

# 5 minutes to Revamp Your Vibe

SIMPLE STEPS TO  
GET YOUR HAPPY  
BACK NOW

MICHELLE MARTIN DOBBINS

# **5 Minutes to Revamp Your Vibe**

## **Simple Steps To Get Your Happy Back Now**

***Michelle Martin Dobbins***

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## Introduction

First of all, take a deep breath. There is no such thing as a vibration emergency! You can transform your thinking and your vibration in a moment.

If right now you are not feeling good and you have some emotions that you want to dissolve, we are going to do that in the quickest, funnest, way possible.



Here are the Three Easy Steps to Transform Your Vibe:

1. Feel Your Vibration and Allow it to Rise
2. Change your Story About the Situation
3. Take Vibe Lifting Action

More good news. Just doing step number one can transform your vibration, at least temporarily. Then the next two steps can help your transformation last longer.

One thing that makes a big difference in our approach is what's going on behind the negative feeling you are experiencing. Is there a reason behind it or is it just a general, negative feeling that snuck up on you for no reason? Sometimes, we pick up feelings that aren't ours or we just have some old beliefs that need to clear out, now that we are becoming more positive.

If that's the case for you, you can skip step two of this three step process. There's no need to shift the story that's causing you discomfort, if there isn't one. If you feel yucky but there's no real reason, we certainly don't want to create a reason.

If there is a reason, such as not being able to pay bills, a fight with your spouse, hating your job, etc. then we just have one extra step to do. We have to change the story around the reason you're feeling bad, so the feeling is less likely to come back.

Then, it helps to take some action that makes you feel good and keeps your vibration in a higher frequency.

That's all we need to do, so let's go through each step in detail now.

## Step One

### *Feel Your Vibration and Allow it to Rise*

There is an audio that goes along with this program that will walk you step by step through this process. If for some reason, you didn't get it here is a [link to listen online](#).

Any emotion fully felt naturally rises. Our emotions create the frequency that our body vibrates at, so one of the easiest ways to feel where we are is to tap into our vibration.

I do this by closing my eyes in quiet space, like I'm meditating and focusing inward until I can actually feel the vibration of my body. If you are a vision person, you might want to visualize the vibration of your body. If you are more auditory, you might want to listen to it. Use whatever way works for you to tap into and experience the vibration level of your body. It may take a little bit of practice, but once you've mastered it, you can get quiet and tap into it in seconds.

If you are happy, your vibration will be faster and lighter. If you are sad or angry, you will most likely experience your vibration as slower and denser.

All you have to do is tap in and experience it. You don't have to try to change it or make it rise. You will find that once you experience your actual vibration with no story behind it, it will shift and get higher automatically. Don't resist how it feels, just feel it and gently drop any story or thoughts that come up and focus back on the sensation (or sound, picture, etc.). You don't have to do it very long, just until you feel a shift. Sometimes this can happen in a minute; sometimes it takes five or ten minutes. If you don't feel a shift, but lose concentration and stop earlier, it's fine. You benefit from anytime focused on your vibrations. You can come back and do it again later.

You don't have to wait until you feel bad to do this. I do it every morning and evening and usually at least once during the day. It's fun to do when you feel fabulous because you can end up feeling more and more blissful.

This technique by itself is enough to shift your vibration, but to keep it high, you might also want to do step two and three.

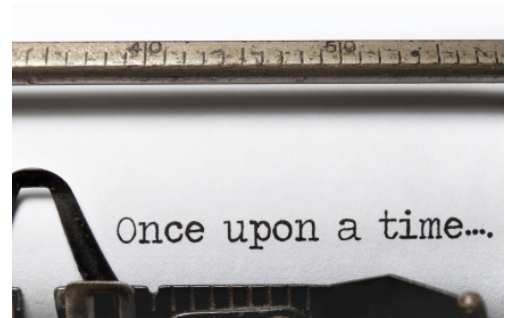
If you have any questions, don't hesitate to send me an e-mail [michelle@michelledobbins.com](mailto:michelle@michelledobbins.com).



## Step 2

### *Change Your Story About the Situation*

I've put a worksheet together to help you change your story about a situation. First, determine the situation that you feel is responsible for your low vibration. If you felt negative emotion for no reason, you may have picked up a feeling from someone else or you may be letting go of emotions that have been in your body for years. If you can't find a reason, you can skip this step and go on to step three, but keep this section handy for those times when there is a situation causing you to feel bad.



The second step is to find some things you can appreciate about the situation as it is now. You don't have to find a lot but at least list one or two, more if you can. This helps you relax about where you are right now. No situation is all bad. There has to be some upside to it or you wouldn't be creating it. Don't worry that finding the positives in your current situation will keep you stuck in it. It will actually make it easier to let go of.

The last step is to write out the story of your situation as you want it to be. Write it out in present or past tense as if everything you want to happen has already happened. Make the story juicy and fun and put in the details that make it feel real.

Sometimes doing this process once is all you need. For a stickier situation, you might want to do it every day for a couple weeks or a month. Do it as long as it feels good and is helping transform your vibration. Once it starts to feel tedious or like work, stop doing and let go.

## Sample Vibe Shifter Worksheet

**Situation you want to shift:** \_\_\_ Not having a significant other \_\_\_\_\_

### 5 Things that You can Appreciate about the situation AS IT IS NOW!

1. \_\_\_ I always get to watch what I want on TV \_\_\_\_\_
2. \_\_\_ Can go out with my friends when ever I want \_\_\_\_\_
3. \_\_\_ Eat what every I want without worrying if someone else likes it \_\_\_\_\_
4. \_\_\_ Can check out all the hotties I see and no one gets mad \_\_\_\_\_
5. \_\_\_ The whole closet is mine \_\_\_\_\_

### Tell the story of the situation as you want it to be:

I've met the greatest guy ever. He likes foreign films and traveling just like me. we have so much fun cooking meals together and are planning our first trip as a couple. He is so kind and cute and he makes me laugh. It's like the universe brought me the perfect person for me. I'm so glad we ran into each other in the grocery store. It felt like fate when he asked me to help him pick out a good cantaloupe. The next thing I knew we were making fruit salad together and strolling under the stars. He works the same kind of schedule as mine, so it's easy for us to get together and our beliefs about life are very compatible. We met each other at a perfect time for us both. He is everything I put on my list of the perfect man and more that I hadn't even thought of. The universe is good to me.

## Vibe Shifter Worksheet

**Situation you want to shift:** \_\_\_\_\_

### **5 Things that You can Appreciate about the situation AS IT IS NOW!**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Tell the story of the Situation as you want it to be:**

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## Step 3

### *Take Vibration Lifting Action*

You know what raises your vibration when you do it. It will depend on the situation and the person. One person may feel refreshed after a short nap, another might feel groggy and bogged down. Choose something that will make you feel good to do, even if it's taking a few minutes to do nothing. If you consciously choose to do nothing, then doing nothing is an action. Most of the time, you'll probably want to take an action that feels good and inspired. I've included a list of fifty actions that might be vibration lifters to get you started. Remember, it's individual. Cleaning your kitchen might feel fabulous to you and horrible to someone else. Do what makes you feel good.



### 50 Vibe Lifting Ideas

This is just a jumping off point to give you ideas of something to do to raise your vibration. Not all of these will light you up, so pick the ones you do. Still, reach outside of the box and try something outside of what you would normally choose to do, but sounds appealing. Remember, it's the feeling that is important. Don't do something if it feels like work. It has to bring you joy.

1. listen to your favorite music
2. take a bubble bath
3. write in journal
4. pet a cat, dog, bunny, etc.
5. watch a funny movie
6. go for a run
7. meditate
8. sing
9. go for a walk in nature

10. read an uplifting biography
11. play an instrument
12. write a letter to a old friend
13. do a random act of kindness
14. go on Facebook and find someone to uplift with a positive comment
15. look on Pinterest under the humor section to find something to laugh about
16. de-clutter and get rid of things that you don't love in your space
17. bake a cake
18. make a vision board
19. say affirmations
20. write a story
21. go for a drive
22. go out to eat
23. make a smoothie or buy one
24. plant some flowers
25. look through the pictures on your phone or computer or pull out old photo albums
26. play in the rain
27. go for a swim
28. donate some money to charity
29. write your worries out and then burn the paper
30. do an online tarot card reading
31. fix yourself a cup of tea or cocoa
32. make homemade ice cream or go out for ice cream
33. play with a child
34. play a board game with friends

35. plan a night out with friends or family
36. plan a dream vacation, even if you can't book it now
37. clean out your closet
38. buy a new outfit
39. try using your non-dominant hand for a couple hours
40. laugh for no reason
41. smile at yourself in your mirror
42. go somewhere in your neighborhood you've never been before: a store, restaurant, park, etc.
43. get a new hairstyle/cut
44. paint a picture
45. make a collection of things that make you smile
46. plant a flower
47. grow your own herbs
48. move your furniture or decorative items
49. fly a kite
50. write a song

## About the Author

Michelle Dobbins is author, spiritual alchemist, & reiki master who shares tips, "spells" and true stories of magic, creation and love in everyday life on her blog at <http://www.dailyalchemy.com/>. She supports people to transform their lives using love and joy. You can connect with her and get her Magic Question of the Day and motivational snippets throughout the day on Facebook at <https://www.facebook.com/MichelleDobbinsAuthor?ref=hl> and Twitter at <https://twitter.com/MichelleDobbins>.

