

*In*

LOVE

*aligning to the*  
FREQUENCY OF LOVE

**Where are you not keeping promises to yourself? What do you keep recommitting to that you never seem to follow through on?**

**Are these YOUR desires, or something that you've seen others do which sound fun but aren't really in alignment with your soul?**

**Where are you not keeping commitments to others? Is there a trend where you find yourself overpromising and not delivering? Journal on this.**

**Where are you out of integrity in areas of your life? Where do you find yourself white lying, not telling the truth (to yourself and others) exaggerating, gossiping or overall not living in love or in your highest core values?**

**Where do you “upper limit” yourself? Where (and when) do you find yourself self-sabotaging yourself?**

**You'll never know if you don't try. What are 3 things you can recommit to this week that will get you closer to your desires and what your soul is calling you to?**