

HIGH VIBE HABITS

QUICK-START CHECKLIST



CHECKLIST

HAPPY ON PURPOSE

There are many things in life you need patience for, but your happiness isn't one of them.

Happiness isn't an end product, it's a path. Your high-vibe journey starts here!

Feeling good can be a compass to guide us towards success without the stress and exhaustion. Start with this question checklist and begin to make the High Vibe Habits your habits. It takes so much less than we think to keep ourselves in a high-vibe state. Small, consistent steps let us Micro-dose Happiness and offer ourselves what we need.

GETTING STARTED

Constructive habits create the scaffolding for a successful life that feels good. They are available to all of us when we pause and transition from reacting to responding and then getting proactive about our desires.

The powerful direction we get from each of these habits begins with asking the right questions that keep us on an upward spiral.

For the purpose of this quick-start checklist, each habit has been distilled down to a single question to let you easily access the essence of my framework.

A reminder, the steps are listed in an order, but they overlap and support each other. Clarity is a great place to start, but you can begin anywhere. There's no real beginning and end because together they create a well-rounded, constructive perspective. Every time you use them, you'll find yourself in a new place, so they always offer you something insightful.

Ask yourself these questions throughout the day or journal on them. Let them help you explore your current state and lead you to a higher vibrational state.

HIGH VIBE HABITS

This is a judgement-free zone. Surrender your habits of comparison, judgement, and guilt and make space for a constructive perspective.

1

clarity

Ask: How am I feeling right now?

2

control

Ask: What can I do to feel better?

3

confidence

Ask: What's the win?

4

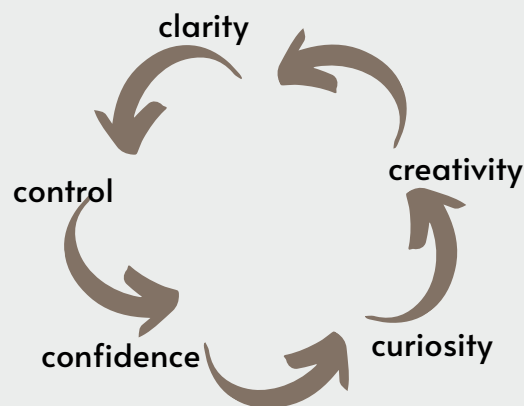
curiosity

Ask: What can I learn?

5

creativity

Ask: What are all my choices?



STAY CONNECTED

How you feel matters.



Consistently prioritize your well-being without the guilt. That's the decision to Micro-dose Happiness in each moment to maintain a high-vibe state.

How we feel affects what we see and, ultimately, what we do and experience.

Staying connected to ourselves allows us to have awareness which lets us create alignment - two elements necessary to feeling good and achieving the life we want.

I invite you to dive deeper into the High Vibe Habits and get personalized support and strategy.

[Start your high-vibe journey with me today.](#)

Happy and healthy people aren't that way by accident. They are in the **habit** of prioritizing what it takes to achieve those things.

Nithya Karia

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