



BLISS VIBES ONLY

Cheat Sheet



My beautiful soul...

When I first started understanding manifesting & metaphysical principles, I worked on raising my personal vibration every single day. I came across this chart in one of my favorite planners and it changed everything for me.

I made a commitment to live a Bliss Vibes Only lifestyle, focusing only on things that kept me in the blissful frequency because its from that vibration we become magnetic to our dreams!

Love, Ashlina

1. Joy | Knowledge
Empowerment
Freedom | Love
Appreciation

2. Passion

3. Enthusiasm

4. Positive Expectation
Belief

5. Optimism

6. Hopefulness

7. Contentment

8. Boredom

9. Pessimism

10. Frustration |
Irritation | Impatience

11. Overwhelmed

12. Disappointment

13. Doubt

14. Worry

15. Blame

16. Discouragement

17. Anger

18. Revenge

19. Hatred | Rage

20. Jealousy

21. Insecurity | Guilt
Unworthiness

22. Fear | Grief | Depression
Powerlessness |
Victim

EMOTIONAL VIBRATION



BLISS
Joy/Freedom
Love
Appreciation



ENTHUSIASM
Passion
Happiness
Optimism



HOPEFUL
Contentment



FRUSTRATED
Impatience
Boredom
Pessimism
Irritation
Overwhelmed



BLAME
Discouraged
Worried/Doubtful
Disappointed



ANGRY
Hatred/Rage
Jealousy
Revenge



DEPRESSED
Insecurity/Guilt
Unworthiness
Fear/Grief
Powerlessness
Victim

AFFIRMATIONS

- I love unconditionally and enjoy my life.
- I let go of all attachments and set myself free.
- I envision my life in perfect bliss. I love my freedom.
- I give and receive with an open heart.
- More and more good things are coming to me.

- I love my life. I live in joy and peace.
- Money comes to me easily and effortlessly.
- Every day and in every way, I feel more joyful and peaceful.
- Every day and in every way, I feel healthier, richer, more successful and loved.

- I love _____.
- The past has no power over me anymore.
- Everyday and in every way, I get better and better.
- I follow my heart and my dreams no matter what.
- I am deeply fulfilled with who I am.

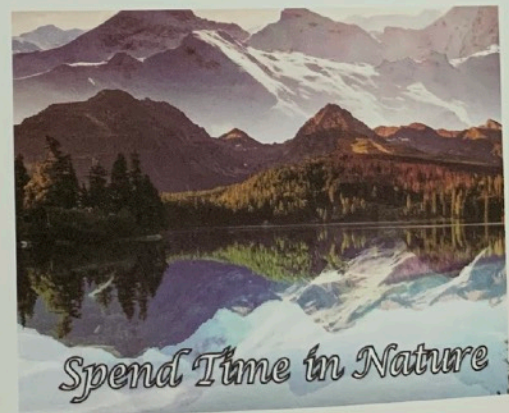
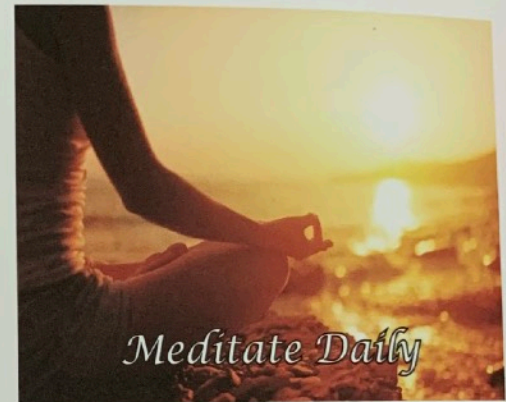
- I let go easily and see the light in me.
- I accept and let go. I trust all is well.
- I choose to see the light that I am to this world.
- I compare myself only to my highest self.
- I focus on progress and decide to let go of perfection.
- I am patient with myself and others.
- I give up the habit of criticizing myself.

- I let go easily. All is well.
- I take 100% responsibility for my life.
- I draw from my inner strength and light.
- I trust myself and make the right choices.
- I trust my inner wisdom and intuition.
- I press on because I believe in my path.

- All is well. I love myself and I like myself.
- I let go of my anger so I can see clearly.
- It's just a feeling. I allow myself to let it go.
- I forgive _____ and let go easily.
- I am strong. I am bigger than this.
- I talk positively to myself.

- I am loved - despite my sadness.
- My discomfort will not last forever.
- I am separated from my depression.
- It's just a feeling. I allow myself to let it go.
- I accept and let go of my _____ easily.
- I let go of fear. I love and approve of myself.
- This situation works out for my highest good.
- I kindly ask for help and guidance.
- I am safe and sound. All is well.

"I take time every day to become aware of how I feel. I accept every emotion. I do not resist. I allow myself to feel and let go."



ACTION STEPS TO FEEL BETTER AND INCREASE YOUR EMOTIONAL VIBRATION

- Visualize that your dreams have come true.
- Feel grateful, as if your dreams have come true.
- Give love and embrace love around you.
- Take action on your dreams, follow the flow, and enjoy the journey.

- Write down your goals and everything you love.
- Write down your "why" and your "purpose."
- Visualize your dreams and take action.
- Make a vision board while listening to your favorite music.

- Do charity work.
- Give at least 5 compliments to 5 different people.
- Practice an act of kindness.
- Give somebody a hug.
- Write down your goals and everything you love.

- Make a to-do list and take action on your first task.
- Write down a list of your achievements.
- Clean and organize your house and office thoroughly.
- Go exercise. Go outside and become one with nature.
- Look at your dream board and celebrate what you have already achieved while listening to your favorite music.
- Strive for progress, not perfection.

- Become aware, accept your feelings, and let it go.
- Write down what you worry about.
- Write down your feelings.
- Close your eyes, imagine talking it out, and forgive others as well as yourself.
- Go exercise. Go outside and become one with nature.
- Make a list of what you want to let go of.

- Become aware, accept your feelings, and let it go.
- Go exercise. Go outside and become one with nature.
- Dance and jump around. Have fun.
- Meditate and breathe deeply. Blow up a balloon.
- Identify and feel your anger.
- Practice mindfulness.

- Become aware, accept your feelings, and let it go.
- Go exercise. Go outside and become one with nature.
- Meditate and breathe deeply. Blow up a balloon.
- Practice mindfulness.
- Recognize your critical inner voice and change it.
- Keep a "negative thought log."
- Watch a funny movie or show.
- Allow yourself to be less than perfect.
- Socialize with positive people.

FOR ALL ENERGY LEVELS

SELF CARE:

- Exercise
- Meditate and breathe deeply
- Accept and let go
- Spend time in nature
- Practice mindfulness
- Pray
- Listen to guided meditation
- Change your state, act as if
- Say "YES"
- Eat and drink healthy
- Make peace with the present
- Do yoga
- Practice heart healing
- Practice EFT (Emotional Freedom Technique)
- Go for a walk
- Let go of attachments
- Write down what you love
- Take a shower and groom yourself
- Take a bath/sauna/steam bath
- Take action on your goals
- Accomplish a few small tasks
- Get good sleep
- Dress nicely

GIVING BACK:

- Give 5 compliments to others
- Practice an act of kindness
- Practice self-love
- Give somebody a hug
- Do charity work
- Say "I love you" to people you love
- Talk positive to yourself
- Read positive affirmations out loud

ENTERTAINMENT:

- Spend time with positive friends
- Play with kids
- Play with pets
- Play your favorite music
- Play a game
- Have great sex
- Watch funny movies
- Sing out loud
- Smell a flower
- Draw something nice
- Do something artistic
- Make a joke
- Cook your favorite meal
- Go for a massage
- Go for a facial/manicure