

# Start Remembering: 3 Steps to Tune In

## Intro

This quick-start guide is your gentle compass for tuning in to your original frequency. When you're feeling off, scattered, or disconnected - these three steps will help you shift.

### 1. Pause & Breathe

Center yourself in the now. Inhale deeply, exhale slowly. The breath is your first signal shift. Let it ground you.

### 2. State Your Frequency

Speak or write the frequency you want to embody: 'love', 'clarity', 'freedom', or any other vibration that calls you. Say it out loud. Feel it as truth.

### 3. Embody the Signal

Take one small action from this vibration. A word. A gesture. A choice that matches your new tone. Let the frequency move through you.

## Reflection Prompt

What's one thought, word, or act that aligns with your chosen frequency today?

Write it below or speak it aloud: