

*Lighten*UP 

TOOLS FOR A LIGHTER WAY OF BEING

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This

LITTLE FRIEND

Belongs To:

Welcome to Lighten-Up

Welcome to Lighten-Up—your 12-week, daily companion for peace, presence, and soul connection.

This journal was created with love, intention, and the deep knowing that your inner world holds incredible wisdom.

Within these pages, you are invited to pause, breathe, listen, and most importantly “lighten”—not by bypassing life’s depth, but by making room for light to rise from within it.

Here, there is no right or wrong. No pressure to perform. Just space—to show up as you are, to honor your truth, and to witness the subtle, powerful shifts that come through daily practice and presence.

You are your own best guide. This journal is simply a mirror, a friend, and a sacred space for remembering. May each page help you reconnect to the quiet power within. May your burdens grow lighter. May your path feel softer. And may you remember that you are never alone.

With love and light,

The Intuitive Living Team



IN THIS SECTION

What's Inside

Each day you'll be guided through simple but powerful practices, including:

- **Lofty Question of the Day** — expansive, soul-awakening prompts like “What light within me is ready to shine brighter?”
- **Daily Affirmation** — uplifting truths to anchor your energy
- **Reflection & Insights Space** — record what came through in meditation or journaling
- **Gratitude List** — cultivate presence and appreciation.
- **Energy Check Wheel** — track physical, emotional, mental, and spiritual states
- **Celebration Prompt** — reinforce wins, no matter how small.



The Letting Go Series

MONTH 1

“Letting go isn’t giving up—
it’s stopping the fight with
what already is, and
choosing to meet yourself
with trust instead of
control.”

— Inspired wisdom

THE LETTING GO SERIES

This month is about clearing space. We can't fill a full cup, and when we hold on to fear, judgment, or past stories, we block the flow of peace and possibility. Letting go doesn't mean dismissing or denying what we feel—it means loosening our grip and trusting life to carry us where we're meant to go.

Weekly explorations:

- 1/ **Week 1 - Raising Your Vibration:** Learn how resistance and stress block your natural energy flow through constriction, and discover simple ways to shift into ease and alignment.
- 2/ **Week 2 - Releasing Judgment:** Notice where criticism (toward self or others) drains your light, and practice seeing through the eyes of love.
- 3/ **Week 3 - Letting Go of Fear:** Trusting your inner guidance and the unfolding of life, even when you can't control outcomes.
- 4/ **Freeing Yourself from the Past:** Making Peace with What Has Been, So You Can Step Fully into What Is Possible Now and most important to be present in the now.

THE LETTING GO SERIES - Week 1

A phrase that has guided me throughout my own intuitive journey: “Raise your vibration”. Even before I fully understood what it meant, something inside me always knew it was important. It has become the foundation of my own path — and it’s at the heart of the Intuitive Living Institute, where everything we do is about supporting each other in raising our vibrational levels.

To me, this journey of raising is just as much about releasing.

When we release old stories, programming, blocks, barriers to love, the guards we’ve built around our hearts for fear of being hurt. We automatically raise our vibration; the same happens when we release the patterns that keep us stuck in overthinking and self-doubt.

On this planet, we accumulate so much, and not just physical things, but experiences and energies that can sometimes weigh us down. When we begin to let them go, we are free to reconnect with what we’ve always carried inside: infinite consciousness, pure love, deep inner knowing, and a higher vibration.

The truth is, raising your vibration doesn’t have to be complicated. The most profound doorway is often the simplest one: going within.

This might look like moments of stillness, meditation, walking in nature, or pausing to really listen to your heart. It might come through insight, awareness, or even through a challenging experience that invites you to grow. However it shows up for you, it’s about learning to trust your own inner guidance above all the outside noise.

THE LETTING GO SERIES

The world is constantly telling us how we should be better, do more, and fix ourselves. However, the truth is that you are already whole. You are already light. The path forward isn't about striving to be perfect — it's about remembering who you truly are and choosing to live from that place.

This month, let this journal be your anchor and companion as you practice releasing and rising. Step by step, you'll open to a lighter way of being — one that feels more aligned, more spacious, and more you.

Lets get started

As we mentioned raising your vibration isn't about chasing perfection or "getting it right." It's about gently noticing the places where you feel heavy, contracted, or stuck in resistance... and giving yourself permission to soften and release. The contrast shows us the way.

As you move through the days, practice asking: What can I let go of right now? Even the smallest release creates space for your natural lightness to shine through.

Your vibration rises when you..

- release resistance
- pause to listen inward
- choose gratitude over worry
- allow yourself to laugh
- let love lead instead of fear

THE LETTING GO SERIES

Practice for the Week: “Release” Exercise

Step 1: Awareness

At the end of each day, pause, meditate on one thing that felt heavy — a thought, a worry, a belief, or even just tension in your body.

Step 2: Release

In your journal, write: “I release this now with love.” Close your eyes and take a deep breath, imagining yourself setting it down. You can also choose to say “I return this to sender”, “I return this to the light”, “I release what is not mine to carry”, “I release this burden now” whichever phrase resonates the most

Step 3: Rise

Ask yourself: What lighter thought, feeling, or action can I choose instead? Write your response. It could be as simple as: “I choose peace,” “I am grateful for this moment,” or “I allow myself to rest.”

goals:
make
everyday
more fun

A cluster of five white sparkles of varying sizes and shapes, including small dots and starburst patterns, positioned to the right of the word 'make'.

Lighten-up

DAILY PLAN

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TODAY'S LOFTY QUESTION:

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SCALES

TODAY I FEEL:	INTUITION SCALE
	

CELEBRATIONS

 DAILY GRATITUDE	TODAY'S SMALL SUCCESS
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DAILY GRATITUDE



TODAY'S SMALL SUCCESS

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“You don’t let go all at once
—you loosen your grip one
honest breath at a time.”

— Inspired wisdom

THE LETTING GO SERIES - Week 2

Week 2: Releasing Judgment

Judgment is one of the most pervasive habits of being human. We are surrounded by it—in the world, in others, and often most painfully, within ourselves. Judgment wears many disguises: shame, comparison, superiority, even the simple labeling of something as “good” or “bad.” The moment we label, we create a story, a pathway in the mind that tells us what to like or dislike, who belongs, and who doesn’t. At its core, judgment is separation.

Yet beneath it all, everything is neutral. Life simply is. It is the meaning we assign, and the judgments we cling to, that shape our experience. We don’t experience life; we experience our interpretation of it.

When we judge, we separate. We keep others at arm’s length, holding up a shield of “better than” or “less than.” But in truth, all judgment is a mirror—showing us where we still feel tender, where our own insecurities or desires long for healing. As Tesla said, “All judgment is a confession.”

The heart, though, does not want to separate. It yearns for connection, understanding, and love. Humans are hardwired for connection. To soften judgment is to let the guard down and allow life—and people—to meet you more deeply.

The antidote to judgment is not perfection, but curiosity. Instead of deciding what someone “is” or “isn’t,” what if you simply became curious? Instead of labeling your own thoughts or actions, what if you asked: What’s here for me to learn?

THE LETTING GO SERIES - Week 2

This week, let curiosity be your guide. As you release judgment, you also release the walls that keep love out. And in doing so, you begin to see others—and yourself—through softer eyes.

 **Week 2 Focus:** Let curiosity be your guide. Shift your focus. Be curious about everything and note any changes in your feelings this week.

reminder:

enjoy this beautiful day

Lighten-up

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“Letting go is the
moment you stop asking
the past to explain itself
and allow the present to
hold you instead.”

— Inspired wisdom

THE LETTING GO SERIES - Week 3

Week 3: Letting Go of Fear

Fear is one of the most convincing illusions we face. It feels real, (you can say that again!) immediate, and urgent—yet most of the time, it is not protecting us, but constricting us. It's a form of self made prison.

In some circumstances fear is designed to keep us safe. In short bursts, it's brilliant—if we were being chased by a lion, fear would flood our body with adrenaline and cortisol, sharpening our senses and giving us the energy to run or fight. But today, our “lions” are different. They look like client emails, difficult conversations, bills, social obligations, or the weight of expectations we've agreed to carry. And unlike the fleeting danger of a lion, these modern fears don't pass quickly—they hang over us, humming in the background, keeping us in a near-constant state of unease and in constant fight or flight.

This chronic fear and anxiety flood our systems with stress, sending our bodies the message that we cannot trust ourselves or the world. Fear contracts us. It pulls us inward, dimming our light, constricting us, leaving us more vulnerable instead of protected. And in doing so, it becomes the very opposite of peace—the opposite of the steady, trusting presence we long for. The real protector.

Here's the deeper truth: fear is a trap. It pretends to keep us safe, but in reality, it keeps us small. The media amplifies it. Our culture normalizes it. Some days it feels like everyone we meet is anxious in some way. However for this journey I invite you to reconsider the untrue story and invest only in raising your vibration and recognize for real that fear is not our natural state.

LIGHTEN UP

THE LETTING GO SERIES - Week 3

Courage, on the other hand, is quiet but powerful. It doesn't always look loud or bold. Sometimes, courage is simply breathing through the panic, choosing to trust, taking a small step forward, even while your voice shakes. To those walking the silent battle with fear: we see you. And we honor the bravery it takes to not let fear have the final say. Feel the fear and do it anyway.

This week, the invitation is to notice fear without judgment, to see it for what it is—a contraction, a signal—and then choose again. Choose courage. Choose trust. Choose light. Because peace, not fear, is your true home.

you are
capable

Lighten-up

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“Letting go is the quiet
courage to release what
no longer supports who
you are becoming.”

— Inspired wisdom

THE LETTING GO SERIES - Week 4

Week 4: Letting Go of the Past

The past is one of the trickiest places to live—mostly because we don't realize how much time we actually spend there (in the land of make-believe and thinking). We replay conversations, analyze choices, cling to regrets, or wish things had unfolded differently. But the truth is: the past is not where your power is. Wishing our past were different is a burden.

All of your power lives in the present moment. The past can offer wisdom, yes, but it is not meant to be a home. When we attach ourselves to it—whether to pain, guilt, nostalgia, or even old versions of ourselves—we carry a weight that was never meant to be permanent.

At the Intuitive Living Institute, we often remind ourselves: the present is the only place creation happens, and the light enters. If we remain entangled in yesterday, we unconsciously recreate life around fear or avoidance rather than love and possibility.

Letting go of the past doesn't mean pretending it never happened. It means choosing to hold it with compassion, while releasing its grip on who you are now. From this moment, you can send love to your child self. From this moment, you can honor the lessons. From this moment, you can create something new. You can be free with the power of presence in this moment.

THE LETTING GO SERIES - Week 4

This week, the invitation is to notice where you are living in the past—and gently return to the present, where peace and freedom live.

🌟 Weekly Practice: The “Past Release Letter”

- Choose a memory or moment from your past that still feels sticky. It could be a regret, a “what if,” or even a younger version of yourself that still feels tender.
- Write a letter—but not to the situation or the people involved. Write to yourself in that moment. Begin with: “Dear [younger me], I see you. I honor what you felt. I send you love...”
- Offer compassion and light. Let your present self reassure the younger you: “You did the best you could. I hold you in love now.”
- Close with release. At the end of your letter, write: “I carry your wisdom, but I release your pain. From this moment forward, I choose to live free.”
- Optional ritual: Tear the letter up, burn it safely as a symbol of release.



your decisions
determine your
your destiny

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SCALES

TODAY I FEEL:	INTUITION SCALE
	

CELEBRATIONS

 DAILY GRATITUDE	TODAY'S SMALL SUCCESS
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Lighten-up

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A photograph of a person in a yoga pose on a beach at sunset. The person is in a standing position with one leg raised and bent at the knee, holding the foot with their hand. The background shows the ocean and a bright sun low on the horizon, creating a warm, golden glow. A light blue rectangular box is overlaid on the left side of the image, containing the title and subtitle.

The Mindset Series

MONTH 2

“Your mindset is the
story you keep
agreeing to—change
the agreement, and
your life follows.”

— Inspired wisdom

THE MINDSET SERIES

This month is all about reshaping the inner narrative. Our thoughts and beliefs act as the blueprint of our lives—what we hold inside (the tv playing in the mind’s eye) is eventually reflected on the outside. When we gently shift the stories we repeat to ourselves, we shift the lens through which we see the world. With practice, we can trade old loops of doubt, fear, and limitation for new pathways of trust, love, and possibility. Louise Hay says it best “Change your thoughts, change your life”

Weekly explorations:

- 1/ **Week 5 - The Stories We Tell Ourselves:** Bringing awareness to hidden narratives and choosing stories that uplift instead of diminish.
- 2/ **Week 6 - Where Focus Goes, Energy Flows:** Training your awareness toward what you want to expand—love, joy, possibility. Not what you do not want.
- 3/ **Week 7 - The Power of Thought:** Learning that thoughts aren’t facts—they’re choices. Choosing empowering ones creates new outcomes.
- 4/ **Week 8 - Emotions as Messengers:** “Emotions don't go anywhere good.” Instead of ignoring or suppressing emotions, you’ll learn to listen, release, and redirect them.

THE MINDSET SERIES - Week 5

We are all great storytellers—about who we are, what’s possible for us, and how the world sees us. Most of these stories were written early in life, long before we had the awareness to choose them. By age seven, much of our “programming” is already in place, based on what we thought we needed to do to be safe, loved, or accepted.

Over time, these unconscious scripts replay whenever a trigger appears: someone gives us a look and suddenly the “I’m unlovable” program starts running; one setback at work and the “I’m not good enough” story returns. Tell a story often enough and it begins to feel like truth, even when it isn’t. That’s the job of our neural pathways.

But here’s the deeper truth: you are not your stories. You are an infinite being having a human experience, growing and learning along the way. The journey back to wholeness is less about becoming someone new and more about unlearning the false narratives that keep you small. By bringing awareness to these hidden scripts, you reclaim the power to rewrite them—choosing stories that uplift, expand, and align you with the love that is your essence.

Week 5 Practice: Rewrite Your Story

Step 1: Spot the Story

Think of a moment this week when you felt triggered, heavy, or unworthy. Pause and write down the first story that came up in your mind. (For example: “I’m not good enough,” “People don’t listen to me,” or “I always mess things up.”)

THE MINDSET SERIES - Week 5

Step 2: Find the Root

Ask yourself: “When did I first start believing this?” Often, you’ll trace it back to childhood—maybe something a teacher, parent, or peer said or did. Notice it with compassion. This story is not who you are; it was simply an old survival mechanism.

Step 3: Shine Light on It

Write underneath: “Is this story ultimately true?” How can I absolutely know it to be true?

Spoiler: it never is. It’s just a thought that was repeated enough times to feel real.

Step 4: Rewrite the Script

Now choose a story that reflects the truth of your soul. For example:

- Old: “I’m not good enough.”
- New: “I am a work in progress, growing beautifully each day.”
- Old: “I always get left out.”
- New: “I am worthy of connection, and I call in people who see me.”

Step 5: Anchor It In

Read your new story out loud, placing a hand on your heart. Feel what it would be like to live from that truth. Carry it with you as an affirmation throughout the week.

💡 Remember: the mind believes what it hears most often. Repeat the new story over and over. Every time you choose the new story, you are laying down new neural pathways and reprogramming your reality.

THE MINDSET SERIES - Week 5

Week 5 Affirmations: Rewriting My Story

- I am not my past; I am the author of my present.
- Every day I choose stories that uplift, empower, and expand me.
- I lovingly release the old narratives that no longer serve me.
- I am worthy of love, joy, and connection exactly as I am.
- My truth is stronger than my fear.
- I create new pathways of possibility with each positive thought I nurture.
- I am free to begin again, as many times as I choose.
- My life reflects the love, light, and wisdom I carry within.

you need

to believe in yourself

first

Lighten-up

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“A steady mindset
doesn’t deny difficulty;
it simply refuses to let
difficulty decide who
you become.”

— Inspired wisdom

THE MINDSET SERIES - Week 6

Week 6: Redirecting Energy – Training the Mind to Serve the Soul

Our minds are powerful tools, but they are just that—tools. The brain loves efficiency, and through the RAS (Reticular Activating System), it filters what we notice in the world. If you're thinking of buying a red car, suddenly you see red cars everywhere. If you're focused on stress, you'll find more reasons to feel stressed. If you're focused on possibility, you'll see doors opening all around you.

This week is about remembering Tony Robbins' timeless truth: "Where focus goes, energy flows."

Your brain is a wonderful employee, but a terrible boss. Left unchecked, it will replay old fears, outdated stories, and unconscious patterns over and over without consideration. But when you consciously direct your focus, you reclaim your role as the author and the artist of your life. This is why tools like **Lofty Questions** are so effective—they gently shift your awareness, creating new pathways for possibility, hope, and joy.

The key practice here is **redirection**. Every time you notice your attention drifting toward fear, judgment, or worry, you have an opportunity to pause and lovingly ask: Where would I like my energy to flow instead? Remember the contrast always gives us an opportunity to redirect. Each redirection is a small act of freedom, strengthening your connection to your heart, your intuition, and your infinite potential.

This week, let's practice training the mind to follow the soul's lead—focusing not on what drains us, but on what lights us up.

THE MINDSET SERIES - Week 6

Week 6 Exercise: Redirecting Energy with Awareness

Step 1 – Notice Your Focus

Throughout the day, pause for a few moments to ask yourself:

☞ “What am I focusing on right now?” Write it down if you like.

Notice if your focus is on a worry, a to-do list, an old story, or something uplifting. No judgment—just awareness.

Step 2 – The Redirection Question

When you catch your focus on something draining, ask:

☞ “Where would I love my energy to flow instead?”

Examples:

- Instead of focusing on stress at work → “How could I bring more ease and creativity into this moment?”
- Instead of replaying an old story → “What new possibility could I open to right now?”

Step 3 – Choose a New Anchor

Use a Lofty Question or an Affirmation as your redirect anchor.

Example: “Could today be easier than I thought?”

Step 4 – Embody the Shift

Take a deep breath. Place your hand over your heart. Imagine the energy of your new focus flowing through your body, lighting up your cells, and radiating outward into your day.

Step 5 – Reflect

At the end of the day, jot down:

- Times I noticed my focus drifting
- How I redirected my energy
- What shifted in my mood or experience

HAPPINESS IS AN INSIDE JOB

Lighten-up

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DAILY GRATITUDE



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“When you tend your
mindset with
compassion instead of
pressure, growth
becomes sustainable.”

— Inspired wisdom

THE MINDSET SERIES - Week 7

Week 7: The Power of Thoughts

Your thoughts are not you—they are visitors passing through the vast awareness of your mind, a mere commentator, describing it all. Yet, because thoughts carry energy, they can influence your emotions, your words, and ultimately, the reality you create.

When left unchecked, thoughts can pile up like clutter in a room, creating congestion, confusion, and imbalance. Overthinking keeps the mind spinning in loops, disconnecting you from peace, clarity, and your natural flow of energy. It can feel like being trapped in static, unable to hear the deeper guidance of your soul. It blocks out the light.

The first step to reclaiming the power of your thoughts is observation. When you step into the role of the witness, you notice: “Oh, there is a thought about fear. There is a thought about judgment. There is a thought about possibility.” By observing, you stop identifying with every passing idea. You create space between you and the chatter of your mind.

At the same time, it’s important to honor the creative force of thought. Every word once began as a thought. Every action is shaped by the story your thoughts tell. Thoughts can weigh you down, or they can uplift you. They can close your heart, or they can open it.

This week, your practice is twofold:

- Declutter – When thoughts get congested, pause to reset. Take a breath, move your body, meditate, or simply imagine clearing your mental space like opening a window in a stuffy room.

THE MINDSET SERIES - Week 7

Your thoughts are powerful, but they do not define you. They are not “who you are.” You are the vast awareness behind them—the still, luminous presence that chooses which thoughts to energize and which ones to release.

This week, let’s practice choosing thoughts that lift us, reset us, and bring us into balance.

Week 7 Exercise: The Thought Reset Practice

Step 1 – Catch the Thought

When you notice your mind spinning or a thought weighing heavy, pause. Simply name it:

- “This is a fear thought.”
- “This is a judgment thought.”
- “This is a possibility thought.”

Naming it creates space between you and the thought.

Step 2 – Breathe It Out

Take three slow, conscious breaths. On each exhale, imagine the thought drifting out of your energy field like mist clearing from a window.

Step 3 – Reset Your Field

Close your eyes and imagine a white light pouring down over your head, washing through your mind, and clearing away any mental congestion. Feel your energy field becoming lighter, clearer, and more spacious.

i believe in you

Lighten-up

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THE MINDSET SERIES - Week 8

Week 8: Understanding Emotions – Feel, Don't Be Ruled. Practice Non-Attachment

Emotions are powerful currents of energy moving through the body. For most of us, though, emotions feel confusing and unsettling. We're taught to suppress them, avoid them, or to let them take over completely—and none of those strategies truly work. We are giving them too much power with that approach.

When emotions are suppressed, they don't disappear—they get stored in the body and energy field, waiting to resurface. When avoided, they chase us down in other ways: through anxiety, tension, or reactive behavior. And when we get swept away in them, emotions can spiral us into confusion, heaviness, or despair.

The truth is: emotions are not bad. They are messengers. They can show you where you're aligned and where you're not. They are like a GPS system for the soul, pointing you toward balance when you're willing to listen. The key is learning to feel them without handing them the steering wheel.

Here are some important truths about emotions:

- Emotions carry energy. They ripple through you and into the field around you, which is why emotions are so contagious. Anyone who is empathic knows how quickly someone else's sadness, anger, or joy can be felt in your own body.
- Not all emotions are yours. Because we are deeply connected, it's wise to pause and ask: "Is this emotion mine?" If not, breathe it out and let it return to Source or to sender.

THE MINDSET SERIES - Week 8

- Emotions need to move. Like waves, they are meant to rise and fall. When you allow yourself to feel them, name them, and then let them pass through, they lose their grip.
- You are not your emotions. Just as you are not your thoughts, you are not your feelings. You are the awareness behind them.

This week, the invitation is to shift your relationship with emotions. Instead of suppressing or indulging them, learn to witness and process them. Notice what your emotions are pointing to—an unmet need, a hidden story, or a call to care for yourself in a new way. Then decide: “Am I leading this energy, or am I letting it lead me?”

Emotions don’t have to control you. When met with awareness, compassion, and curiosity, they become allies that guide you back to clarity, peace, and alignment.

THE MINDSET SERIES - Week 8

Week 8 Practice: Feel, Name, Release

This is a simple way to process emotions without suppressing or being overwhelmed by them.

Step 1 – Pause & Notice

When an emotion rises, take a breath. Place your hand on your heart or belly and say silently: “I am safe to feel this.”

Step 2 – Name It

Give the emotion a simple name. Examples: anger, sadness, fear, joy, hope, grief. 💡 Naming an emotion brings it out of the fog and reduces its intensity.

Step 3 – Ask the Question

Gently ask yourself: “Is this emotion mine, or am I carrying it for someone else?”

- If it’s yours → allow yourself to sit with it and release.
- If it’s not → imagine handing it back to the universe, or sending it into a river of light to be transformed.

Step 4 – Let It Move

Emotions are energy; they want motion. You might:

- Breathe deeply until it softens.
- Shake out your body or stretch.
- Journal a sentence about it.
- Cry, laugh, or hum.

Step 5 – Release & Reset

When the emotion feels lighter, take one deep breath and exhale fully. Imagine the emotion leaving your body and your field, leaving behind clarity and peace.

LIGHTEN UP

Lighten-up

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MOVE MY BODY

BREATHING EXERCISES

GO OUTSIDE

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TODAY'S SMALL SUCCESS

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SCALES

TODAY I FEEL:	INTUITION SCALE
	

CELEBRATIONS

 DAILY GRATITUDE	TODAY'S SMALL SUCCESS
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Lighten-up

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THE PEACE SERIES

MONTH 3

Let this month be a
homecoming to
yourself. A
remembering of the
light that is always
here, steady and
eternal.

— Inspired wisdom

THE PEACE SERIES

Peace is not something you wait to feel when the world finally calms down—it's something you build, moment by moment, from within. This month, we turn toward peace as a living practice. Peace is presence. It's the spacious breath between thoughts, the deep exhale that softens your body, the stillness in your heart that reminds you: I am whole. I am safe. I am light.

True peace doesn't mean life will never challenge you. Peace is the ultimate resilience. It means you discover your anchor—a steady inner current that allows you to meet whatever arises without being pulled under. In this way, peace is power. It's the foundation that allows your light to shine, no matter the weather outside.

Weekly explorations:

- 1/ **Week 9 - Loving My Body:** Embracing self-worth, presence, and gratitude for the physical vessel that carries your soul. The most amazing gift we have.
- 2/ **Week 10 - The Gift of Gratitude & Presence:** Using gratitude as a daily practice to dissolve blocks, amplify joy, and open to miracles.
- 3/ **Week 11 - Connecting to Soul:** Strengthening your trust in intuition, inner guidance, and the quiet voice of your higher self.
- 4/ **Week 12 - Staying in Your Light:** Practicing tools for resilience, alignment, and returning to center—so peace becomes your natural state.

THE PEACE SERIES - week 9

Week 9: Loving My Body

Your body is your sacred home—the vessel that carries your soul, your dreams, and your light through this human journey. It breathes for you, heals for you, moves for you, and allows you to experience the richness of life on Earth. Yet so often, we take it for granted—or worse, speak to it with criticism and shame.

Somewhere along the way, society taught us to measure our worth against shifting ideals: body shapes, beauty standards, diets, fitness goals. But these rules are not truth. They are distractions that pull us away from the miracle of our body as it is, right now, in this moment.

The truth is: your body has always been on your side. It adapts, it learns, it carries the weight of your experiences. Even when it does not feel good or in fatigue, it is doing its very best to keep you alive and present. What if you chose to meet that devotion with love?

To love your body doesn't mean ignoring the desire to grow healthier or stronger—it means beginning with acceptance. When you soften judgment, you create space for gentleness, care, and deeper alignment. You give your body permission to feel safe, to relax, and to thrive.

This week, I invite you to become defiant in love:

- Defiant against the voice that says you're not enough.
- Defiant against comparison and impossible standards.
- Defiant against the tension and shame we've inherited.

Instead, take your power back with tenderness. Speak words of gratitude. Move in ways that feel joyful and free. Nourish your body with intuition rather than guilt. Treat it not as an obstacle, but as the sacred partner it truly is.

LIGHTEN UP

THE PEACE SERIES - week 9

When you love your body, you soften into loving all bodies. Judgment dissolves into compassion. Your heart relaxes. And peace begins to live inside you—not someday, but today.

✨ **Affirmation for the Week:**

“My body is my sacred home. I honor it with love, gratitude, and acceptance.”

Exercise: A Love Letter to My Body

This week, take a few moments each day to shift your relationship with your body from criticism to gratitude.

- Sit in a calm space with your journal, a cup of tea, or even in front of a mirror. Place a hand on your heart or belly, take three deep breaths, and gently notice your body just as it is.
- Write a Love Letter
- Begin with: “Dear Body, thank you for...” and let the words flow. You might thank your lungs for every breath, your legs for carrying you, your hands for creating and holding, your heart for beating without asking permission.
- If there are places where you’ve been critical or harsh, you can write: “I’m sorry for...” and “I’m learning to love you here too.” Let compassion soften the edges.
- Close your letter with a gentle promise: “From today, I choose to speak kindly to you. I choose to honor your wisdom. I choose to love you.”
- Optional Mirror Practice
- Read a line of your letter out loud while looking into your own eyes in the mirror. Let yourself feel the truth of your words, even if it feels tender or new.

✨ Repeat this as often as you like throughout the week. Each time you reconnect with gratitude for your body, you raise your vibration and deepen peace within yourself.

Lighten-up

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“Peace isn’t the
absence of noise—it’s
the moment you stop
arguing with the now.”

— Inspired wisdom

THE PEACE SERIES - week 10

Week 10: The Gift of Gratitude & Presence

Gratitude is more than a list in a journal—it is a state of being. It is that heart-bursting, tear-in-your-eyes kind of wonder when you realize how profoundly beautiful life already is and the connection of all hearts. It is the quiet joy of noticing a bird in flight, the warmth of sunlight on your skin, or the synchronicities that appear like little winks from the Universe.

Presence is the doorway to this kind of gratitude. When we are present, the noise of “not enough” begins to fade. We stop chasing the “more, more, more” of the ego and come home to the miracle of this very breath, this very moment. Gratitude flows naturally from here.

Gratitude doesn't need to be grand or poetic. It can be as simple as feeling your chest rise and fall, acknowledging that your body is breathing you into life without you having to ask. It can be noticing one glimmer of beauty—a smile, a tree, a kind word—and letting it expand in your heart.

When practiced with intention, gratitude dissolves blocks, amplifies joy, and opens the door to miracles. It shifts your focus from what is missing to what is already overflowing. It softens resistance and brings you into alignment with the oneness that underlies all things.

This week, I invite you to treat gratitude not as an item on your to-do list, but as a practice of presence. Breathe it in. Let it grow your heart three sizes bigger. Feel how it lifts you into connection, compassion, and possibility.

THE PEACE SERIES - week 10

✨ **Affirmation for the Week:**

"I celebrate the miracle of this moment. Gratitude fills me, and presence anchors me in love."

✨ **Exercise: The Glimmer Hunt**

This week, train your awareness to notice the "glimmers"—those small sparks of goodness, beauty, or connection that are already present in your life.

1. Set Your Intention
2. Each morning, take a deep breath, hand to heart, and quietly say:
3. "Today I choose to notice what is good. I choose to see through the lens of gratitude."
4. Notice Glimmers Throughout the Day
5. As you go about your day, look for moments that bring a sense of ease, joy, or beauty. Examples: the warmth of a cup of tea, a kind smile from a stranger, a song that lifts you, sunlight filtering through the trees.
6. Pause & Feel
7. When you notice a glimmer, pause for at least 10 seconds. Let yourself truly feel it. Breathe it in. Say silently, "Thank you."
8. At the end of the day, write down 3–5 glimmers you noticed. Reflect on how they made you feel. Did they shift your energy? Did you notice more ease or presence when you paused for them?
9. Choose one daily activity—like washing your hands, eating a meal, or stepping outside—and use it as your "presence anchor." Each time you do it, take three mindful breaths and say, "I am here. This is enough."

✨ Over time, these small glimmers weave together into a deep sense of presence and gratitude, transforming ordinary days into extraordinary ones.

remember, resting is part of the

process

Lighten-up

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DAILY GRATITUDE



TODAY'S SMALL SUCCESS

“Inner peace begins
when you stop trying
to fix yourself and
start allowing
yourself to be.”

— Inspired wisdom

THE PEACE SERIES - week 11

Week 11: Connecting to the Soul

There comes a moment when we realize we are not just our body, our thoughts, or even our emotions. These are important aspects of our human experience, but they are not the whole of who we are. Beneath the noise of the mind and the movements of daily life lives something deeper, steadier, and infinitely wise—our soul.

Your soul is the essence of you. It is your eternal self, the spark of divinity within that carries your true desires, your deepest wisdom, and your unique path of growth. To connect with your soul is to shift from striving to listening, from controlling to trusting, from fear to love.

This connection opens the door to what we call Intuitive Living—allowing your choices, actions, and dreams to flow from inner guidance rather than outer expectations. It means surrendering old patterns and beliefs that no longer serve you, and instead aligning with the whispers of your soul.

Meditation is one of the simplest and most powerful tools for this connection. But it is not the only one—your soul can speak through synchronicities, dreams, creativity, or a sudden knowing that arises within. The truth is, every one of us has access. Everyone has a soul. Everyone has intuition.

This week, allow yourself to listen more deeply. Ask your soul to speak, and be willing to receive. Even a quiet moment with your hand over your heart can open the doorway to a wisdom that has always been within you.

THE PEACE SERIES - week 11

✦ **Affirmation for the Week:**

"I am connected to my soul. Its wisdom guides me, its love sustains me, and its light leads my path."

✦ **Exercise: Soul Conversations**

1. Find a quiet place where you won't be disturbed. Light a candle, take a few breaths, and set the intention: "I open myself to hear my soul's wisdom."
2. Ask Your Soul a Question
3. On a blank journal page, write a simple, heartfelt question such as:
 - "What do you most want me to know right now?"
 - "How can I live more in alignment with you?"
4. Listen & Write Freely
5. Close your eyes, take three deep breaths, and then begin writing whatever words, feelings, or images come to mind. Don't overthink. Allow your pen to move without judgment—your soul often speaks in gentle nudges, not long explanations.
6. Close with Gratitude
7. When you feel complete, place your hand on your heart and whisper: "Thank you, soul, for guiding me. I choose to walk with you."

✦ Repeat this practice anytime you feel disconnected. Over time, you'll begin to recognize your soul's voice with more ease and trust.

what brings you

joy

Lighten-up

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“Peace lives where
resistance ends.”

— Inspired wisdom

THE PEACE SERIES - week 12

Week 12: Staying in Your Light — Your Job & Your Gift to the World

Staying in your light is a personal practice — it's your work, your devotion, and your sovereignty. No one else can choose it for you. Yes, drama and emotion connect us (complaining is oddly effective at bonding!), and there are times when being human means getting messy. But as lightworkers and old souls, we're invited to remember who we are beneath the noise: bright, steady, and centered.

Your light is both your refuge and your power. It raises your vibration, clarifies boundaries, and acts as a magnet for people and circumstances that reflect you back to your highest self. When you lose touch with it, life can feel heavy, reactive, and cyclical. "Getting sober," as I like to call it— returning to your light — is a gentle, intentional reset you learn to do quickly, so you're not carried away by every emotional tide.

The good news: once you discover the simple, reliable tools that bring you back, you can become proactive instead of reactive. Your reset might be a short meditation, a walk in the trees, a splash of cold water on your face, a clearing breath with a hand on your heart, or calling a friend who reminds you of who you are. Whatever works for you — cultivate it, practice it, and make it the first thing you reach for.

THE PEACE SERIES - week 12

This week, the invitation is to focus on cultivating and sustaining your light, tuning into the practices, thoughts, and actions that keep you centered, radiant, and fully aligned with your highest self.

Affirmation for the Week:

“I choose my light. I return to centre quickly and lovingly. My presence is my power.”

🌱 Practice: The Quick Sober Reset (3–7 minutes)

1. Notice the Drift/Contrast
2. Pause. Name it silently: “I’m getting heavy / distracted / reactive.”
Noticing is the first skill.
3. Ground & Breathe (1–2 minutes)
4. Plant both feet on the floor. Inhale for 4 counts, hold 1, exhale for 6. Repeat 3 times. Feel gravity and breath anchor you.
5. Bring White Light to Your Heart (1–2 minutes)
6. Place your hand over your heart. Imagine a warm, luminous light expanding from your chest. Breathe it into your whole body. Say: “I choose my light.”
7. As you re-enter your activity, say your affirmation once, aloud or silently. Notice the difference.



**today
is the
perfect day**

Lighten-up

DAILY PLAN

M	T	W	T	F	S	S
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TODAY'S AFFIRMATION:

TODAY'S LOFTY QUESTION:

LIGHTEN UP DAILY LIST

<input type="radio"/> MEDITATE	<input type="radio"/> MOVE MY BODY
<input type="radio"/> JOURNAL	<input type="radio"/> BREATHING EXERCISES
<input type="radio"/> HYDRATE	<input type="radio"/> GO OUTSIDE

SCALES

TODAY I FEEL:	INTUITION SCALE
	

CELEBRATIONS

 DAILY GRATITUDE	TODAY'S SMALL SUCCESS
---	-----------------------

Lighten-up

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*Lofty Questions
Menu*

Lofty

Q U E S T I O N S

- "What if everything works out better than I could imagine?"
- "What truth do I choose to believe instead?"
- "What do I want to let go of?"
- "Who am I without my story?"
- "What can I do today to be light?"
- "What would it feel like to trust life completely today?"
- "What part of me is ready to be seen and loved?"
- "If I already had everything I'm seeking, how would I move today?"
- "What light within me is ready to shine brighter?"
- "What does my soul want me to know right now?"
- "If fear wasn't in the way, what would I choose?"
- "How can I soften into the unknown?"
- "What's rising in me that's ready to be expressed?"
- How can I be love personified today?
- What if everything is really working out for me?
- How can I see "this" from a higher perspective?
- What if ease is the most powerful choice I could make today?
- How can I align with wonder and awe in this moment?
- What would it feel like to embody peace as my natural rhythm?
- What if my heart is already wide open to receive?
- How can I let my soul remind me of the joy of being alive today?

Lofty

QUESTIONS

Presence & Peace

- What if this moment is already enough?
- How can I bring gentleness to myself today?
- What would it feel like to be fully present right now?
- What light can I notice in the ordinary today?
- How would peace move through me in this moment?
- What if relaxation creates more than effort ever could?
- How can I soften into today with grace?
- What if life is happening for me right now?
- Where is stillness already waiting for me?
- What if my only job today is to be at peace?

Joy & Playfulness

- Could I allow joy to bubble up in unexpected ways today?
- What would it feel like to laugh freely right now?
- How can I bring a spark of play into the ordinary?
- What if joy is my natural state?
- How can I invite more fun into this moment?
- Where could I lighten up, just a little?
- What if happiness is already inside me?
- What if I gave myself permission to enjoy today?
- How can I celebrate even the smallest thing right now?

Lofty

Q U E S T I O N S

Trust & Surrender

- What if everything is working out better than I imagine?
- How can I trust the unfolding of today?
- What would it feel like to release control and feel safe?
- What if I leaned into trust instead of worry?
- How can I remember that I am always supported?
- What if life is conspiring in my favor?
- How can I open my hands and let the universe lead?
- What if I already have everything I need for this moment?
- How would it feel to surrender with joy instead of fear?
- Where can I practice letting go today?

Love & Compassion

1. How can I be love in action today?
2. What if love is the answer to every question?
3. How can I soften my heart right now?
4. What would it feel like to look through the eyes of love?
5. What if compassion is my natural state?
6. How can I send love to myself today?
7. What if love is always closer than I think?
8. How would love guide me in this moment?
9. What part of me is ready to be embraced with kindness?
10. What if being love is easier than I've ever imagined?

Lofty

QUESTIONS

Soul & Intuition

1. What if my soul already knows the way?
2. How can I open to divine guidance today?
3. What would it feel like to fully trust my intuition?
4. What if the answers are already within me?
5. How can I hear the whispers of my soul right now?
6. What if I am more connected than I realize?
7. How can I remember my infinite nature today?
8. What would it feel like to walk as my higher self?
9. What if my inner wisdom always speaks truth?
10. How can I allow inspiration to guide me today?

Abundance & Possibility

1. What if miracles are waiting for me today?
2. How can I open my heart to receive more?
3. What would it feel like to live as if abundance is everywhere?
4. What if everything I desire is already on its way?
5. How can I see this moment as a gift?
6. What if I'm already living in overflow?
7. How can I allow possibility to expand today?
8. What would it feel like to move with limitless potential?
9. What if I trusted that life is generous with me?
10. How can I be available for magic today?

Lofty

QUESTIONS

Expansion & Light

1. What if my light is ready to shine brighter?
2. How can I expand into more of who I am?
3. What would it feel like to embody my highest self?
4. What if I am bigger than any story I've ever told?
5. How can I let my inner light guide the way today?
6. What if my presence is already enough?
7. How can I bring more radiance into this moment?
8. What would it feel like to expand beyond limitation?
9. What if I am already limitless?
10. How can I shine without holding back today?

*Affirmations
Menu*

Affirmations

M E N U

- "I love my life"
- "Everything works out for me."
- "I give myself permission to relax and have fun"
- "More trust = more happy"
- "My heart is open to love"
- "Thank you for the miracles."
- I act when intuitive nudges or opportunities appear, even if they push me out of my comfort zone.
- Seek inner alignment before DOING THE THINGS.
- Trust your inner power.
- Live LIFE as though your desire is already fulfilled.
- Gratitude is the energetic state of receiving—each thank you you offer anchors your creation into reality.
- Thank you for the wonderful life
- Thank you, universe, for a better future.
- All is well (Thank you Louise Hay)

Affirmations

M E N U

Presence & Peace

- I choose peace in this moment.
- My breath brings me back to calm.
- Stillness lives inside me.
- I am safe to relax here and now.
- Peace is my natural state.
- I allow life to be simple.
- My presence is enough.
- I am grounded and supported.
- With each exhale, I release what I no longer need.
- I soften into the flow of today

Joy & Gratitude

- I love my life.
- Everything works out for me.
- I give myself permission to relax and have fun.
- Gratitude opens the door to miracles.
- I celebrate the small joys in my day.
- Happiness is natural to me.
- I find beauty everywhere I look.
- I say “thank you” for this moment.
- My life is filled with blessings.
- I allow joy to guide my choices.

Affirmations

M E N U

🌟 Trust & Surrender

- More trust = more happiness.
- I am held and guided at all times.
- Everything is unfolding for my highest good.
- The universe is conspiring in my favor.
- I trust the timing of my life.
- I let go of control and welcome ease.
- My path is unfolding perfectly.
- I am always supported.
- I surrender fear and choose love.
- Trusting life feels natural to me.

❤️ Love & Self-Worth

- My heart is open to love.
- I am worthy of joy and abundance.
- I am love in action.
- I radiate kindness and compassion.
- Love flows through me and to me.
- I deserve peace and happiness.
- I treat myself with gentleness and care.
- I am whole just as I am.
- I allow myself to be seen and loved.
- I shine with the light of love.

Affirmations

M E N U

Intuition & Alignment

- Thank you for the miracles.
- I act when intuitive nudges appear, even outside my comfort zone.
- Seek inner alignment before doing the things.
- I trust my inner power.
- My intuition always leads me to truth.
- Inspiration flows through me with ease.
- I listen to the wisdom of my soul.
- I am divinely guided in every moment.
- My higher self walks with me today.
- I honor the voice within.

Abundance & Expansion

- Live life as though my desire is already fulfilled.
- Gratitude is the energetic state of receiving.
- Thank you for the wonderful life.
- Thank you, universe, for a better future.
- I live in overflow.
- I welcome abundance in all its forms.
- Miracles meet me every day.
- I am open to infinite possibility.
- Prosperity flows naturally to me.
- I am a magnet for joy, peace, and blessings.

MY 10 FAVORITE AFFIRMATIONS

1

2

3

4

5

6

7

8

9

10

My Favorite

LOFTY QUESTIONS

A series of 18 horizontal lines for writing, each preceded by a light blue dot. The lines are evenly spaced and extend across the width of the page. The dots are positioned to the left of each line, serving as a starting point for writing.

LIGHTEN

Up



Thank You!

Thank you for choosing to walk this 12-week journey with Lighten-Up. Nothing about you needed fixing — and yet, something has gently shifted. Perhaps you've noticed a softer relationship with yourself, a quieter inner voice, a deeper trust in your intuition, or simply more moments of presence where there once was pressure. However this experience has unfolded for you, know that your willingness to pause, reflect, and show up with honesty matters. May what you've cultivated here continue to ripple into your days, reminding you that a lighter way of being is always within reach. Thank you for saying yes to yourself, and for allowing this lighter way of being to begin.

The Intuitive Living Team

Follow us on socials

@intuitivelivinginsitute



www.intuitivelivinginsitute.org

HELLO, NICE TO MEET YOU

ABOUT US



At The Intuitive Living Institute, our mission is a simple one. We are passionate about putting the power back in your hands. We accomplish this through teaching, training, and guiding you to tune into your intuition. Everything we do at the institute is customized to each individual, and no two people will follow the same learning path.

With intuition as your foundation, you will feel more connected and awakened. Life will make more sense. You will uncover why you are here and what your purpose is on earth.

We are so honored and grateful to walk along the path with you. A connected and fulfilling life awaits. Now let's lighten up!

THE INTUITIVE LIVING TEAM



Chris
CEO and Energy Healer



Arthur
Energy Healer & Acupuncturist



Sinead
Creative Director & Life Coach

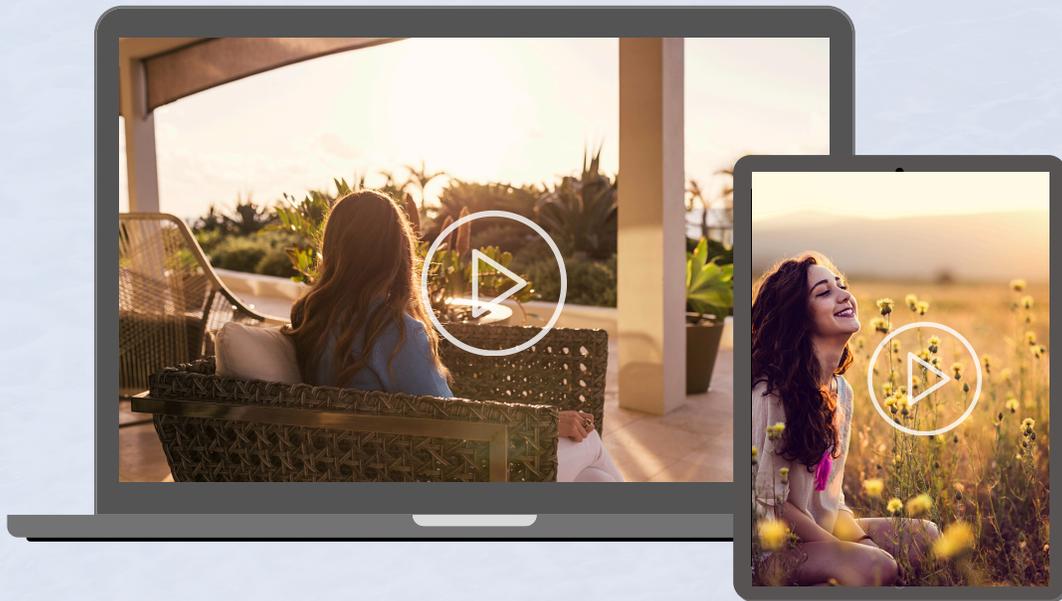


Faith
Energy Healer & Massage Therapist

LIGHTEN UP

If you enjoyed this journal and would like continue on your intuitive journey...

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Awaken To Your Higher Self



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