

SHIFT YOUR VIBE



AIR

**AWARENESS
COMMUNICATION & LOVE**

Take a breath

Sing
Open playlist

Phone a friend

Journal - this can be difficult
*Watch this video for a
journaling method*

Look at something beautiful
(art, books, flowers)

Hold a baby

Listen to a child – ask a
question and let them go

Pray

Meditate

Take a nap or lay down



FIRE

**SPARK OF LIFE
MOVEMENT & JOY**

Sweat
*(lift weights, jump on a
trampoline, hit a heavy bag)*

Light a candle or burn
incense

Build a fire and watch it burn
(Safety is sexy)

Dance
Open playlist

Go for a drive and sing in
the car with the windows
down

Put on a brightly colored
outfit and go out

Paint or draw

Play outside

Wash the car



EARTH

**NOURISHING
GROUNDING & HEALING**

Get grounded outside

Walk in the rain

Go for a hike

Eat protein

Drink more water

Pet your pet

Cook, chop, bake

Do Yin Yoga
Open playlist

Pull weeds, get in the dirt

Clean a space

Pick flowers



WATER

**MYSTERY, MAGIC
& FLOW**

Take a salt bath or use a salt
scrub in the shower

Get in the ocean

Watch a movie that makes
you cry or laugh

Sit with crystals

Pull a card from your tarot or
oracle deck

See an energy healer
(acupuncture, reiki)

Run energy in meditation

Listen to music that helps
you cry
Open playlist

Look at clouds or stars for 10
minutes