

**Lesson 2** — Worksheet 2**HIGH-FREQUENCY MODE WORKSHEET**

*List 10 ways you can start taking care of yourself and prioritising feeling good:*

1.

2.

3.

4.

5.

6.

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9.

10.

## Lesson 2 — Worksheet 2

*What are five ways you can give to others without judgement and without expecting anything in return?*

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*How can you have more fun in your day-to-day life? What do you enjoy that you can add to your day to lighten it up?*

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*What are five fresh, healthy meal ideas you can add to your week so you can nourish yourself with food that's good for your health and wellbeing?*

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*Set yourself an earlier bedtime and write down three ways you can get yourself ready for a good night's sleep. As a starter, Jackie STRONGLY suggests no phones in the bedroom.*

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## Lesson 2 – Worksheet 2

*Take a moment of silence and tune into your intuition. Visualise your day ahead and write down the intuitive message you receive in that moment.*

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