

A QUICK START GUIDE TO

# Shift Your Mood & Shift Your Energy



Change your  
mood & energy  
in just 5 MINS  
to become  
your MOST  
RADIANT SELF!

**5  
SIMPLE  
TIPS**

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# Shift Your Mood & Shift Your Energy

## Your Emotion Creates Your Mood

Your emotions create your mood and that mood is your energetic vibration in that moment.

The higher your mood falls on the scale of emotions [*peace and joy at the top to apathy, guilt, and shame at the very bottom*] the higher your energetic frequency, or as it's more commonly referred to, your "vibe".

## Creating Mood Shifts

Your mood is constantly shifting, usually based on *external* or "outside" influences, i.e. opening the mail, what someone says to you, what's happening on the news, etc...

But it doesn't have to be that way, especially when you are negatively influenced and would rather get back into a high-vibe, positive energy mood.

## When You Elevate Your Mood... you feel more:

- Motivated
- Optimistic
- Confident
- Relaxed
- Calm
- Enthusiastic
- Focused
- Hopeful
- Grateful
- Heart-centered
- In alignment
- Forgiving
- Trusting
- Connected

## Use these 5 Simple Tips to Quickly Shift Your Mood & Energy

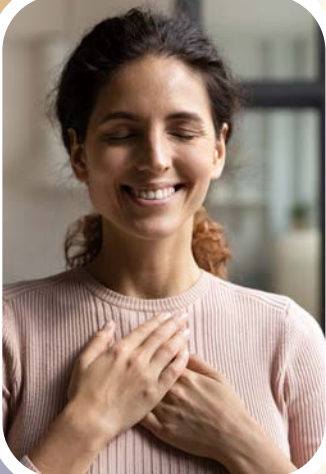
### 1

### Mood-shifting affirmations

Repeating positive affirmations is a simple and effective practice to shift and elevate your mood.

Affirmations are go-to statements you read to yourself in present tense, as if they were already true (even if you don't totally believe them yet).

Try these or create your own. Make them a reminder or alarm on your phone. Print and stick in your wallet, bathroom mirror, or your planner.



- I am calm.
- I am worthy of all that I desire.
- I am confident.
- I am supported by the Universe in all that I do.
- I am made of the same magic as the stars.
- I am love and peace.
- I can solve problems with my creativity.
- I am perfect as I am.
- I am the powerful creator of my own experience.
- I choose how I want to feel in this moment.
- I choose to feel peace.
- It is safe for me to be my authentic self.
- I am healthy, strong, and capable.

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## 2 Write it down, let it go.

Writing your thoughts down creates a connection between your conscious and subconscious mind.

The mental thought and physical action of writing helps to express, and thereby clear, emotion out of your head and onto the paper.

Jot down a sentence or two about what you're feeling, what kind of mood you're in, what kind of mood you *want* to be in, and why you want to feel *that* way.

Seeing it expressed in writing is like telling someone about the bad dream you had... it gets it off your chest and mind, making space for higher vibe energy to replace it.



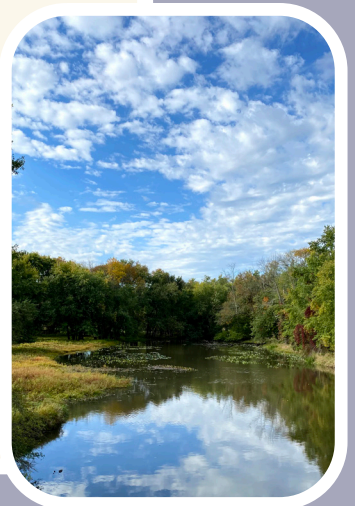
## 3 Let nature lift you

It doesn't need to be a 2-hour hike in the woods! It can be as simple as gazing out a window.

Better yet, step outside and look up at the sky, look around, take into perspective that you are part of a much bigger universe.

You're never truly alone. This moment may feel heavy to you, but it will pass, just as the clouds pass in the sky. Just as the sun and the moon are continually shifting, so are your emotions.

Touch the leaves of a houseplant. Hug a tree, take your shoes off and feel the ground with your bare toes, or simply notice the birds outside your window. Connecting to nature around you is a powerful energy-clearing mood-lifter.



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## 4 Shake it off

Physically moving your body helps express emotions and shifts your energy immediately.

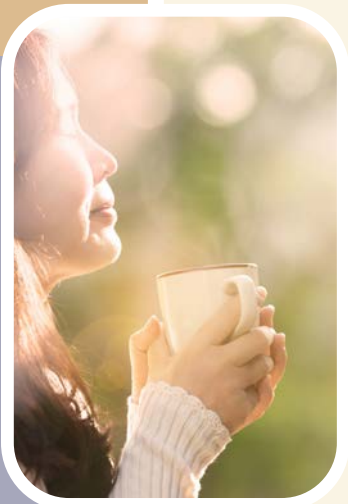
- Put on your fave happy music & dance (like nobody's watching!) for 2 minutes.
- Or, take a short brisk walk - around your home, down your driveway, around the office.
- Or, take out your arms, shoulders, fingers, wrists... shake out your toes, feet, hips. *Visualize stuck emotions and low vibes shaking out of your body like water shaking off a rain-soaked dog.*



## 5 Breath it out

Your breath is powerful. Use your breath to help you refocus your thoughts & shift your emotions. (Especially helpful when you're in a fearful or anxious mood and want to feel calmer.)

- Close your eyes; take 3 deep, slow and deliberate inhales and exhales through your nose.
- Then take a deeper, slower inhale and when you exhale, blow the air out forcefully through your mouth - visualizing the negativity, stress, and fear moving out of your body through your breath as you exhale.
- Think or say, *"This emotion I feel is simply here to make me aware of what is triggering me. I choose to use my breath to relax and to release this emotion. I choose to move to a higher, more loving frequency right now in this moment."*



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If you're looking for more support, you would like a deeper healing & clearing experience, and would like one-on-one guidance, I'd love to connect with you!

## It's Finally *Your* Time to *Thrive*

I'm passionate about helping women who are looking for soulful guidance to clear and heal what's blocking them so they can finally love themselves, live fearlessly, and chase their dreams.

*Wishing you much high-vibin' love!*

Marlene Caraballo  
Intuitive Coach & Mindset Mentor

[Book a free consultation to see if working with me is right for you.](#)

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