



Ep 2: Positive Thinking & Karma Yoga

When are some times in your life when have your vibes been super low and you've found it really hard to 'think positive'?

When are some times when you're vibes have been sky high?!

Do you see a correlation between what you attract into your life when you're feeling good and positive vs when you're not?

When you scan back over your life, which events seemed terrible at the time - but turned out to be gifts?

Do you believe everything happens for a higher reason?

How open are you to accepting that when things don't work out as you wish - it'll all make sense later? What's something in your life right now that you'd like to release control over / trust that it'll all work out for the best?

Are there any people who have magically appeared in your life? Do you believe in soul mates, soul contracts or earth angels?

What about the power of surrender or prayer? Have you ever reached a point in your life when you had to let go and hand it over? What happened if you did?



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To find out more about my 4-week **High Vibe Journey** programme, go to www.myprojectme.com/high-vibe-journey

If you haven't yet got the free **Project Me Life Wheel®** you can get that at www.myprojectme.com

Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of autopilot and consciously creating their lives.

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