

7 KEY ACTION STEPS TO ALCHEMIZE ANY SITUATION

By MotivatedXpress LLC

ALCHEMIZE: A POWER OR PROCESS THAT CHANGES OR
TRANSFORMS SOMETHING IN A MYSTERIOUS OR
IMPRESSIVE WAY

1. CLEAR ANY NEGATIVE ENERGY OR LOW VIBRATION

- ❖ Incents
- ❖ Candles
- ❖ Smudging (Sage)
- ❖ Crystals
- ❖ Meditation
- ❖ Yoga
- ❖ Essential Oils
- ❖ Clean House

2. FASTING

- ❖ Intermittently
- ❖ Consecutively
- ❖ Weekly
- ❖ Monthly

★ Sample Recommendations:

- ❖ Drinks Only
- ❖ Crackers, Broth, Drinks
- ❖ No Food or Drinks

3. MINIMIZE DISTRACTIONS

- ❖ Social Media
- ❖ Devices
- ❖ Anything Else Revealed

4. STAY ORGANIZED

- ❖ Daily Schedule
- ❖ Weekly Schedule
- ❖ Assignment Sheets
- ❖ Workout Logs
- ❖ Alarm set

5. POSITIVE AFFIRMATIVE SELF TALK

- ❖ Positive Affirmations
- ❖ Gratitude Expressions
- ❖ Journaling
- ❖ Redirecting Thoughts

6. EXERCISE

- ❖ Pilates
- ❖ Walking/Running
- ❖ Cycling
- ❖ Aerobics
- ❖ Yoga

7. PRAISE & WORSHIP

DIVINE POWER

- ❖ Worship & Praise
- ❖ Prayer
- ❖ Read Scriptures/Doctrine
- ❖ Intuitive Obedience
