

Finding Your Own "Inner Owl": How Are You Amplifying or Insulating Your Positivity?

Make a list of amplifiers and insulators for positive vibes in your own life here. Practice maximizing and repeating the amplifiers while minimizing and reducing the insulators. This will improve your optimal energetic balance and help you more easily access your potential power.



AMPLIFIERS

Activities or thoughts that raise your energetic vibration, resulting in feelings of happiness, joy, enthusiasm, and positivity. Each technique you identify that elevates your positive vibrations will make it easier to tune into your intuition.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Examples could be things like meditation (which can include many things, such as: prayer, yoga, art, or being immersed in nature), practicing gratitude, hiking, cycling, spending time with a pet, playing an instrument, or listening to music.

INSULATORS

Activities or thoughts that lower your energetic vibration, resulting in feelings of fatigue, isolation, frustration, and burnout. Each technique you identify that inhibits a balanced vibrational state will make it more difficult to tune into your intuition.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Examples could be things like over-analyzing, alcohol, drugs, food as a distraction, ignoring feelings, commiserating with people who consistently have a negative vibe, and burying ourselves in "busyness" to avoid something.

