

A large, elegant, handwritten letter 'I' with a decorative flourish at the bottom right.

LOVE

*aligning to the*  
FREQUENCY OF LOVE

**List of things you are not required to do on any day:**

Reply to someone right away

Reply to someone at all (text, email, social etc)

Give a response to a question or invite right away

Say yes to someone just because you have in the past

Say yes to someone or give energy to them just because they're a family member

Drop what you're doing and help someone else when what you're doing is equally important

Prove your worthiness by how productive you are

Be overly available to anyone

Give advice to someone who always seems to be struggling without an energy (money) exchange

Compare your specific journey of your unique soul to someone else's specific journey of their unique soul

Justify why you're doing what you're doing

Justify why you stopped or started something you once did

Justify why you agree or disagree with someone

Prove yourself to anyone

Ask for approval or advice from someone before you do something

**Loving reminder that if you choose to do any of the above, this is a choice YOU make and has nothing to do with the other person.**

**This is how you take your power back, your energy and your life❤️**