



## **My V.I.B.E.S. for the Election and the U.S. beyond that**

**My Visions:**

**My Intention:**

**My Beliefs that block my visions and intention:**

**My Beliefs that support my visions and intention:**

**My Energy: the emotion I am feeling**

**current intensity level: (rate on scale of 1-10)**

**After Tapping: the emotion I am feeling**

**current intensity level: (rate on scale of 1-10)**

**My VIBE raising activities:**

**My Steps:**