

## Chapter 6 – Top 8 Vibes Only

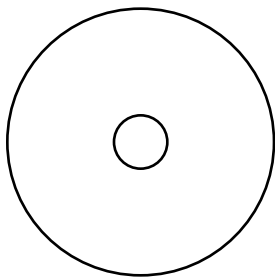
### Top 8 Energy Vinyl Sheet

Just like MySpace let us pick our Top 8, this sheet helps you curate the people, places, and practices that lift your energy and confidence.

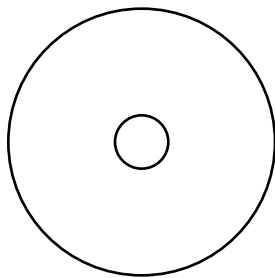
#### Instructions:

1. In each record below, write one person, place, or practice that supports your self-worth.
2. Decorate each record with color or stickers to personalize your energy playlist.
3. Reflect on whether each 'track' is on repeat or needs a remix!

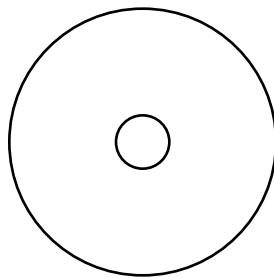
Remember: Your Top 8 should vibe with your growth, not drain it.



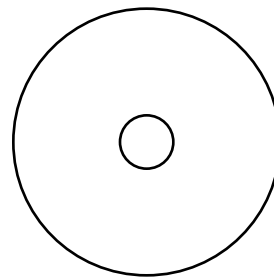
Track 1



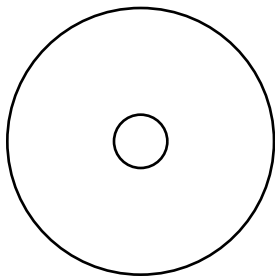
Track 2



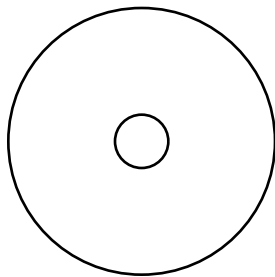
Track 3



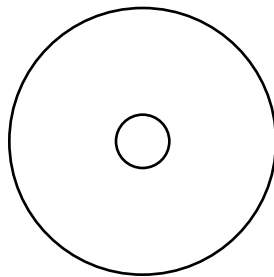
Track 4



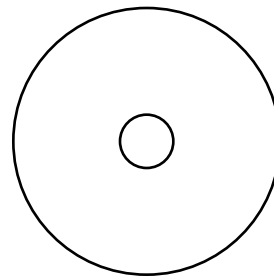
Track 5



Track 6



Track 7



Track 8