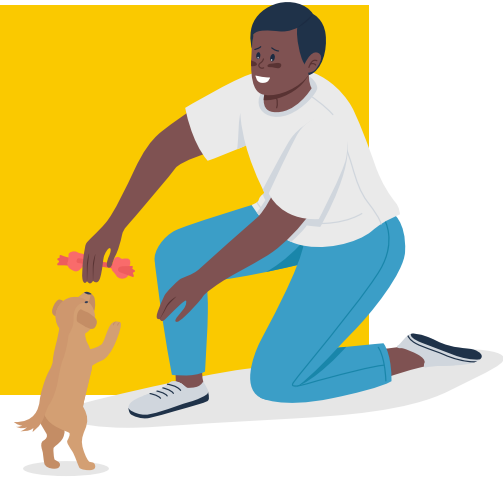


How to Raise Your Vibrational Frequency

The best way to raise your vibrational frequency is to choose activities that make you feel lighter. Being in nature, playing with your dog, exercising, and expressing gratitude are all examples. Little by little, you'll move up in vibrational frequency.



7 steps to raise your frequency

1. Set the right expectations.

Jumping straight from shame to joy isn't a realistic path, and it won't feel authentic.

2. Do high vibrational activities

like exercise, meditation, journaling, and being in nature.

3. Be around high vibrational

people. The people you're around are highly influential to your mood and state of being.

4. Practice gratitude. Start practicing daily to build your gratitude muscle.

5. Help others. When you're not sure how to move yourself into a higher vibrational state, it always pays to think about what you can do for others.

6. Make time to play. Figure out what your inner child wants and make more time for playful activities.

7. Understand that progress isn't linear. You'll still have good and bad days.