

THE WORLD PLATFORM



CHALLENGE

7-Day Challenge to Raise Your Frequency – The Challenge

Day 5 (theme: Truth)

Frequency: Authenticity

vibration rises when inner and outer Self match.

Practice

1. When you get up in the morning:
If you're not ready for the day, **acknowledge** yourself:
"I'll go slowly this morning, I'll ask for help if needed and I'll take one step at a time."
2. During the day:
Say one 'no' where you would normally betray yourself.
3. Evening reflection (journal):
Where did I **not live in alignment** with my heart today?

Activation Sentence

I choose truth over comfort.

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This material is based on publicly available research and presented in an original framework developed by The World Platform.