

I

LOVE

aligning to the

FREQUENCY OF LOVE

What are your core values? What do you stand for? What do you not stand for? What are some non-negotiables when it comes to friendships and relationships?

Who are you when no one's looking? What are you doing? How do you dress? What shows/movies do you watch? How do you speak? What stores do you frequent if shopping by yourself? Which restaurant would be your first choice if you went alone? What's your personality like? Are you funny or more timid when by yourself?

Where are you not voicing your opinion (with love) Where are you pleasing others constantly because you're afraid to sound too bossy or rude? You can speak your truth in a loving way

What is a shadow side of you that you can acknowledge more? Where can you actually learn from it and use it to your benefit instead of rejecting it? Where do you see it show up the most?

Inner child healing: [Click here](#) for a great article to read about how you can do more inner child work and healing. One great exercise I have done that is powerful was buying myself a gift I always wanted as a child and never received. There's nothing more loving to your inner child then realizing you were always worthy of it and finally receiving.

Where are you constantly apologizing? Saying sorry for things that you actually believe in or apologizing out of being uncomfortable? Where can you embody your sovereignty more?

Mirror work is essentially looking yourself deep in the eyes in the mirror and stating positive affirmations to yourself. This WILL be uncomfortable at first but stick with it and do it daily for 2-5 minutes a day. You can state affirmations like, “You are powerful!” “I love who you’re becoming” or you can give yourself compassion and forgive yourself with affirmations like, “I forgive myself for the past” or, “I am now taking full control of my reality and future” There is no right or wrong way to do this as long as it feels empowering!