VIBE UP Checklist

7 Daily Habits to Align Your Energy, Activate Your Power & Raise Your Frequency

Jewana White

The Midlife Resuscitator

@UFactorWellness.com

Welcome, Beautiful Soul,

You didn't just download a checklist

You made a **conscious choice to VIBE UP**💫

This is more than a download.

It's a sacred reconnection… to YOU.

We each carry an energetic blueprint,

a vibration

that reflects how we see ourselves,

what we believe,

and how we move in the world.

When your vibration is low, life feels heavy.

When you raise it?

You realign with your power, your peace, and your purpose.

That's why I created this guide to help you:

💥 **Revive Your Energy**

🌟 **Reclaim Your Power**

🔥 **Resuscitate Your Purpose**

V I B E UP CHECKLIST

This is what I call your V.I.B.E.™

Use these 4 anchors each day to raise your frequency and return to your truth.

V - Vision

Who do you see yourself as?

I - Intention

What are you choosing to align with today?

B - Belief

What truth are you speaking over yourself?

E -Expectation & Execution

How are you showing up like it's already yours?

This daily practice is simple, powerful, and sacred.

Let it ground your energy, shift your focus, and align you with the divine version of yourself you're becoming.

V I B E CHECK-IN

🔮 VISION

□ I see myself as _____ today.

□ I am tuning into my highest self.

□ I release the old image of who I “should” be.

***Example: I see myself as powerful, radiant, and magnetic*.**

✨INTENTION

□ I set my tone for the day with purpose.

□ I align with _____ (peace, abundance, clarity, joy).

□ I honor the energy I want to embody.

Example: I align with peace and divine flow today.

V I B E CHECK-IN

B – Belief

□ I speak life over myself today.

□ I believe that I am _____.

□ I release the story that says I can't.

💭 **Example: I believe that I am worthy, chosen, and more than enough.**

🔥 EXPECTATION & EXECUTION

□ I expect miracles and move like they're on the way.

□ I take one aligned action toward my vision.

□ I trust that my effort is already divinely aligned.

💭 **Example: I show up as the version of me that already has it.**

V I B E CHECK-IN

1. Clear Your Energy – Body

🌀 I cleanse my space and my body of anything that no longer serves me.

Use breath, Palo Santo, sage, or a shower with intention.

This is your daily energetic detox.

2. Align Your Thoughts – Mind

🧠 I choose thoughts that empower, uplift, and align me with truth.

Say an I choose affirmation:

I choose peace. I choose clarity. I choose ME.

3. Move Your Qi/ Body

💃 I activate my life force through movement.

Stretch. Shake. Dance. Walk. Flow. Let your energy circulate so it doesn't stagnate.

V I B E CHECK-IN

4. Connect to Source – Soul

🌟 I tune in and listen for divine guidance from within.

Start your day with silence, prayer, journaling, or meditation. Trust that you're being led.

5. Nourish Yourself – Body + Mind

🥬 I fuel my body and mind with what sustains my light.

Eat foods that support your energy. Drink water with intention. Say grace, even for your smoothie.

6. Check Your Frequency – Mind + Soul

📿 I pause to feel what I'm vibrating and choose to rise.

Rate your vibe from 1–10. If it's low, shift it! play music, move, speak love. You're in charge.

V I B E CHECK-IN

7. Anchor in Gratitude

💖 I close my day rooted in thanks, knowing I am always supported.

Before bed, name 3 things you're grateful for, even the small stuff. It magnifies miracles.

🌀 Reflection

💭 What is my body saying to me today?

💭 What energy am I ready to release?

💭 What is one way I can honor myself right now?

💫 Closing Affirmation

✨ My energy is my power.

✨ My awareness is my medicine.

✨ My presence is my permission to rise.

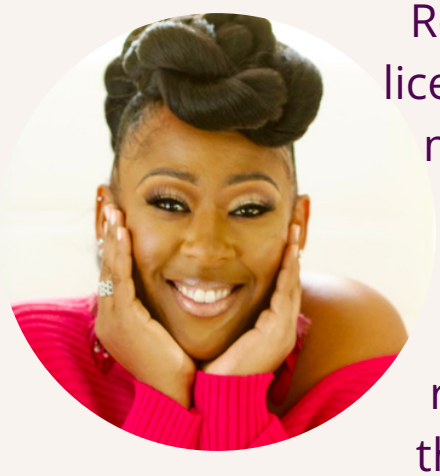
LET'S VIBE ALL THE WAY UP
YOUR NEXT SACRED STEP

You've just taken the first sacred step toward reclaiming your energy.
And now, I want to personally invite you to keep the momentum going.

This isn't a challenge, it's a full-body, soul-led revival

💫 Tune into your body's wisdom
🔮 Tap into your intuitive power
🔥 Release what's weighing you down
🌈 And rise — feeling happy, healthy, and whole

CLICK HERE TO ACTIVATE YOUR 21 DAY VIBE UP ADVENTURE



Jewana White, also known as The Midlife Resuscitator™, is a transformational speaker, licensed acupuncturist, and spiritual coach on a mission to revolutionize healthcare through soul-powered self-care.

She guides purpose-driven women to reconnect with their body's wisdom, access their intuitive design, and activate the Divine power within so they can rise in frequency and reclaim the life they were always meant to live.