

The purpose in using this form is to help you become more aware of yourself and what you are feeling. Your feelings dictate your vibes. Track your feelings and you'll know whether your attraction zone is generating positive or negative vibes; if you feel good, your attraction zone is sending out positive vibes. If you feel anything less than good, your attraction zone is sending out negative vibes. The more you are aware of your feelings, the faster you'll learn to change your vibe to something better. **Instructions:** Set a timer to remind you at least once each waking hour throughout the day to check how you're feeling. Indicate in one of the boxes either a + or – for how you are feeling. It may be helpful to make notes on the back as needed to describe how you are feeling. Do this for at least one week until you are practiced at being in tune with how you are feeling.

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