

Mary Reynolds'

3 PART JOURNEY OF ENERGETICS

1

VIBES DON'T LIE

You are not crazy! Remembering this helps you to be able to recognize when things feel off by knowing how your energy influences your children, revealing their behaviors as reflections of your emotional state. If something feels off, it's off! Own it.



2

CHANGE YOUR VIBE

Empowers you to diffuse upsetting situations by noticing underlying energy. High Vibe It with an AFZ: Attitude Free Zone by suspending judgment will shift your emotional atmosphere and foster positive connections.



3

SEE KIDS THRIVE

The lens through which we SEE each child directly affects the results we get – a concept scientifically grounded in the self-fulfilling prophecy. If we're not getting the results we desire, it's time to look in the mirror.

