

25 easy things

I DO DAILY TO STAY MAGNETIC

Some of these sound wild. All of them work.

Your energy is your most valuable currency.
Protect it. Amplify it. Trust it.

A note before we begin:

I know. Some of these are going to sound unhinged.

Walking slower? Talking to your future self? Wearing a crystal to the grocery store?

But here's what I've learned after years of chronic illness, nervous system work, and scaling wellness brands: the woo stuff and the science stuff are the same stuff. Visualization activates the same neural pathways as real experience (that's neuroscience). Posture changes your cortisol and testosterone levels within 2 minutes (that's endocrinology). Heart coherence affects people 3 feet away from you (that's HeartMath research).

So yes, I carry a crystal. And yes, there's a reason it works.



Try these for **30 days**. Keep the ones that shift something. Drop the ones that don't. Your body will tell you what's real.

25 Magnetic Things I do

1

I talk to my future self like she's already handling everything.

Before any hard decision, I ask: "What would the version of me who already has this figured out do right now?" Then I do that. Your RAS starts filtering for that reality.

2

I smile at strangers everywhere I go.

Good energy always comes back to you multiplied. Plus, smiling activates your vagus nerve, which downregulates your stress response. You're literally healing yourself and making someone's day at the same time.

3

I compliment people when I'm out. Genuinely.

Not to get something. Because noticing beauty in others trains your brain to notice beauty everywhere. Your RAS is always practicing what you focus on.

4

I wear rose quartz or carry it in my pocket at all times.

Whether it's the piezoelectric properties or just a physical reminder to stay in my heart, it works. Every time I touch it, I come back to my body and my intention.





5

I decide things get to work out before I see evidence.

Not delusional optimism. Intentional RAS programming. Your brain will find what you tell it to look for. Tell it to look for evidence that things are working.



6

I walk slower in public like I'm being watched and admired.

This sounds ridiculous and it completely changes your energy. Try it. Walk like you have nowhere to be and the world is lucky you showed up. Your nervous system reads your posture and pace and adjusts your biochemistry to match.



7

I let myself feel everything instead of "fixing" it.

Emotions are energy moving, not problems to solve. When I stopped treating sadness like a crisis and started treating it like weather, everything shifted. 90 seconds. That's all an emotion lasts if you don't re-trigger it with your thinking.



8

I treat my body like it's sacred even when I'm in a bad mood.

Especially when I'm in a bad mood. Warm water. Gentle food. Soft clothes. Your body doesn't deserve punishment because your mind is having a hard day.





9

I romanticize the most random moments.

Drinking tea. Driving. Getting ready. Folding laundry. When you romanticize the mundane, your nervous system stops waiting for "the good part" and starts living in it. Presence is the highest frequency.

10

I assume people like me before they even meet me.

Not arrogance. Just an energetic expectation. Your heart's electromagnetic field broadcasts your assumptions 3+ feet before you say a word. If you walk in assuming connection, you create it.

11

I act like opportunities are always circling me.

Because they are. When you stop chasing and start attracting, you notice that opportunities were always there. You just couldn't see them because your RAS was filtering for threats instead.

12

I use the mantra "it gets to be easy" approximately 1,000x a day.

Not everything is easy. But the belief that it CAN be changes how your nervous system approaches challenges. Struggle mode vs. flow mode produce completely different outcomes.



13

I rest without guilt.

Rest is not earned. It is required. Your vagus nerve needs downtime to maintain tone. Your immune system repairs during rest. Your brain consolidates learning during sleep. Guilt about resting is a survival-mode story. Let it go.

14

I trust my random urges.

Text them. Post that. Go there. Walk that direction. Your body is receiving signals your conscious mind hasn't processed yet. Those "random" impulses are often your intuition, which is just fast pattern recognition.

15

I keep some things sacred and private.

Not everything needs to be shared. Mystery is magnetism. When you hold some things close, you build an internal reservoir of energy that doesn't leak through external validation.

16

I clear my energy with Reiki, EFT, or csage before I try to manifest anything.

You can't attract from a cluttered field. Before I set intentions, I clear. Hands on heart, deep breath, release what isn't mine, call my energy back. Then I ask.





17

I carry myself the way my higher self would.

Shoulders back. Chin level. Eyes soft but present. Not performing. Embodying. Your body is a frequency antenna. How you carry it determines what signal you broadcast.



18

I stop consuming content that makes me feel bad about myself.

Unfollow. Mute. Delete. Your nervous system doesn't distinguish between real threats and Instagram comparison. If it dysregulates you, it's lowering your frequency.



I light a candle and call it a ritual.

A candle, an intention, and 60 seconds of eye contact with the flame. That's it. The simplicity IS the power. Your nervous system responds to ceremony, even small ones.

I say "thank you" before the thing I'm grateful for actually arrives.

Gratitude in advance is the most powerful RAS programming tool I know. Your brain doesn't know the difference between gratitude for what you have and gratitude for what's coming. Both activate the same neural pathways.



19



20



Practice
gratitude
daily



21

I move my body when I'm stuck, not when I "should."

Shaking, dancing in the kitchen, a walk with no destination. Movement completes the stress cycle. It doesn't have to be a workout. It just has to move the energy.

22

I say no faster than I used to.

A slow no is a yes that breeds resentment. The faster I say no to what's not aligned, the more space opens for what is. My nervous system settles when I honor my capacity.

23

I talk about what I want like it's already happening.

Not "I hope" or "I wish." I say "I'm building," "I'm creating," "I'm becoming." Present tense is a frequency tool. Your subconscious takes language literally.

24

I put my phone in another room for the first hour of the day.

The first input programs your RAS for the entire day. If that input is the scroll, your brain starts scanning for comparison, urgency, and fear. If it's breath, intention, and presence, everything shifts.

25

I end each day by naming one thing that went right.

Not a gratitude list. One specific thing that went right. My brain goes to sleep looking for more things like that. And when I wake up, it keeps looking.

THIS IS YOUR YEAR TO BE *magnetic* TO EVERYTHING YOU DESIRE

I know some of these sound wild. But my life only gets better when I'm consistent with them. And consistency with small things creates compound shifts that no single supplement or protocol ever could.

Want to go deeper?

High Vibe Frequency: The Wellness Magnetism Method

is the full system for shifting your frequency from survival
to magnetic
29 modules
36 frameworks
12 dimensions

Now go walk slowly somewhere public and watch what happens.

Allie ♥

