

# Kimberly DuBrul Coaching

YOU. AT YOUR BEST.

## HIGH VIBE CHECKLIST



Use this checklist to remind yourself of some of the things you can do to maintain or re-ignite a high vibe mindset and energy!

- Create or change up your morning routine
- Create or change your evening ritual
- Get some extra rest
- Connect to your spirit
- Revisit the challenge blog posts and work through the questions/challenges
- Call a high vibe friend
- Stop and recognize what's good about you- add to your list
- Make a high vibe play list and listen to it
- Consider the use of your time as that of highest spiritual consideration
- Find acceptance for yourself, for someone else, for a situation
- Do something creative with your hands
- Learn something new- doing or reading
- Get out in nature/go for a walk/take photos of flowers
- Take a deep breath (or two...or ten!)
- Declare a fresh start and begin again
- Eat high vibe foods
- Check in: Low vibe+not for me High vibe = for me
- Expect something good to happen
- Forgive yourself, someone or something and let it go
- Get rid of stuff that is weighing you down. Let things go - mindsets, things, tolerances
- Write out (by hand) what is bothering you
- Take time to just sit and think
- Practice mindfulness and pause before acting/speaking
- Ask yourself: What am I feeding myself?
- Use your recipe for high vibeness
- Disco music and dancing
- Ask yourself: What is the next right step I can take and take it
- View artwork, online or in person
- Stop and ask: what about this can I be grateful for?
- Write daily gratitudes
- Ask: what do I want more of in my life? And set about doing it
- Remember love is the highest vibration so bring in love for yourself, others and the world



Kimberly DuBrul

Personal, Executive and Mindset Coaching  
802-540-0217 | [Kimberly@KimberlyDuBrul.com](mailto:Kimberly@KimberlyDuBrul.com)  
[www.KimberlyDuBrul.com](http://www.KimberlyDuBrul.com)

Twitter: @CoachKimDuBrul | Facebook: Kimberly DuBrul Coaching | Instagram: @KimberlyDuBrul