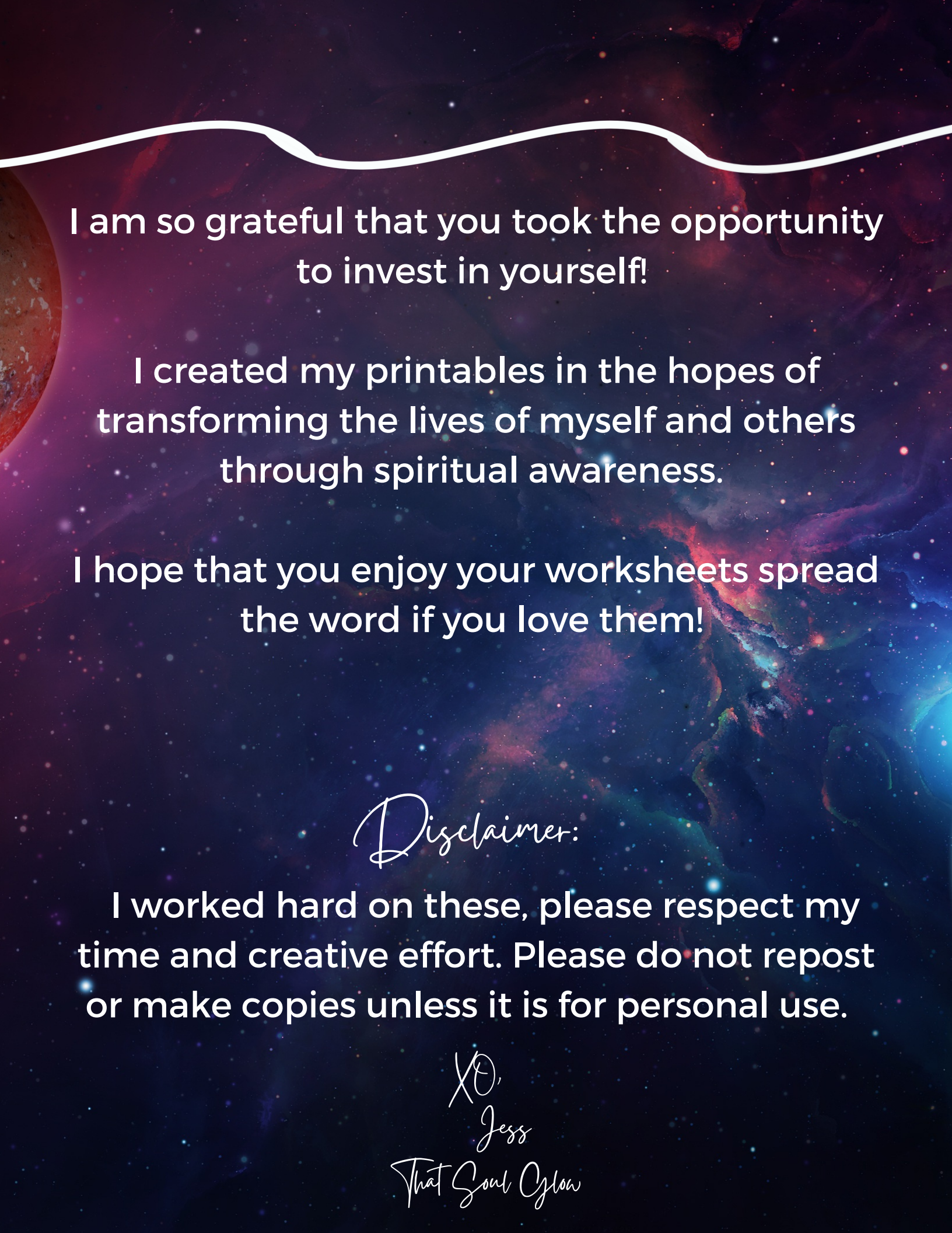




Quantum Jumping Worksheet Set

By: Jessica Tranbarger



I am so grateful that you took the opportunity
to invest in yourself!

I created my printables in the hopes of
transforming the lives of myself and others
through spiritual awareness.

I hope that you enjoy your worksheets spread
the word if you love them!

Disclaimer:

I worked hard on these, please respect my
time and creative effort. Please do not repost
or make copies unless it is for personal use.

*XO,
Jess
That Soul Glow*

QUANTUM JUMPING SET

Information Sheet

These worksheets were created to help you master the art of quantum jumping so that you can step into the reality of your dreams. Use these sheets each time you quantum jump.

-The Destination Map-

This worksheet helps you quantum jump with intention.

Start by stating the overall theme of your desired reality. For example, the theme can be your happiest timeline, your easiest timeline, your most successful timeline, etc.

Keep in mind that these timelines will vary depending on your current vibration, you are more than likely going to quantum jump more than once. The key is to experience each reality to its fullest until it is time to jump again. Each new reality will teach you lessons that you will take with you along your journey.

so for example if you are quantum jumping into your highest timeline, then you might jump into a new reality where you are shown the things that are making you unhappy, and then you jump again and this next reality shows you how you can already see happiness in your life already, and then the next one after that will show you how to embody happiness in any situation, and so on and so on. So as you can see, it is a journey.

Being specific when listing out what you would like to be true in this new reality is the key. You will learn that if you are not specific, the universe will decide for you and sometimes we may not like the decision. Not to fear, there's a lesson that comes of everything.

there are many ways to quantum jump but we are going to focus on using the shower as a portal since most people (hopefully) shower. The key to getting the most out of quantum jumping is identifying any lessons that were learned through each reality that you experience. That is how you keep moving forward.

Your signature seals the intent and serves as a contract between you and your higher self.

-The Synchronicity Tracker-

Let's face it, as humans, we want evidence that the things that we are doing are actually working. The synchronicity tracker helps you keep note of all the things that you feel have shifted since jumping into your new reality. That could include a change to your physical environment, a change in the way you react to your environment, a change in the way others act, etc.

This tracker helps you live in awareness and it helps strengthen your belief that you truly do create your reality.

