

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

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