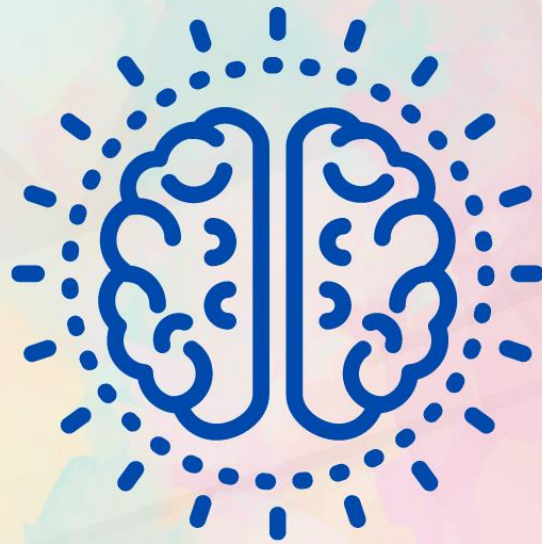


THE HIGH VIBE CLUB



EASY TO FOLLOW TIPS TO KEEP YOU
HIGH VIBE, HIGH ENERGY, AND HIGH PRODUCTIVITY ON
THIS BUSY PLANET EARTH

Su Zaki-Leung

REALIGN THE WHOLE

High Vibe Checklist

Start using the following High Vibe Checklist to kick off your daily habit to achieve a High Vibe, High Energy and High Productivity on this busy planet earth.

Join the [Facebook Group – High Vibe Club Accountability Group](#)
and interact with like-minded people

To Kick Start



- Finding Your WHY
- No Snooze Again
- Start Doing Business With Yourself
- Posties Can Be Your New Best Friend
- Set Your Schedule
- Set Your Intention The Night Before
- Break The Habits
- Start Your Day Right With The Right Food
- Start Your Day With Active Actions
- Visualise The Outcome And Connect The Feeling
- The Power Of Music
- Energy Well Spent
- Maintain A Clear Mind
- Three Things In A Day And You Can Be FOCUS
- Break It Down To "Eatable" Chunks

Building Routine



- Know Your Purpose
- Know Your Goal
- Reality Check
- Set Up Your DOING Zone
- Routine 1 - Disciplined
- Routine 2 – Prepared To Be Interrupted
- Live Up Your Value
- Have an action plan
- Daily Self Challenge
- Accept Challenges From Others
- TALK It While You WALK It
- Do Everything Full-Hearted
- Keep The Ball Rolling



Your Self Care



- Create Your Own Statement
- Filter Your Thoughts
- Talk To Yourself Like Talk To Your Lover
- I know I can
- Observe Your Thought
- Be Present
- Taking Break During Your Day
- Enjoy The Connection You Deserve
- It's OK To Say NO
- Control What You Can Control
- Acknowledge It Is Always Good In Everything
- Practice Gratitude
- Ways to Reinforce Your Positive Belief
- The Benefit Of Mindfulness
- Train To Open Up Your Mind
- Cut Cord With The Negative
- Embrace Yourself
- Be Authentic You
- Instant Gratification Is A TRAP!
- Continue Moving
- Get The Lesson From Your Experience
- Stack The Strength Against Fear

High Vibe Productivity



- Visualise The Result You Want
- Check-In Your Progress
- Identify Your Checkpoint
- Little Win Counts
- Be Your Own Competitor
- Know The Big Picture
- Be Mindful Your Focus Starts From Morning
- Fitting Your Schedule Into Your Day
- Prioritise
- Setting Up A Timer
- Make Your Schedule Accessible
- Gain Time Or Save Time?
- Using Technology
- Declutter And Organise
- Batch Up Your Tasks
- Eliminate The Non-Necessary
- Setbacks Can Be Precious
- Embrace Setbacks And Obstacles



The LIFT

- You Right Proximity
- Being In Service To Others
- Expand Your Comfort Zone
- You Don't Need To Walk Alone
- Asking for help
- Get Advice
- Don't settle when more can be done
- Let that be in your blood

Want more guidance? Get my ebook – the High Vibe Club, get the easy to follow tips and keep you on track!

