

Day 3: Aligning with the Frequency of Love

Directions:

To attract your soulmate, it's essential to maintain a high-vibe frequency that aligns with the energy of love. Consistently engaging in actions that nurture love and joy within you creates a magnetic pull for your soulmate.

In order to consistently keep your frequency raised, you will need to consciously make choices to commit to practices that support doing that.

What 5 high-vibe frequency actions will you commit to doing consistently to align with love and attract your soulmate?

Example:

- Starting my day with a gratitude practice and being thankful for the soulmate love that is on his way to me
- Listening daily to the ***Manifest Your Soulmate Meditation*** from ***Manifest Your Soulmate 5 Day Immersion***
- Reading the Love Letter I wrote to myself on Valentine's Day and embodying that love for myself and with myself
- Doing things now that align with things I would do if my soulmate were in my life...candles at dinner, exploring the places I desire to travel with him on the internet
- Engaging in joyful movement, like dancing or yoga

1.

2.

3.

4.

5.