

RAISE YOUR *vibration!*

101 WAYS TO CREATE MORE JOY IN
YOUR LIFE TODAY!



*live your best
life!*

What does 'raise your vibration' mean?

Everything in the universe is made up of molecules vibrating at different speeds. Some molecules vibrate faster than others (resulting in a range of high vibrations and low vibrations). But *everything* is energy.

This includes all the objects you see in front of you, the chair you're sitting on, your food, emotions, thoughts, and *even you*. Yes, *you are made of energy and are vibrating at a particular frequency*.



And we are all vibrating at different frequencies. When you're vibrating at a higher level, you feel lighter, happier, and more at ease. When you're vibrating at lower vibrations you feel heavy, dark, and confused.

Raising your vibration simply means that you're changing the rate at which your energy vibrates. In other words, you are in control of the vibrations you're emitting. And learning to raise your vibration gives you the power to create positivity, light and love in your life.

And lucky you! **I have gathered 101 things you can do to alter your vibration and start living the life you deserve.** A life you absolutely love! *Start today and utilize the incredible power of your frequency to start manifesting all that you desire in life.*

So, let's get into this.

BE SURE TO FOLLOW:



1. START A GRATITUDE JOURNAL

As soon as you wake up in the morning, write down 5 things you're grateful for. *(The sun coming up on yet another glorious day, the person lying next to you that loves you even before you brush your teeth in the morning, the beautiful rug you bought that makes you smile every time you look at it because it's just so darn pretty, your heart is still beating...you get the point.)*

At first, it may seem difficult to come up with 5 new things every day, but over time you'll start to realize how much of the small stuff we overlook, *but that is so precious in our lives.* **Need help getting started?** [Click here](#) for a step-by-step guide.

2. USE APPRECIATION TO RAISE YOUR VIBRATION

When you start to notice that something or someone is upsetting you, *I want you to think of 3 things that you like or appreciate about that person or thing.* It may seem darn near impossible when you're angry, *but you can do it.*

Just breathe your way through it and know that appreciating something is a powerful way to bring you into the present moment. *So, just know the anger is only an emotion, and it will pass.*

3. COLLECT INSPIRING QUOTES

Do a search on Google for quotes that will inspire and empower you, and then save them to a board in Pinterest. [Here's mine](#) if you need a place to start.

Or write them down in a journal, make a collage, *whatever makes your heart sing.* And then when you need a little pick me up, read through some of the ones you've collected. *There's sure to be some that will put a smile on that face!*

4. MAKE A LIST OF INSPIRING PEOPLE

We all have people in our lives, *whether it's someone we know personally or someone we wish we knew*, that have inspired us in some way. People we look up to, push us to be better, have the courage to do things we want to do.

Whatever it is, jot down their names and why they've earned a spot on your list.

5. THANK THE UNIVERSE FOR ITS ANGELS

Take a moment to remember moments when total strangers came to your rescue. It doesn't have to be a huge life-saving event. *Remember the small things.*

Even if a stranger smiled at you, said just the right thing at a moment when you needed it most, or helped you to your car when you were obviously in need of help.

Whatever it is, remember that moment and how it made you feel. *Write them down if you have time.* Remember that people are good, and sometimes the universe sends us an angel to help us out. *Take some time to honor that.*

6. WATCH SOMETHING FUNNY

Laughter really is the best medicine. You can find a five-minute clip on YouTube or settle in for a full-on movie marathon if you'd like. *Whatever you have time for.*

7. EAT A HEALTHY DIET

Eat nutrient-dense, high vibrational foods like vegetables, fruits, nuts, lean meats and whole grains.

Do you notice how you feel after you eat junk food, greasy foods, or even just heavy foods? *You feel sluggish.* Your body doesn't function as well as it does when you eat foods that are lighter and healthier for you. I have some [tasty recipes](#) here to get you started. Or check out my [Pinterest board](#) for more ideas.

The things we put into our bodies really do have a direct impact on our well-being and our mood.

8. UNPLUG FROM THE MATRIX

All electronic devices emit subtle, invisible electromagnetic frequencies (EMFs) that negatively impact our energy and health. To limit exposure, take frequent breaks.

Put them away for a while and do something people back in the Dark Ages used to do. Talk to someone in person, read an actual book, or play a board game.

Even though our devices keep us connected in the information age and have become essential in our daily lives, *we can always find time to take a break from them for short (or long) increments to improve our mental and physical health, as well as our vibration.*

9. GO FOR A WALK OUT IN NATURE

Get your blood flowing and step out into nature every once in a while. Go for a hike, or just a walk around the block. *Explore and really enjoy the moment.* Go alone or find someone to drag along with you.



10. GROUNDING

The Earth is negatively charged so walking barefoot (*also called earthing or grounding*) allows your body to absorb negative electrons through the Earth. This creates a balanced internal bioelectrical environment. Earthing can also reduce the electromagnetic charge within the body and protect from the harmful effects of EMF's.

So, take your shoes off and feel the grass in between your toes. Look up at the clouds, feel the sun on your face, listen to the birds, and smell the fresh air. *As an added bonus, you'll find loads of inspiration for your gratitude journal.*

11. SPEAK EMPOWERING AFFIRMATIONS

Affirmations are an excellent way to reprogram your subconscious. The power is in the repetition. *So, remind yourself how great you are throughout the day.* **Be sure to always use positive "I am" statements in the present tense with tons of feeling.** Then feel the gratitude of already having received that which you were affirming.

Examples: *"I am important. I am loved. I am beautiful. I am worthy of abundance in all areas of my life."*

12. AFFIRMATION JOURNAL

Take #11 a step further. Not only say them in your mind or out loud to the universe. But write them down in a journal. **Writing anything down is an added way to really cement that new thought into your subconscious.**

And I know, I know. You're going to end up with a bajillion journals next to your bed. *But that's ok.* It's all in the name of cultivating new habits. And a boat-load more joy in your life. So just do it!

13. LISTEN TO MUSIC

I don't care what it is, *just turn it on. And turn it up!* Music is so amazing. It can turn your mood around instantly.

It can also bring you down, so be careful what you choose to listen to. **Choose positive, happy music—whatever that is for you.** If it leaves you feeling good and puts a smile on your face, *have at it.*

So next time you're upset, blast your playlist to shake off that funk. More often than not, *you'll find that you've snapped out of that funk before the songs even over.*

14. SING

Tell Alexa to play your favorite tune, and sing while you're cooking dinner. Sing in the shower. Sing in the store when you hear that song come over the speaker system that you know all the words to. *You know you want to.* Don't worry about people staring at you. You do you!

I personally love driving for the mere fact that I can sing as loud as I want to every song on my playlist. The kids might not like it so much, *but it makes me happy.* My car, my rules.

Anyway, just sing! The vibration it causes in your body, the fun you have doing it, the way it puts a smile on your face. All great reasons you should do it.

15. DANCE AROUND LIKE NO ONE'S WATCHING

Again, it doesn't matter where you do it. You can go to a dance club. Take a class. Or you can dance around your living room like Beyonce. *Just don't knock over any lamps or throw your neck out from whipping your hair around.*

Even if you look ridiculous. *Who cares.* Just move that body! **Dancing loosens up your body, is a great form of exercise, and makes you feel good to boot!**

16. STRUT YOUR STUFF

Put some pep in that step. The next time you walk down the street, walk into a meeting, into a party, or leave the movies, I want you to strut. *I'm not kidding.* It'll make you feel amazing! You may make a few people giggle (*which will make their day*), but you'll also raise your own mood a smidgen. ***Because the act of strutting will boost your confidence level and in turn your vibration.***

Hey, John Travolta did it down the streets of New York to the Bee Gees! *Who doesn't want to strut when they hear "Staying Alive"?* I do, I do! But if the Bee Gees don't do it for you, how about Led Zeppelin? Every time I hear "The Immigrant Song," I feel my stride getting a little more badass-ish. Try it!

17. SUPERHERO STANCE

Channel your inner Thor, Wonder Woman or whoever you dreamed of being when you were itty bitty. Stand up tall, push that chest out, suck in that gut, and put your hands on your hips. Don't forget to imagine your cape flapping behind you in the breeze of your awesomeness!

You may not want to bust this one out at a party or in the middle of the supermarket. But if you do, *then I applaud you!* The superhero stance boosts your confidence and is amazing for your vibration. ***It makes you feel invincible like you could take on the world.***

18. YOUR WORLD IS A NO JUDGEMENT ZONE

Stop being so hard on yourself, and others. And stop taking yourself so seriously. We are too judgemental and need to lighten up.

When you give others the freedom to be themselves, *you'll also be giving yourself freedom to be you.* Let your freak flag fly! Be authentically you and it'll feel like a huge boulder has been lifted off your shoulders. You'll breath easier and stand taller. *I promise!*

19. BE SILLY

As grownups, we tend to take life too seriously. Here's your permission slip to have fun. Paint your face like a clown just because. Talk in an Australian accent for the day. Or do your best impression of Will Ferrell. *So get your silly willies out. And get your Goofy on!* 😜

20. BE A KID AGAIN

Find your inner child. Play on a playground, run in the rain and jump in all the puddles, pop in a movie from your childhood and lay on the floor like you used to as a kid.

There's nothing wrong with tapping into child-like behavior when it's productive...*and lots of fun!* Race to the front door, see who can eat the most disgusting flavored jelly bellies, have a hand stand contest. Kids love doing this stuff for a reason. *It makes them feel good!*

21. SEND A SILLY TEXT MESSAGE

I love writing nonsensical texts to people. Sometimes I'll just text a bunch of random emojis. It may be confusing for them, *but it's always fun for me!* So, have fun with your friends and family. Text them a hilarious video clip or a meme.

22. EXPRESS THANKS AND MEAN IT

All too often we say "thank you" as if it's a reflex response to a sneeze. We don't take the time to stop, and even for just a millisecond, actually appreciate the things another does for us. *If we let them become empty words, we're missing the whole point.*

The idea is to feel gratitude in our hearts for the things others do for us. If someone opens a door for you, gives you a compliment, or cooks you a meal, *truly thank them.* It's a small thing, but it can really make another person's day. Which will improve your vibration.

23. BLESS EVERYONE YOU MEET

Every time you meet or interact with someone silently say a small blessing for them. For instance, the next time you're at the supermarket bless the cashier. Just say to yourself, "I bless you with love, peace and prosperity." It's as simple as that. It'll raise your mood, and you just did a self-less act for another. *You also just raised the vibration of the planet for being such a good samaritan!*

24. CHOOSE LOVE

You get what you give. So, practice showing more love and kindness. To everyone, *not just those in your social circle.* Instead of gossiping about so-and-so's wife, making fun of the guy who had the courage to get up and sing karaoke in front of a room full of people, or talking down to those that have less than you, *choose loving thoughts over criticism or judgement.*

If someone fails to do what you think is the right thing or hurts your feelings (*either knowingly or unknowingly*), show them compassion. **If you want love, you have to be love first.** Acts of love are guaranteed to raise your vibration!

25. CHOOSE PEACE OVER BEING RIGHT

We all tend to want validation from others or to win the argument. *But at what cost?* When you catch yourself feeling frustrated, backed into a corner, or can't seem to find common ground with someone, repeat to yourself *"I choose love. I choose peace."*

This one can be difficult depending on the circumstances. But when you mentally step out of the situation to say these words to yourself, you ease the tension within yourself. *And then watch as the argument melts away.* They'll either walk away or you will because you're no longer adding fuel to the fire.

26. FORGIVE OTHERS

I can't say enough about the power of forgiveness. *It truly sets you free.* And learning to forgive is very important if you want to vibrate at the highest level possible. When you're holding onto the pain someone else caused you (*consciously or unconsciously*), you suffer in the low vibrating emotions of shame, guilt, anger, apathy, and hate. And when we're tied to the pain of hurtful events from our past, we're only holding ourselves prisoner.

Pain tends to grow in our mind like a weed. *And weeds grow very fast.* Before you know it, that painful event that happened to you a decade ago is still wreaking havoc in the life you're creating right now. **Try to accept the past for what it is, learn from it, and move on.**

For more information on how to forgive someone in your life, check out these two posts.

[How to Forgive: Your Guide to Freedom](#)

[3 Reasons to Forgive Someone Today](#)

27. NOW FORGIVE YOURSELF

Ok, so once you've forgiven everyone else, it's time to forgive yourself.

We've all done things we wish we hadn't. Said things we wish we could take back. *And that's ok.*

We're meant to learn in this lifetime. Everything you've been through in your life has taught you something. And you're better for having had the lesson. None of us are meant to be perfect. Life is a journey. And maybe your journey included not being the best friend or big sister, getting fired from a job, an addiction, or a divorce. *It doesn't matter.*

Whatever your story is. Whatever you've done. If you can learn from the lesson, *and forgive yourself*, then in the eyes of the universe you are free. So, stop beating yourself up over your mistakes. We're all learning. ***Just be better than you were yesterday!***

28. PRACTICE GENEROSITY

In regards to abundance and money, they like to flow like the tide. *They're always moving in and out.* ***So, give when you can, and you will receive.***

It doesn't have to be money though. It can be anything you can give to another. ***Be generous with your time, your kind words, or anything that's being asked of you in the moment.*** *And don't expect anything in return.*

That's the key to a generous heart. Don't do it for a thank you, reciprocal act, or even acknowledgment. Do it because it feels good to do something nice for someone else. *Aw, it feels good to be good, doesn't it?*

29 MEDITATION

This may be the most powerful vibration raising practice of all. Meditation is an ancient practice that humanity has used for thousands of years to serve so many purposes. It increases mental clarity and function, improves mood, helps with many mental and physical conditions like ADHD, high blood pressure, insomnia, depression, social anxiety, addictions, pain, and even weight loss. *Phew!* That was a mouthful.

But that doesn't even scratch the surface of the benefits to cultivating a meditation practice. *There are many forms of meditation and selecting the right one is a very personal one.* Some work better than others for each individual. If you're new to meditation and would like to know how to begin, check out my article on [Meditation for Beginners](#).

30. PRACTICE BREATHWORK

Breathwork refers to any type of exercise that uses breathing to improve mental, physical, emotional or spiritual health. *Did you know that most people don't even breathe correctly?* Most people breathe in through their chest and take in quick, shallow breaths. *No wonder so many people have panic attacks and feel anxious most of the time.*

Proper slow, deep breaths through the diaphragm allow for better blood circulation, intake of more oxygen to your cells, and produces a calming effect that steadies your heart rate. Breathing also, if the right technique is practiced, can make you feel invigorated and full of energy. Check out my [Pinterest board](#) for plenty of videos and articles to get you started.

Not only is breathwork great for your meditation, yoga practices, and physical health, but can also be a tremendous form of therapy. Here's a [great video](#) to help you get started.

31. TREAT YOURSELF

If you've ever seen *Parks and Rec*, you'll know what I'm talking about. But for those that have no clue, Donna and Tom are two characters on the show that created a magical holiday named "Treat Yo Self!" that they celebrate every year. It's an amazing, *not to mention entertaining*, method of self-care. They buy a ton of luxury items like watches, purses, diamond jewelry, and treat themselves with massages, meals at an expensive restaurant, and designer clothes. *And it's the best day of the year!*

Ok, so that's tv. You may have to dial it down a little. **But you deserve some love!** So, get your nails done, get a massage, pretty things for your home, or buy that gorgeous date-night dress you've been eyeing. **It doesn't have to cost a fortune, though. Just do something for yourself. Treat yo' self!**

32. TRY SOMETHING NEW

Take an art class, learn how to play an instrument, or learn a new language. Jump out of a plane or learn to fly a plane. **Just find something that gets your heart pumping and follow the impulse to learn something new.**

Allow yourself to fall in love with it. *If you're drawn to something, there's a reason why it's calling you.* Maybe you'll discover a hidden talent. Maybe you'll love it and get completely lost in it. Or maybe you'll completely suck at it.

You'll never know until you try. And at least you experienced something brand spanking new. **When our brains are stimulated by new experiences, new skills or when we step into the unknown that's when magical things tend to happen. Be brave.**

33. GET ENOUGH SLEEP

I'm not going to give you a magic number here. *Everyone's body is different.* Your body knows what it needs. *So, trust it.* If you're tired, sleep. **Whether that means a 10-minute power nap or a catatonic Snow White kind of coma. Just listen to your body.**

Social media, work, school, and your problems will all be there tomorrow. So, don't burn the midnight oil all the time, or put your faith in the saying, "I can sleep when I'm dead." *Because that may just happen sooner than later if you don't take care of the physical vessel you're occupying.*

34. GOLDIE LOCKS YOUR BED

She was no fool. *She knew that in order to get a good night sleep you needed to be comfortable.* So, invest in a good mattress, splurge on high quality sheets and spend time sprucing up your bedroom. It's a peaceful space for rejuvenation. *Treat it like one.*

35. DRINK FILTERED WATER

Water is the best thing you can put in your body. *Our bodies literally need water.* So, drink lots of it. Again, I'm not going to give a magic number of how many ounces you should drink a day. *Listen to your body.* If it's thirsty, give it something to drink. If it's been an hour or more and you haven't had anything to drink, get some water.

Cut out the soda, fruit juices, sport drinks, or whatever else you reach for when you're throat is a little parched. *You can opt for those every once in a while.* But try to make water your first choice. **Water not only cleanses our bodies, flushes out impurities in our systems, and nourishes it, but also hydrates it. It's the fuel the body needs to function, feel, and look great.**

36. TAKE SOME QUIET TIME

Find moments here and there to lock yourself away from the kids, your family, partners and roommates. Then light some candles, grab a good book, a glass of wine, and dip into a bubble bath. Maybe gardening is more your thing. Or maybe you're an artist, so painting is how you choose to decompress after a long day. *Just do something to take some time out for you.*

37. EXERCISE

Daily exercise is so important for mental, physical, emotional and spiritual health. *Even if you can't make it to the gym, find time for some kind of physical activity.* A simple walk or jog can get the heart pumping.

Regular exercise has been shown to give you a better night's sleep, increase energy, and improve your mood. It also decreases anxiety and stress. **And best of all, it bumps up the production of endorphins, your brain's feel-good neurotransmitters (keeping you vibrating at a higher level).** So, find the motivation to get moving! Here are some [workout videos](#) to get motivated.

38. CULTIVATE A POSITIVE MINDSET

Too often we get lost in the issues of our day, and quickly fall victim to negative thoughts. Make a conscious choice to change your mindset and pick new thoughts that make you feel good. **Observe your thoughts. And when you notice a negative thought arise, correct the thought with a positive one.**

Be patient. It won't happen overnight. These thoughts have had years, sometimes decades, to build momentum and take control over your mind. Correcting your mindset and uprooting all the weeds is going to take time. But over time, you'll learn to control that big green thought monster that likes to go smash. *And you'll return to your true gentler, more positive self.*

39. WATCH INSPIRATIONAL MOVIES

This can be movies, documentaries, television shows, or YouTube videos that make you feel all warm and tingly inside. **Whether it expands your mind, teaches you something, warms your heart, or pushes you to think, anything that inspires you is well worth watching.** These kinds of programs can make a lasting impression on you. *They have the ability to change you for the better.* Not to mention, will put you in a high-flying mood.

40. SURROUND YOURSELF WITH POSITIVE ENERGY PEEPS

Positive people make you feel good. They lift you up when you need it and inspire you to be the best you can be. They support you in trying new things, achieving your goals and having the kind of life you've always dreamed of. *But negative people will only bring you down.* So, shield yourself from toxic, low-vibrational relationships.

The more positive friends you cultivate, the better able you will be at remaining upbeat and healthy. *Like attracts like.* So the more optimistic and positive you are, the more like-minded people you will attract into your life.

41. REMIND LOVED ONES HOW MUCH YOU LOVE THEM

Express your love to those in your life. Focus on why you love them. And then write them little notes, visit with them, send them a loving text, take them to lunch, or buy them a small gift that shows you were thinking about them.

Relationships are the centerpiece of our social lives. Take the time and effort to make them the best they can be, and you'll raise your vibration in the process.

42. CUT OUT THE NEGATIVITY

Just say NO to things that bring you down. You have the power to pick and choose your activities and with whom you spend your time. So, consider your options wisely. This means the social media messages you expose yourself to, the company you keep, the entertainment you partake in, the groups you interact with, and the conversations you're a part of. *Identify the negativity in your daily routine and turn away from it.*

43. STOP WATCHING THE NEWS

Turn off the news. It only leaves us feeling scared, stressed and anxious. It just makes you feel really, really BAD. The news is the first thing most people watch in the morning and the last thing they see before they go to bed (*the prime times to program the subconscious mind*).

It's programming us to remain in low vibrating emotions. *Trust me.* Important information that you *actually* need will always end up finding its way to you. **So, choose positive programming instead.** Or read a good book. I've got a list of [my favorites here!](#) Or check out my [Pinterest board](#) for more inspiration.

44. CHOOSE THE PROGRAMS YOU WATCH WISELY

Most popular tv shows and movies revolve around gore, violence and unhealthy relationships. **The information you feed your subconscious mind will be produced in your external world.** And if we're feeding our mind with these types of messages all day, *it's no wonder we behave the way we do.* Especially if you turn on one of these programs at the end of a long day right before you fall asleep (*that sweet spot of the day when your subconscious is most susceptible*).

However, if there's a program you refuse to give up (*and I have a few too*), just limit your exposure to them if you want to raise your vibration.

45. FILL YOUR SPACE WITH GREENERY

Plants are high vibrational living organisms that give off the oxygen we need to breathe. And they clean the air, too. So, next time you're at the market, pick up some fresh flowers, give them a home in a beautiful vase, and enjoy your high vibe decor. *The beauty of a flower is sure to make you smile and raise your vibe.*

46. STOP AND SMELL THE ROSES

Not only should you take time to appreciate the wonder life has to offer, *but you should actually smell roses.* **Scientists studying the frequencies of essential oils point to the rose as having one of the highest frequencies of any oil.** This means that it is vibrating on a super high level. And when we are exposed to it, our frequency can rise as well.

They also help clear out toxins as toxins cannot thrive in a high frequency environment. So, add it to your bath water, dab it on your skin, add it to your shampoo, or douse it on everything you own. Take full advantage of the high vibes roses offer. *And not just roses.* There are plenty of other essential oils that smell fabulous and will make your nose (*and vibrations*) happy!

47. GET CREATIVE

Most of the time we reward logical, left-brain type of thinking. **But you can unlock a whole new level of possibilities and potential by engaging the right side of your brain.** In order to awaken that part of the brain, do things differently. *Think outside of the box and get creative.* If you always go to the same place for dinner, surprise yourself with the new place you've always wanted to try. Drive a different route to work.

Or get crafty! Do some DIY or grab a coloring book. *Just do something to get out of the rut of your routine and spark some new ideas.*

49. GIVE A HUG

Connectivity absolutely raises vibration. Think about when someone touches you, even in an innocent, platonic way. *You feel closer to them.* **The power of touch is huge. And hugging takes that to the next level. It makes you and the receiver feel loved and connected.**

So, lean in and give someone a longer than average hug. Research has proven that a 20-second hug releases oxytocin (*the bonding hormone*), which can lower your blood pressure, slow your heart rate, and improve your mood.

50. BE MINDFUL

Slow down when you can. *Appreciate your surroundings.* **There is so much immense beauty everywhere. You just have to stop and notice it.** The smell of fresh air, the laughter of a child, deliciousness of the food on your plate, the velvety touch of a rose petal, the smile of a loved one, or any moment big or small that makes you feel good. *The moments that awaken your heart.*

You can't appreciate what you don't see. And you can't see wonderment when you're doing a fly by at jet fighter speed.

51. BE CURIOUS

Explore and discover the wonders of the world. Forget the labels you were taught to give everything. And tap into your inner child (*the one that loves to ask lots of questions*). Look at the world with a fresh set of eyes and see the goodness, the beauty and the astonishing world we live in.

When you're open to experiencing new things, *you're sure to discover a brand, new world.*

52. BELIEVE IN MAGIC

The belief in magic reminds us that anything is possible. So, no matter how old you get, *believe in whatever makes your heart sing*. Believe in the magic of fairy tales, Santa Clause, unicorns, leprechauns, mermaids, and every mystical creature in between (*if it makes you happy*).

Hey, we could all use more magic in our lives. *So, hold on tight to that magic.*

Because if you believe in something, it becomes real. *Your imagination is the power that creates your world*. Might as well create one full of magic, fantasy and beauty. Follow your happy endings!

53. BE PRESENT

Live in the moment. Not in the past or the future. *But right here, right now*.

Constantly living in the past, or worrying about the future keeps you from focusing on what really matters in life. *When you live in the moment, suddenly many worries and fears disappear.*

Whatever you're doing, *fully focus on it*. Whether it's driving, eating, or even folding laundry, don't allow your mind to wander to what you could be doing or about other worries. **This will help you live with more grace, ease, joy and raise your vibrations so you can find your personal power of manifesting the life you desire.**

So, just breathe and allow all to be as it is. Learn to love your life right now rather than waiting to “have it all” before you can feel happy.

54. SET A POSITIVE INTENTION FOR THE DAY

First thing in the morning when you first wake up, your mind is fresh and susceptible to programming. Which makes it the perfect time to set your intentions for the day and start off vibrating high. When you throw the alarm clock across the room, stumble out of bed half asleep and grumble at the person lying next you, that's not a great way to start off your day. How do think the day is going to go? So, set a positive intention and then imagine a short scene of how you want your day to go as soon as you wake up. Don't even get out of bed until you've set a positive intention. And then sit back and watch the magic of your day unfold.

55. LAUGH!

At anything. A meme, a good joke, a bad joke, the things your child says, or the silly things people do. Listen to a comedian. Watch videos that have gone viral of the hilarious things people are doing during lock down. Or have someone tickle you. *Whatever it takes.* Just laugh!

Because laughter is such powerful medicine. The more you laugh, the happier you'll feel. If you need an example, here's a [silly video](#) for you. 😊

56. SIMPLIFY AND DECLUTTER YOUR HOME

Physical clutter and mental clutter are one and the same. By reducing the amount of physical clutter in your home you create more space. **When you free up space and organize your physical world, it makes things feel less chaotic. And then your mind follows suit.**

Space within your mind opens up to clarity *and allows you to focus on the things that really raise your vibration.*

58. PLAY WITH YOUR PET

All animals are pure positive energy. *They live entirely in the present moment.* No matter what you did or how bad your day was, your animal loves you unconditionally. **And research shows that when you pet an animal, it has an antidepressant effect and can raise your vibration frequency.**

If you don't have a pet, visit a friend that does. And play with that beautiful animal!

59. PLAY DRESS UP

Dress up like it's Halloween. If you've always wanted to know what kind of pirate you'd make, *then find out.* Frolic around the house or venture out. Let people stare. *You're doing your good deed for the day by giving them something interesting to talk about.*

Or if that's too far out of your comfort zone, put on your 'fancy clothes' and get dolled up *just because.* Even if you have no where to go, looking your best makes you feel good. Maybe invite some friends over to join in the fun! Hell, throw a party. *The more the merrier!*

60. SPEAK YOUR TRUTH

Speak up and don't shy away from being your true, authentic self. Worry less about making others happy and be honest about what makes you, *well,* you. Stifling your feelings, beliefs, emotions and who you are to fit in or to cater to someone else doesn't help raise your vibration. *It only lowers it.*

So, don't dim your light for anyone. You're amazing, what you have to say matters, and the world should have the pleasure of knowing you. *The real you.*

61. VIBRATIONALLY CHARGE YOUR WATER

According to the research of Dr. Masaru Emoto, *human consciousness has an effect on the molecular structure of water*. His experiments have shown you can change the vibrational frequency of water with your thoughts and feelings.

So, the next time you reach for a sip, give it a quick mental blessing.

Charge your water with love, prosperity, health, or anything you like. It's as simple as saying, *"I bless this water with love and prosperity."* Or you could write the word "love" on a piece of paper and stick it to the bottom of your glass.

[Click here](#) for more info on Dr. Masaru Emoto and his work.

62. ALKALIZE YOUR BODY

Illness thrives in an acidic environment. *Many of the foods we eat and drinks we drink are very acidic*. You can use an alkaline food chart to guide you to find foods to promote balance in your body. An alkaline body is a healthy high vibration body.

63. STRETCH

When our body is tight and stiff, it's out of balance. **Stretching loosens us up and improves our flexibility. It also relieves toxins from the body and raises your energy.** And it feels good too!

64. MAKE A LIST OF GOALS

When you make a list or a vision board, you're defining what you want and setting into motion the manifestation of those goals. And clarity raises vibrations and reduces stress. *So, get excited and dream about the life you want.* You can make changes to your list at any time. The important thing is to take the first step and get your list started.

65. LISTEN TO THE SOLFEGGIO FREQUENCIES

The Solfeggio scale sound frequencies cause resonance in DNA and may have healing properties. *They also reduce stress and increase creativity.* 396 Hz releases fear, 417 Hz eases and initiates change, 528Hz is for healing and DNA repair, 639 Hz is for relationship healing, 741 Hz finds creative expression and solutions, 852 Hz is Spiritual Homecoming.

YouTube is a wonderful resource to find Solfeggio frequencies to listen to. I have some saved on [Pinterest](#) you can check out. Or here's a [video](#) to get you started.

66. CHANT

Chanting is a way to tap into the vibration of the universe. It's the practice of repeating certain sounds so you can raise your vibration to match it.

You may have heard of the Om chant (*pronounced aum*). This chant vibrates at a frequency of 432 Hz, *which is said to be the basic sound of the universe*. In addition, chanting has been shown to reduce stress and provide a meditative state. Check out this [video](#) for a guided chanting meditation.

67. TRY REIKI

Reiki is a Japanese stress reduction technique that directs healing energy to the energy centers in the body. It's a simple yet powerful relaxation practice that has been used for thousands of years to align the mind and body. The Reiki practitioner connects to higher frequencies of conscious energy, and uses loving intention to heal and cleanse. *They're able to direct the energy from their palms to the person needing emotional or physical healing.*

68. USE SAGE OR A SMUDGE STICK

Smudging is the burning of plant material to cleanse a space of negative energy. Be sure to open a window to allow the smoke and any negative energy to escape. The idea is that the smoke fills the space and purifies the environment.

69. BURN INCENSE

Incense increases motivation and positive energy while clearing the air of negative energy. **It also has antibacterial, fungicidal and insecticidal properties. In other words, it purifies the air and the pure air is health food for the brain and body.** This results in better vibrations.

70. GET OUT INTO THE SUNLIGHT

The sun provides vitamin D as well as harmonic frequencies and natural light needed by our bodies to be healthier and happier. *Not to mention the warm of the sun on your skin just feels good.*

71. OPEN YOUR HEART CHAKRA

Old wounds and traumas can build huge energy walls around our hearts that hardened over time. *And an unbalanced heart chakra can cause constant feelings of struggle and depression.*

Try a heart chakra meditation to release trapped negative energy in the heart. Or practice some yoga poses to help activate the heart chakra. Poses such as the upward facing dog, camel, and bridge drive the chest toward the sky and open the heart.

Here's a [guided heart chakra meditation](#) for you, and here's a [heart opening yoga video](#) if you'd like to give it a try.

72. GET INTO THE WATER

There's something magical about spending time in water. Romp in a waterfall, jump in the pool, or swim in the ocean. Just get into some water. **Even if it's simply a quick shower, being in water releases resistance and raises your vibration.**

73. VOLUNTEER

Countless studies have shown that those who volunteer their time regularly in service to others are happier, healthier, and more personally fulfilled. By simply taking the focus off of your own problems and opening yourself up to share with others will move you into greater alignment with the universe. *Being of service to others is a true act of selflessness that will certainly raise your vibration up a few notches.*

74. CRYSTAL BOWL SOUND HEALING

The healing sounds of singing bowls have been used for thousands of years. **As the vibration from the sound of the singing bowl runs through your body, it's calibrating your chakras to run at their most optimal tone.** Sound healing helps to release negative thoughts and raises your vibrations. Curious about what they sound like? [Click here.](#)

75. THETA MEDITATIONS

Theta brainwaves occur most often in sleep, but also during the moments before falling asleep and when you first are waking up. Theta waves are connected to us experiencing and feeling deep and raw emotions. **When Theta waves are present, it is the best time to give new empowering beliefs to your subconscious mind.** *This is the key to removing old hindering beliefs that block your abundance or other desires when you're manifesting a better life.* Here's a [Theta Meditation](#) for you to try.

76. REPROGRAM YOUR SUBCONSCIOUS MIND

It's important to get rid of any subconscious blocks that may stop you from receiving all that you want to manifest. Admit any negative conditioning you may have gotten as a child and replace those limiting thoughts with new empowering affirmations. The use of Theta Meditations (*mentioned above*) or subliminals can be tremendously helpful in reprogramming the mind.

77. LEARN TAI CHI

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. **It's sometimes described as meditation in motion because it promotes serenity through gentle movements (*connecting the mind and body*).**

78. BALANCE YOUR CHAKRAS

When you balance your chakras (*energy centers*), you naturally raise your frequency because you create better energy flow in your body. You can balance your own chakras with the use of proper breathing, appreciative feelings, visualizations, and time spent out in nature. For more information, check out my post [Beginners Guide to Chakras](#).

79. ACUPUNCTURE

Acupuncture clears blocked energy which will help heal your body as well as raise your vibration.

80. SALT BATHS

The benefits in addition to raising your vibration is building resistance to disease, restores energy to your cells, soothes muscles, promotes sleep, improves skin, decreases congestion, aids in pain relief, boosts overall health, and makes you feel good.

81. DRINK GREEN JUICE

This is a quick way to give yourself a health and vibe boost. You make green juice by blending veggies like kale, cucumber, and celery with apples, lemon juice and ginger. You can also find store bought green juice in most health food stores. *High vibration foods benefit you as well as our planet.*

82. REDUCE ALCOHOL AND TOXINS FROM YOUR BODY

Even though it can make you feel good temporarily, alcohol is a depressant and lowers a person's vibration. If you want to be mentally clear, spiritually connected, and have a healthy outlook on life, limiting (or eliminating altogether) toxins from your body would probably be a good place to start.

83. USE AROMATHERAPY

This is a holistic healing treatment that uses natural plant extracts to enhance physical, mental, emotional and spiritual well-being. *Oils entrain the cells of the body to increase their vibratory rate.* The oils higher frequency raises the vibrations of the individual. When applied to the skin, the oils used in aromatherapy provide antioxidants and boost our immune system as well as raising your vibrations.

84. VISIT THE OCEAN

Sea air lessens depression as negatively charged hydrogen ions help absorb oxygen and balance serotonin levels in the brain. The sound of the ocean is meditative and the magnesium found in sea water calms the nervous system, slows anxious thoughts and changes brainwaves. Just being at the beach causes your body to release endorphins and oxytocin. *Do you need anymore reasons to head to the beach?*

85. PRACTICE KUNDALINI YOGA

Kundalini Yoga is transformative. It creates energy and consciousness in a way that sheds light on your limitations, and invites you to think outside the box to develop your intuitive mind. [Click here](#) for to give it a try.

86. USE A SENSORY DEPRIVATION TANK

A sensory deprivation tank (*an isolation tank or flotation tank*) is used for therapy. It is a dark, soundproof tank that is filled with up to a foot of salt water. *Maybe not good for those that may experience claustrophobia.* But many people have reported experiencing mild euphoria, well-being, and feeling more optimistic following therapy. Others have reported spiritual experiences and feeling as if they were born anew.

87. SNUGGLE

Snuggle up close to someone you love. Next to a fire, on the couch, or before you get out of bed. *All good choices.* **Cuddling releases oxytocin (the bonding hormone) and is a sure fire way to raise your vibration.**

88. FENG SHUI YOUR HOME

Feng shui uses energy forces to harmonize individuals with their surrounding environment. It is the art of arranging your living space so that the energy flows freely. *How well does your space flow?*

89. VISUALIZE

Close your eyes and use all your senses to imagine the things you desire to have or experience in your life. Feel as if you've already received it. *As the gratitude washes over you, know that you just realized your new reality.* You've connected to a power deep within you. And those positive emotions will make your vibration soar. *For more information on visualization, check out this [post](#).*

90. LISTEN

Cultivate the skill of truly listening. Really listen to others when they talk. Don't think about what you're going to say next or how you're going to respond. Be present and fully take in what the other person is trying to convey to you. Most of us like to talk just to hear our own voice and never really try to understand others. We're too worried about making a point, being right, giving wise advice, or saying just the right thing. But to be a good listener, we should fight the urge to speak. When we focus on the other person (*like we focus on an object in meditation*), we become exactly what they need at that moment. And that's where true communication lies. So, do your best to zip it.

91. DRINK LESS COFFEE

Although we drink coffee because we want a boost in energy, coffee actually depletes your energy. It causes a spike and crash, much like sugar. And when you drink too much of it, the caffeine can cause high blood pressure, a precursor to heart disease, and can cause side effects like dizziness, shakiness, headache, or abnormal heartbeat. *If you can't give it up altogether, try to cut down to just one cup a day.*

92. CONNECT WITH YOUR INNER WORLD

Be still and know. Take time to check in with yourself and expand your consciousness. Remember to breathe deeply and slow things down and connect with the voice inside you (*your intuition*) that helps guide you on your path.

93. BLEND UP A SMOOTHIE OR PROTEIN SHAKE

Smoothies are healthy, full of nutrients, and are a great way to boost your energy. Not to mention they're oh-so yummy! So, blend up your favorite fruit and maybe even add some protein powder for an after workout drink. You'll find some tasty smoothie recipes on my [Pinterest board](#).

94. YOGA

Yoga is a combination of exercise and meditation. It's a total body *(and mind)* workout that will not only give you strength, endurance and definition, but it will also connect you with your higher self. *Making you feel more peaceful and confident.* Try some yoga today with this [video](#).

95. EAT MORE RAW FOODS

Raw fruits, vegetables, nuts, seeds and grains are actually better for you when uncooked. Heating food destroys its nutrients and natural enzymes, *which is bad because enzymes boost digestion and fight chronic disease.*

Raw, unsalted nuts and seeds are also high vibration foods because they're, not only are they a great source of protein and fiber, but they also contain healthy fats like omega 3's that your body *(and especially your brain)* need to function properly.

96. SHADOW WORK

Shadow work *(coined by Carl Jung)* is the process of healing your inner child and all of your emotional baggage. The benefits of healing the shadow self includes liberating your creative energy and elevating your potential for living a life of greater wisdom and well-being. Some healing techniques include journaling, affirmations, and hypnosis. To learn more about shadow work, [click here](#).

97. LISTEN TO AN ABRAHAM HICKS RAMPAGE

Abraham Hicks is a Law of Attraction teacher famous for her rampages that will skyrocket you to a higher vibration. Just take a listen and try not to feel ready to take on the world! [Click here](#) to listen.

98. LIGHT SOME CANDLES

Candlelight is just calming. It puts you at ease and that for sure will raise your vibration. *Go nuts!* Light one or light up your whole house. Just be careful not to start any fires. 🔥

99. USE NATURAL SKIN CARE PRODUCTS

Do yourself a favor and go natural when it comes to your skin care. There are so many chemicals that do more harm than good to our skin in store-bought products (*even the fancy, expensive ones*).

Putting less chemicals and toxins on your skin is a sure fire way to boost your vibration. *Your skin and your wallet will thank you.* For recipes and tips on everything from facial cleansers to scrubs and face masks, check out my [Beauty Pinterest board](#).

100. ENJOY SOME ART

Have you ever gone to an art museum and felt transported to another world by the art? The brush strokes, the use of color, the sheer talent of the artist...it's just awe-inspiring. The beauty completely hypnotizes you. It's as if you're connected to something extraordinary and other worldly that exists in the mind of the artist. I'm just saying, beautiful art is an amazing way to raise your vibration.

101. FOLLOW YOUR JOY

Do things that make you happy, and don't do the things that make you miserable. *It's as simple as that.* When you begin to do things that bring you joy, the universe has a way of bringing you more things that make you happy. So, *follow the breadcrumb trail to happiness, my friend!*

Well, that's it. I truly hope you found this guide helpful. If so, feel free to shoot me an [email](#) and let me know how it goes!