your phone
- Hang affirmations around your home

Cold Water

- Take a cold shower (at least 2 minutes)

Meditation & Gratitude

- Meditate for at least 5 minutes in the morning
- Practice gratitude

Week 1

Start with journaling and determine your vibe setpoint. Write daily about how you feel. Use these questions:

1. How do you feel?
2. What did you learn?
3. What were your wins?
4. What was difficult during the day?
5. What did you do?

Write your energy journal. Identify everything you do and classify it into these categories:

- (-) Only drains energy
- (+/-) Takes energy but also gives some back (balanced)
- (+) Gives energy
- (++) Makes you super excited

Discover yourself. If all you do this week is determine where you stand, that's perfectly fine. If you want to do more, start optimizing your sleep.

Go to bed at a fixed time between **9:30 PM - 11:00 PM** and wake up between **6:00 AM - 7:00 AM**.

Week 2

This week, optimize your sleep further. Implement all necessary steps for the best sleep environment (turn off the router, cool room, fresh air, etc.).

Keep journaling. Everything you add in the following weeks is **in addition to**, not instead of, what you've already done.

Try working in a **flow state** for the first few days. This is especially useful if you work for yourself—getting a lot done feels great.

If you don't work, start with light exercises like **yoga or tai chi**.

Week 3

If you haven't started exercising yet, begin with **3 days of light exercises** this week.

Create the foundation for your **optimal morning routine**:

- Meditate for 5 minutes in the morning
- Do some movement afterward
- Make a healthy breakfast

Start eliminating the first **energy-draining** habits from your energy journal.

Week 4

This week, in addition to a healthy breakfast, also prepare a healthy **dinner** for yourself.

Bless every meal you eat, even if it's not optimal nutrition.

Take at least **3 cold showers** this week, preferably in the morning—**after exercise and before your healthy breakfast**.

Week 5

Do a **more intense workout** twice a week, alongside the light yoga exercises you've been doing.

Write down **10 affirmations** and place them around your home. Install an affirmation app on your phone (like "I Am") and set daily reminders.

Week 6

Let go of **connections that don't help you grow**. This is the hardest week of all, but understand that some people won't be able to keep up with your high vibration.

Make your environment **high vibe**. Buy something for yourself that constantly reminds you of your journey—a bracelet, a beautiful crystal, or something else meaningful.

You'll need **support** this week—from yourself and from like-minded people.

Week 7

Filter your water. By now, you feel so good that you want to **optimize** even further. A **high-quality water filter** is a great investment—you deserve it.

Make sure you **hydrate properly** and get enough **electrolytes**.

Treat yourself to a **spa treatment** or something else that **boosts your body and mind**.

Week 8

Look in the mirror in the morning and **speak positively** to yourself.

Add a **second meditation** before bed.

Practice **gratitude** for everything you have, knowing that even more **abundance** is coming your way.