10 WAYS TO INCREASE YOUR VIBRATION

Simple Shifts to Raise Your Energy and Transform Your Life

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PROLOGUE

I wrote this book to help you not only raise your vibration, but also enrich your life in meaningful ways. There are countless ways to elevate your energy, but the ones you'll find here are my personal favorites—simple, powerful practices that I use every day. With consistency and intention, they can truly transform your experience of life.

You don't need to do everything at once. Start small. Add more as you feel ready. The practices in this book are in no particular order, and each can be started gradually, building on itself over time. As you explore them, you may begin to notice something remarkable: life becomes more vibrant, joyful, and aligned than you ever imagined.

Think of your life as an experiment, and you as the mad scientist—playful, curious, and determined to create a life that makes you *want* to leap out of bed each morning. Life isn't necessarily bad; often, it's our perspective that dims the light. If you focus on the negative, that's all you'll see. But every experience has another side. When you begin to train your brain to notice the good, to expect the positive, a massive shift begins. That's when the magic happens.

Try waking up each morning and telling yourself, *"This is going to be a great day."* It won't prevent challenges, but it will give you the mindset and energy to move through them with resilience and grace. Rather than getting stuck, you'll learn to steer around obstacles and keep going.

Raising your vibration is a powerful act of self-leadership. It's a step toward creating a life that you truly *can't wait* to wake up for.

1. GRATITUDE JOURNALING

Please don't roll your eyes at this suggestion—*I did* the first time I heard about gratitude journaling. I thought it was just another trendy habit that would fade away. That is, until a friend gifted me a book called *The Magic of Gratitude* by Rhonda Byrne. Total game changer.

What is gratitude journaling?
It's simple. You take a few quiet moments to reflect on what you're grateful for and write those thoughts in a journal and consider them. That's it. But the shift it creates in your mindset is powerful.

Why practice gratitude?
You attract where your focus lies. Many of us start the day by checking the news or scrolling our phones—instantly lowering our vibration. But if you begin your day by searching for the good in your life, your entire mindset shifts. You become more aware of positive moments, and that awareness builds optimism that stays with you all day.

When should you journal?
I love waking at 5 AM, before the world wakes up. It's my sacred time to intentionally shape the kind of day I want to have. But evening journaling can also be powerful—it can improve your sleep by programming your subconscious to continue attracting more reasons to feel grateful. Even a short lunchtime journaling session can give your day a refreshing boost.

How do you start?
It's easier than you think—and actually enjoyable. Gratitude journaling is more than just listing what you're thankful for. It's a beautiful practice of turning inward and creating intentional

space for reflection. It's practicing mindfulness for anything positive in your life.

Use any notebook or journal—no need for anything fancy. I have created printable journal pages. Choose a pen in a color that you like to write with. Those little choices make it feel personal and inviting.

Try to set aside 30 quiet minutes. If you have young kids, nap time or bedtime might be your sweet spot. If your schedule changes, don't stress—just be flexible and keep showing up. It'll become something you look forward to.

Here's how to journal:

- Sit comfortably, set your phone on silent and let your mind settle. Sip a cup of coffee or tea while you write.
- Think of five things you're grateful for today. If you're having a hard time, start small: sunshine, a good parking spot, someone's kindness.
- Date the top of the page.
- Number your entries. For each one, write what happened *and* how it affected you.

Example:
I'm grateful to the man who let me cut in front of him at the grocery store. I was in a hurry during lunch, and that small gesture gave me a moment of peace before going back to work.

- Once you've finished your list, read each one aloud and let yourself feel that moment of gratitude again. Say, "Thank you." Really mean it.

Make it a Habit - Try to write **new things** each day. This keeps your brain searching for fresh reasons to feel grateful—and those reasons will start showing up more and more.

2. MOVE IT!

One of the easiest and fastest ways to raise your vibration is simple: move your body.

Do I mean a workout? Sure, if you're able, working out is fantastic for increasing your vibration. But even a brisk walk or a few gentle stretches can shift your mood and energy in minutes.

Why does it work?
Movement after long periods of inactivity gets your blood circulating, clears your mind and releases feel-good endorphins. You'll notice a little boost in energy almost instantly.

When should you move?
Anytime you feel sluggish or stuck. Ever notice how hard it is to get going after sitting for too long? But the moment you do, you can feel the difference—immediately.

This isn't just good advice; it's science. There's a law of motion that says an object at rest stays at rest, and an object in motion stays in motion. That applies to people too. When you're snuggled on the couch, it can feel impossible to get up —until you do, and suddenly, you're wide awake.

If you have a desk job, you already know how hard it can be to stay alert after hours in front of a screen. Just a little movement—walking to the break room, taking the stairs, or parking farther from the entrance—can wake up your body and your spirit.

Stretching is also a great energizer. Try stretching while you get dressed in the morning, and shake out your arms afterward. It’s a mini-reset for your whole system.

And let’s not forget dancing! Salsa, flamenco, or just jumping around to your favorite playlist in the kitchen—it’s a joyful way to raise your vibration. Even better if someone joins you!

Daily chores count too. Toss in a load of laundry, do the dishes, or make your bed—but do it mindfully. Remind yourself that you're moving with purpose, not just doing chores.

Pick up the mail. Grab groceries. Move with intention. The more you move, the better you feel. The better you feel, the more you want to move. It’s a beautiful, energizing cycle.

3. Mother Nature

Another incredibly effective way to raise your vibration is to connect with nature.

What if I live in a city?
No problem. If you can, visit a park, a courtyard, or even just step outside onto a balcony or patio. Take a walk. Sit in the sun. It doesn't have to be a forest hike—just being outside works wonders.

How much effort is needed?
You don't have to plan a big adventure. While a hike or a bike ride is great, even a slow walk through a local park or a few minutes sitting on your porch can shift your energy. Nature has a quiet, powerful way of helping you reset.

So now I'm outside. What should I do?
Start by breathing. Deeply. Intentionally. Inhale the air and feel it nourish your soul. Notice the temperature, the sounds, the smells—flowers, fresh-cut grass, wet earth. Breathe it in. Let it ground you.

Leave the headphones behind.
Listen. Do you hear birds? The wind? Rain? If it's snowing, pause and see if you can hear the *silence*—that magical hush that snow brings. It's the most delicate whisper, and when you truly hear it, it speaks right to your soul.

The beach is another sanctuary of sound—waves crashing, wind blowing, seagulls calling, children laughing. Nature's soundtrack is healing.

Get tactile. Kick off your shoes and let your feet touch the ground. Wade in a creek. Feel sand between your toes, sunlight on your skin. These simple sensations often awaken joyful childhood memories.

One of the most calming ways to connect with nature is around a campfire. Sitting under the stars, listening to the crackle of burning wood—it's a reminder of how vast and beautiful this world really is. And it's even better when shared.

Gardening is another soul-soothing option. Whether it's tending vegetables, planting flowers, or caring for potted herbs, your mind gets a break as your hands stay busy. Can't get outside today? That's okay. You can still bring nature in. Listen to calming nature sounds—waves, mountain wind, babbling brooks, even whale songs or cosmic sounds.

Nature is always there for you. You don't need to *do* anything to earn its magic. Just be still, open your senses, and receive.

4. MUSIC & SOUND

Mindfully listening to music means tuning in with intention. The music you choose can enrich your mind, elevate your mood, and even rewire your brain toward joy and motivation.

We all choose different music based on our mood or activity—but not all music raises your vibration. I love old country ballads, but most are heartbreak songs. Heavy metal and rap can be too intense or aggressive when you're trying to lift your vibration. Save those for high-energy workouts.

When you want to raise your vibration, try something new.

White, green, and brown noise mimic nature—like wind or the hum of an airplane. These are great for sleep or concentration. They helped me block out office noise—and surprisingly boosted my mood in the process.

Classical music is powerful. It boosts concentration, memory, and neuro plasticity—helping the brain adapt and grow. Slower pieces before bed can also improve sleep quality. And beyond the science, it simply soothes the soul.

Smooth jazz can help with concentration and relaxation. It’s a good way to lower your stress and to wind down for the evening.

Explore **spiritual music**—mantras, Gregorian chants, Native American flutes, Tibetan bowls, or other sacred sounds. You don't have to understand the words. The vibration itself is what matters. I listen to mantras daily without knowing the language. It's not for entertainment—it's for nourishing my spirit. It reminds me that I am a temple.

Subliminal soundtracks were a game changer for me. Soft music or nature sounds layered with affirmations work quietly in the background, helping reprogram your subconscious. I listened to ones about abundance, motivation, and memory while I worked—and the improvements were real. It's like sending your subconscious on a secret mission toward your goals.

Nature sounds—like rain, waterfalls, ocean waves, or birdsong—can reduce stress and raise your vibration. I especially love birdsong—it makes me feel happy and grateful.

And don't forget **fast, joyful music.** Salsa, flamenco, jazz—anything upbeat—can fill you with happiness and energy. Sometimes calming music can make you sleepy, so mix it up!

Keep exploring. If one type doesn't resonate with you, try another. The right sound is out there.

5. CLEAN & DECLUTTER

Who doesn't love the feel—and the smell—of a clean house? A tidy, organized home has a calming effect on your entire nervous system. Home isn't just where you sleep after a long day or raise your kids. Your home is your *sanctuary*—and because you spend so much time there, it plays a big role in your overall vibration.

Step One: Purge
One of the first steps to creating a high-vibe home is to get rid of what you no longer use or need. Clutter drains energy. If your home is full of stuff, the idea of purging it all can feel overwhelming—so take it one room at a time.

If you live with others, you may face some resistance. That's okay. Start by creating small wins. If your partner refuses to part with his beloved baseball cap collection, honor that. Just box them up carefully and store them neatly out of sight or display a few of them neatly.

When it comes to kids, clutter usually shows up in the form of toys. Help them learn the habit of letting go by regularly sorting through what they no longer play with. Bring them along when you donate items or set them at the curb for others to enjoy. If the whole family gets involved, consider hosting a garage sale and putting the money toward a shared experience—like a day trip or family outing.

And here's a big tip: Don't replace stuff with more stuff.

Step Two: Claim Your Space
If no one else is on board yet, don't wait—create your own sanctuary. Stake your claim to one small area in your home and make it yours. Maybe it's a reading nook, a writing desk, a comfy chair by the window, or your creative space. Keep only what you love and use. If you're an artist, organize your supplies. Paints in one bin, brushes in another. Simplify. Beautify. And set boundaries. Others are welcome, but in *your* space, they follow *your* rules. That boundary alone can create a ripple of positive energy throughout your home.

Step Three: Organize
Once you've purged the excess, it's time to organize what remains. Go room by room and look for anything that feels cluttered. Group similar items together and give them a home.

- Loose photos? Put them in albums or a storage bin.
- Shoes and jackets? Keep only the ones you use daily by the door.
- Office supplies? Corral them in drawers or containers.

Once you build the habit of organizing, it becomes second nature—and surprisingly satisfying.

Step Four: Deep Clean
Now that your space is decluttered and organized, it's time to clean.
Wash the curtains. Vacuum the floors. Wipe down baseboards and walls. Shake out rugs and open the windows if the weather allows. Let fresh air flow through your space like a reset button.

Want to go deeper? Pay attention to air flow.

Ask yourself:

- Where does energy move freely in your home?
- Where does it feel stuck or heavy?

Dust bunnies are a great clue—they tend to settle in stagnant corners where energy slows. Those are the very places that need clearing.

Remember, you're not just cleaning to have a tidy space—you're cleaning to *clear your mind* and raise the vibration of your sanctuary.

Because a clean, organized home isn't just easier to live in—it's easier to *thrive* in.

6. NOURISH YOUR BODY

Remember the old computer saying, “Garbage in, garbage out”? The same rule applies to our bodies. If you eat poorly, you’ll feel sluggish and, over time, your health may suffer. This might be one of the hardest areas for people to change.

Healthy eating doesn’t have to feel like punishment. Americans are addicted to sugar, salt, fat, and additives—but change is possible. Start slowly and build better habits over time. One thing I’ve learned is that good habits tend to generate more good habits, just as bad habits lead to more of the same.

Let’s start with breakfast. Most of us eat cereal out of convenience. Brace yourself: read the nutritional label on your cereal box. Check the fat, sodium, sugar, and calories—sugar is usually the biggest offender. Now look at the ingredients. Do you see additives for freshness, texture, color, or flavor? Many of these are banned in other countries. Try searching for fast, easy, healthy breakfast options like:

- Breakfast smoothie
- Avocado toast with egg
- Overnight oats

Need a mid-morning snack? Try a handful of nuts, a cheese stick, low- or no-sugar yogurt, or a piece of fruit.

Many people buy lunch for convenience. That's fine—if you have healthy options. I pack my lunch to save money and stay on track with healthy eating. Search for fast, healthy lunch ideas like:

- Hard-boiled egg, cheese stick, and raw veggies
- A healthy wrap instead of a sandwich
- A salad topped with grilled chicken or tuna

Dinner tends to be the biggest struggle. It's often social, so others may influence your choices. When eating out, try to avoid fried or overly processed meals. Watch portion sizes—restaurant servings often equal two or three meals. Consider taking half home. Some places offer senior portions or lighter fare. I recommend eating at home, where you control the menu and serving size. Try recipes that appeal to your taste but are healthier versions. Go for grilled or baked instead of fried. Choose raw or steamed veggies, or sauté them in olive oil with lemon juice and zest for a quick, flavorful side.

Improving your diet is tough with so many temptations. You don't have to give up pizza or wings—just limit how often you indulge. Find healthier alternatives that satisfy your cravings, and treat yourself to a "cheat meal" once a month.

Every time you choose something healthier, you're casting a vote for your well-being.

Don't try to overhaul your whole diet at once. Start by improving just one meal. If that feels like too much, start with one food. If you snack on chips in the evening, try swapping them for popcorn.

Every time you "trade up" to a better food choice, take a moment to celebrate that victory.

7. GATEKEEPING

A powerful step in raising your vibration is becoming more aware of the people around you. Other people have a strong influence on your energy.

You can't lock yourself away to protect your vibration, and you can't always avoid people who rub you the wrong way—but you can limit your time with them and find ways to guard against their energy.

The most common place we pick up stress or negativity is at work. We spend at least a third of our lives there. One helpful approach is to become a gatekeeper. If you have to deal with someone who constantly complains, limit your exposure to the bare minimum. Don't get sucked into gossip or negativity—it'll drain you. Instead, open the gate for those who bring joy to your day. And when the workday ends, leave it behind.

Out in public, you will encounter some difficult people. Luckily, most are polite and kind—let *them* affect your mood. Close the gate to the others. You may have to deal with them, but you don't have to take on their energy. Consider that they may be going through something difficult. Their anger may stem from feeling unheard or unsupported. Put yourself in their shoes and respond with the compassion that you'd want to encounter. That said, some people are just difficult. Do your best, and remember: **your peace is not for sale.**

Most people are naturally social and upbeat. Some people lift your spirits the moment they walk in—maybe they have a great sense of humor or are simply warm and kind. *These* are the people you want to open the gate wide for. There's nothing better for your vibration than laughter. Be around those people often.

And don't forget the magic of young children. They radiate joy, wonder, curiosity, and mischief. Just listening to children play can raise your vibration.

Pay close attention to how others make you feel. Feel blessed when someone lets you cut in line. Send a blessing to the person who cut you off in traffic. Be mindful of your energy in every interaction. Ask yourself: should I keep the gates closed, open them slightly, or throw them wide open?

8. SELF TALK

Have you ever considered that *you* are the center of your universe? No one in the world has a greater stake in your quality of life than you do.
And yet, we are our own worst critics. We see every flaw—inside and out. That little voice in your head may whisper that you're not smart enough or that you're not qualified. The things that you tell yourself, you'd never say to another person. Why? Because it would be cruel. Yet, we do it to ourselves every day. This negative self-talk is poison. It kills dreams, breaks hearts, and traps you in a rut.

But here's the truth: if your negative self-talk is strong enough to build a prison, then your *positive* self-talk is strong enough to set you free. It's the key to the cell door. And it doesn't just free you—it gives you wings. When you start to believe in yourself, you get curious about your potential. You gain the courage to take chances. Soon, growth becomes a habit. You seek new ways to challenge yourself. You evolve.

Here again, you need to be a gatekeeper. When self-doubt creeps in, recognize it, slam the gate shut, and lock it. Then assess the damage. What was that inner voice trying to sabotage? Identify it and repair the damage. This is a crucial habit. Changing your self-talk is like taming a wild animal—it requires patience, reflection, and persistence.

That inner-critic wants to keep you small, locked inside your comfort zone. It's the reason you didn't follow through when someone said you should be an artist, a doctor, or a business owner. Their words lifted you—but the critic tore you down. But the more trust you build with yourself, the less appealing that comfort zone becomes. Eventually, the critic loses

ground as you grow stronger and more courageous. You begin to see how the inner-critic once limited you.

That, my friend, is true power and the beginning of self-mastery. **There are tools to help you quiet the inner critic.**

One of the most effective? Affirmations.

David Goggins — Navy SEAL, ultramarathoner, and powerhouse motivational speaker — swears by what he calls the "accountability mirror." He recommends placing sticky notes with affirmations on your bathroom mirror. Why? Because every time you go to the bathroom, you're face-to-face with *you*. It's your daily moment to look yourself in the eye and repeat words that remind you who you really are — not who your doubt says you are.

Another powerful tool: Subliminal Recordings
These recordings are designed to bypass the conscious mind and speak directly to the subconscious — where deep transformation happens.

All you have to do is listen. The affirmations are carefully embedded beneath calming music or ambient sounds. You won't hear them outright, but your subconscious will.

Look for subliminal tracks that align with your personal goals or challenges — whether that's confidence, focus, healing, or abundance. Choose ones that sound pleasant to you, so the experience becomes both effective and enjoyable.

9. CREATIVITY

You don’t have to be Leonardo da Vinci to be creative.

Remember coloring with crayons as a kid and how happy it made you? Creativity is a form of self-expression, and it comes with powerful health benefits:

- Stimulates both sides of your brain
- Promotes brain plasticity
- Enhances memory and focus
- Boosts problem-solving skills
- Reduces stress and anxiety
- Creates a sense of accomplishment
- Increases dopamine production

Many people believe they aren't creative simply because they lack artistic talent. But creativity goes far beyond drawing or painting. If you've ever come up with a new recipe, rearranged furniture, or solved a puzzle—you've used creativity. Here are just a few ways it shows up:

- **Art** – drawing, photography, painting, sewing, knitting, crocheting, carving, coloring, sculpting
- **Music & Movement** – singing, playing an instrument, composing, dancing
- **Culinary Arts** – cooking, baking, decorating cakes, grilling or barbecuing
- **Nature & Home** – gardening, landscaping, potting plants, redecorating
- **DIY & Fixing** – repairing things, building, remodeling, repurposing items
- **Games & Play** – playing cards or board games, doing puzzles
- **Learning** – picking up a new skill or hobby
- **Writing** – journaling, storytelling, letter writing, even poetry

Being creative isn't about being perfect. It's about giving your brain a workout. Just like your body needs exercise, your brain thrives on challenges. Creativity forces you to think, plan, and experiment—often through trial and error.

And yes, that can be frustrating.

Let’s say you decide to learn the violin. At first, just holding the instrument, finding finger positions, and learning bowing technique might feel impossible. Meanwhile, your teacher makes it look easy. You may think, “Maybe I just don’t have what it takes.”

But here’s the truth: You are right. You don’t have what it takes… ***yet.***

Every pro started as a beginner. If you push through the discomfort and keep practicing, your brain will begin forming the neural pathways needed to improve. Slowly, you’ll develop skill—and your confidence will rise with it.

If you're already good at something—like knitting—don’t settle. Try a harder pattern. Stretch your abilities. Keep learning. Keep growing.

Your brain loves comfort. It’ll beg you to scroll your phone or watch TV instead of learning that new skill. There’s a quick hit of dopamine in entertainment, which makes it addictive. But that dopamine is short-lived. The kind that comes from creativity is richer—and longer lasting. Once you become proficient, your brain *loves* that sense of accomplishment.

So the next time your brain suggests you can’t do something creative, remind it:
“Maybe not yet. But I will.”

10. MINDFULNESS

Be mindful.
It's a phrase we hear often—but what does it really mean? Mindfulness is the simple practice of being present in the moment. You quiet the mental chatter and focus on what you're doing *right now*. You tune into your senses, your emotions, and your thoughts without judgment.

Practicing mindfulness has been shown to:

- Reduce stress and anxiety
- Alleviate symptoms of depression
- Help with pain management
- Improve sleep quality
- Increase focus and concentration
- Enhance emotional regulation
- Boost your mood and overall sense of well-being

You don't need a mountain retreat or a meditation cushion to be mindful. In fact, mindfulness fits easily into your daily routine.

You can be mindful while:

- Drinking your morning coffee
- Washing dishes
- Walking the dog
- Mowing the lawn
- Folding laundry

The secret is to *be fully present* during these tasks, rather than letting your mind wander. Notice what you see, hear, smell, feel, and even taste. Allow each moment to unfold without rushing to the next one.

Let's take walking the dog as an example. Usually, it's a routine task to check off the list. But what if you made it mindful?

Ask yourself:

- Is your dog calm or pulling?
- What do you see around you? What sounds do you hear?
- Is the air cool or warm?
- Are there people nearby?
- What memories or feelings does this moment stir?

Now, let's say your dog is dragging you through a downpour and you just stepped in a puddle, soaking your socks. Mindfulness teaches you not to label that moment as "bad." It simply *is*. Then you can shift your attention to what's still good:

- You and your dog are healthy enough to walk.
- Rain makes you appreciate sunny days.
- You got fresh air and exercise.
- You showed up for yourself—even when it wasn't easy.
- The sound of rain has a rhythm. Can you hear it? Is it a drizzle or a downpour?

Mindfulness turns ordinary moments into opportunities for presence and gratitude. It helps you stop rushing and start savoring.
Instead of saying, “I have to do this,” try saying, “I *get* to do this.”
Because that small shift in perspective?
That’s where the *magic* begins.

The best way to explain how mindfulness works, is by the simple act of enjoying a glass of wine.

If you hand a glass of red wine to the average person, they might take a sip, pause for a moment, and simply decide whether they like it or not. But place that same glass in the hands of a wine aficionado, and it becomes an experience — an exploration of the senses.

First, they *observe* the wine’s color and clarity. A youthful red wine may glow with purplish hues, while an aged one takes on deeper garnet or brick tones. They gently *swirl* the wine in the glass, noting how slowly it forms "legs" or "tears" down the sides — a subtle clue about the wine’s alcohol and sugar content.

Then comes the *aroma*. Swirling also helps release its bouquet. An aficionado will distinguish the layered scents:

- **Primary aromas**: fruit, floral, or herbal notes from the grape itself.
- **Secondary aromas**: fermentation-derived smells like bread dough, butter, or yeast.
- **Tertiary aromas**: developed through aging, such as leather, tobacco, dried fruit, or earthy undertones.

The *taste* begins with a deliberate sip. The wine is gently swished across the palate to assess its sweetness, acidity, tannins, body, alcohol content, and the complexity of flavors. Each element is evaluated and compared — new nuances may emerge with every sip.

Then, there's the *finish*: the length of time the flavors linger after swallowing. A longer finish often signals a more refined wine.

Finally comes *reflection*. The wine is considered for its overall balance, complexity, length, and character. For the aficionado, wine is more than a drink — it's a dialogue between the senses and the soul.

This, my friends, is the simplest way to grasp mindfulness.
It's not always an easy concept to explain — but it *can* be felt.
That's why I've created a mindfulness guide:
To help you slow down, not just to smell the roses...
...but to *immerse* yourself in the moment — fully, completely, and intentionally.

Here's the truth:
All of these practices are simple. They don't require hours of your time or complicated effort. But after a week or two — or maybe a month — you might not see the results you were hoping for. And that's when the real test begins.

I call this phase **The Dead Zone**.
It's that murky middle ground where progress feels invisible, motivation fades, and doubt creeps in. It's where **99% of people quit**.

But listen closely: **The Dead Zone is your rite of passage.**
It's the space that separates the average from the extraordinary.
The tourists from the trailblazers.
The moment you show up *without* a visible reward — that's the moment you begin building true mastery.

Genius isn't born in the results. It's born in the repetition.
So keep going.
Keep your foot on the gas.
Your breakthrough is waiting on the other side of resistance.

ABOUT THE AUTHOR

Amy Summers is a certified mindset coach, author and founder of Path 2 Epiphany, where she helps people discover who they are and who they want to become through self-research, identifying goals, creating supportive habits and building a life that they can't wait to wake up for.

After navigating her own journey through bad life choices, burnout, emotional exhaustion, and limiting beliefs, Amy founded **Path 2 Epiphany**—a life coaching practice designed to guide others out of survival mode and into lives they're excited to wake up to. Her GPS-inspired method empowers readers to tune into their inner wisdom, set aligned goals, and take soul-led action.

Amy blends practical tools with spiritual insight, always rooted in the belief that real change begins with awareness and intention. She's also the creator of transformational coaching programs, mindset-shifting retreats, and uplifting resources like this ebook.

When she's not writing or coaching, you'll find Amy out in nature — fishing, exploring, journaling with a coffee in hand, or off on an adventure with her family.

She's always chasing her next skill, challenge, or experience — because the comfort zone? That's just not her scene.