



Flow to Self

a path to authentic living

Vibe Boosts

simple ways to raise your vibration

Vibe boosts are practices and pleasures that help you feel more like yourself. They can soothe, lift, energize, or reconnect you. From two minutes or more, they boost your daily vibe through things you already love, or ones you'd like to explore.

Before making your list consider:

What already helps me feel good?

What short or longer practices do I already love?

What is something new I'd like to try?

What feels soothing or what feels energizing?

What are ways I like to begin or end my day?

What could support me during breaks at work or shorter pockets of time?

Examples:

- movement (yoga, running, skiing)
- time outside (a walk, sunshine, a hike)
- music (a playlist, one song, a dance break)
- making art (a doodle or a full project)
- reading (fiction, an article, a magazine)
- a tea or coffee ritual
- cooking (for yourself or someone else)
- rest (what could this look like?)
- play (outside, with friends, with a pet)
- connecting with a friend
- gratitude (a list or letter)
- watching something uplifting
- a class or workout
- a solo adventure
- time with family
- something that makes you laugh
- something sensory or cozy
- add your own: _____

Vibe Boost List

Create a list of practices, experiences, and pleasures that help you feel more like yourself.

Notice any natural patterns.

Are some Vibe Boosts better suited for mornings, evenings, or breaks in your day?
Do some feel more supportive in certain seasons, moods, or phases of life?

Consider when these might support you most.

- to begin or end your day
- during breaks or small pockets of time
- when energy feels low
- when you need a lift or reset