

# MoonVibes Tools

## Hug Your Inner Bitch

WHEN YOU HEAR YOUR INNER BITCH'S WORDS COME INTO YOUR MIND:

1. STOP WHAT YOU ARE DOING AND CLOSE YOUR EYES,
2. VISUALLY IMAGINE THAT VERSION OF YOURSELF STANDING BEFORE YOU,
3. ASK HER "WHAT IS HURTING YOU RIGHT NOW?" AND AWAIT HER RESPONSE.
4. VISUALIZE **HUGGING HER WITH UTMOST COMPASSION.**
5. TAKE A DEEP BREATH ALLOWING THIS INFORMATION TO INTEGRATE.

MOVE FORWARD IN WHATEVER YOU WERE DOING IN A WAY THAT INTEGRATES WHO **YOU KNOW YOURSELF TO TRULY BE** AND NOT JUST HER OPINION OF YOU.

## Let it Go, Let it Be, Let it Come

SET SOME ALONE TIME, CREATE A SACRED SPACE, GET INTENTIONAL ABOUT WHAT YOU ARE DOING.

STATE OUT LOUD ONE THING YOU WANT TO **LET GO.**  
ONE THING YOU ARE **PROUD TO BE.**  
ONE THING YOU **AFFIRM IS COMING.**

THEN JOURNAL, VIDEO YOURSELF TALKING, CALL A FRIEND, FIND A CIRCLE, EXPRESS THIS SOMEWHERE, SOMEHOW. REPEAT MONTHLY AT THE BALSAMIC PHASE, AND EACH TIME, REFLECT BACK TO THE MONTH BEFORE, AND WATCH THE MAGIC HAPPEN.

## Give it Forward

IN ORDER TO ENJOY WHAT WE HAVE AND SEE THE GOOD IN OUR LIVES, **WE MUST CONSCIOUSLY SHIFT OUR PERSPECTIVE.**

LOOK AROUND - SEE WHERE YOU CAN GIVE ACKNOWLEDGEMENT.

**THANK YOUR HUSBAND FOR TAKING OUT THE TRASH EVERY WEEK.**  
**LET YOUR MOM KNOW HOW MUCH YOU APPRECIATE HER BEING THERE.**  
**ACKNOWLEDGE YOUR SON FOR NOT LEAVING ANY TOWELS ON THE FLOOR.**

WATCH THE MAGICAL SHIFTS THIS CREATES IN YOUR RELATIONSHIPS.