

MY- To Do List		The Universe's -To Do List	

AM Noon PM

Root

Worthy

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Safe

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Free

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Sacral

Satisfied

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Creative

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Connected

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Solar Plexus

Demonstrate

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Command

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Respond

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Check in with yourself THREE times per day and ask yourself how you are feeling in each of the nine frequencies. If one feels off, ask yourself what you can do, that is not an addiction, to step into that frequency. I.e: take a nap; go for a walk; have a meal, take action, etc.

If there is not anything you can think of then add that frequency to your Universe's TO DO list.



JESSICA ALSTROM