

Vibetracker.com

Raise Your Vibration

Masterclass

Video 3: What is your Vibration Setpoint?

Now that we've covered the welcome message and you understand what happens once you integrate this masterclass's teachings into your life, it's important to determine your vibration set point.

You'll do this by journaling in great detail about how you feel at this very moment.

As you'll come to understand later, writing down your thoughts and feelings is incredibly helpful for discovering more about yourself.

Write down how you feel about your body and how comfortable you are in your own skin.

Write about your thoughts regarding your focus and your spiritual body, and your mindset in general.

Write down how you feel about your sleep and your emotions. Jot it all down, one topic after another.

And of course, be completely honest—no one else will read this, so you can be fully truthful with yourself.

Write about how you feel, not just what's happening. Focus on your emotions. Write down what's going well in your life and what could be better.

How is your energy throughout the day?

How do you feel after eating a meal?

Do you have the focus, inspiration, and motivation to do what you want to do?

Write all these things down in as much detail as possible, and organize them into categories like sleep, energy, focus, motivation, body, spirituality, and emotions.

Later in this masterclass, I'll share a dedicated video on journaling, but for now, try writing this for yourself before diving into any other parts of the program.