



A-Z  
RAISING  
YOUR S.O.U.L  
SPIRITUAL . ONENESS . with . UNIVERSAL . LOVE  
VIBRATION

Ask yourself,  
*“What Vibration is My S.O.U.L Today?”*  
Use the ideas in this PDF to raise your  
S.O.U.L to a Higher Vibration.

# A-Z RAISING YOUR S.O.U.L VIBRATION

A	Enjoy a piece of <b>ART</b> . Practice <b>APPRECIATION</b> . Be <b>ADVENTUROUS</b> . Be your <b>AUTHENTIC SELF</b> .
B	Enjoy something <b>BEAUTIFUL</b> . Read an uplifting <b>BOOK</b> . Take a <b>BREAK</b> . <b>BREATHE</b> .
C	Show <b>COMPASSION</b> . Watch the <b>CLOUDS</b> . Be <b>CREATIVE</b> .
D	<b>DANCE</b> as if nobody is watching you. <b>DE-CLUTTER</b> . Make a <b>DONATION</b> .
E	<b>ENJOY</b> alone time. <b>EAT</b> your favourite food.
F	Do something <b>FUN</b> . Spend time with a <b>FRIEND</b> . Buy yourself <b>FLOWERS</b> . <b>FORGIVE</b> .
G	Spend time in the <b>GARDEN</b> . Be <b>GOOFY</b> . <b>GIGGLE</b> . <b>GRIN</b> . Practice <b>GRATITUDE</b> .
H	<b>HELP</b> someone else. Start a new <b>HOBBY</b> . Let your <b>HUMOUR</b> out. Be <b>HAPPY</b> .
I	Spend some time on quiet <b>INTROSPECTION</b> . Play an <b>INSTRUMENT</b> .
J	Do something which gives you <b>JOY</b> . Tell a <b>JOKE</b> . Start a <b>JOURNAL</b> .
K	Play with some <b>KIDS</b> . Try <b>KARAOKE</b> . Practice a random act of <b>KINDNESS</b> .
L	<b>LAUGH</b> . Do an act of <b>LOVE</b> for someone else. Sit in the <b>LIGHT</b> . <b>LIVE</b> .
M	<b>MEDITATE</b> . Play uplifting <b>MUSIC</b> . Be <b>MISCHIEVOUS</b> . Spend time in the <b>MOUNTAINS</b> .
N	Spend time in <b>NATURE</b> . Say <b>NO</b> . Eliminate <b>NEGATIVITY</b> . Try something <b>NEW</b> . Be <b>NICE</b> .
O	Get <b>OUTSIDE</b> . Get <b>ORGANISED</b> . Be <b>ORIGINAL</b> . Be on your <b>OWN</b> .
P	<b>PLAY</b> . Buy a <b>PLANT</b> or plant one. Play with a <b>PET</b> . <b>PRAY</b> . Accentuate the <b>POSITIVE</b> .
Q	Enjoy some <b>QUIET TIME</b> . Read inspirational <b>QUOTES</b> .
R	Walk in the <b>RAIN</b> . Take a small <b>RISK</b> . Listen to the <b>RADIO</b> . Enjoy a <b>RAINBOW</b> .
S	<b>SING</b> . Watch the <b>STARS</b> . Be <b>SPONTANEOUS</b> . Look at the <b>SKY</b> . <b>SMILE</b> .
T	Enjoy a herbal <b>TEA</b> . Spend time surrounded by <b>TREES</b> . <b>TALK</b> to a stranger.
U	Contemplate the <b>UNIVERSE</b> . <b>UPLIFT</b> yourself doing something you enjoy.
V	Enjoy a favourite <b>VERSE</b> of <b>POETRY</b> . Go on <b>VACATION</b> . <b>VALUE</b> your life.
W	Go for a <b>WALK</b> . Spen time in or near <b>WATER</b> . <b>WRITE</b> a letter. <b>WATCH</b> a sunset.
X	Do something <b>X-TRA</b> special for yourself. Do something <b>X-CITING</b> .
Y	Appreciate <b>YOURSELF</b> . Say <b>YES</b> . Try <b>YOGA</b> .
Z	Go to the <b>ZOO</b> . Do something with <b>ZEAL</b> . Practice <b>ZEN</b> . Catch some <b>ZZZZZZZs</b> .