

High Vibrational Thoughts Worksheet

THINGS THAT STRESSEI	O ME OUT	HOW	HOW TO HANDLE THEM?			
THINGS I AM GRATEFUL FOR THIS WEEK						
MONDAY			TUESDAY			
WEDNESDAY	THUF	RSDAY	FRIDAY			
SATURDAY			SUNDAY			

COAL/AREA OF IMPROVEMENT	LOW VIBRATIONAL THOUGHT OR PATTERN	HIGH VIBRATIONAL THOUGHT OR PATTERN	
Better physique	I am not worthy of being fit and healthy	I am fit and healthy	
Loving relationship	I am not lovable	I am loved.	
Good income	Money is hard to come by, yet easy to lose.	I have an abundance of money.	