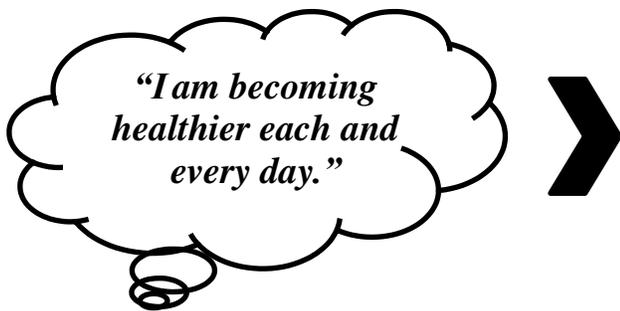


Activity Sheets

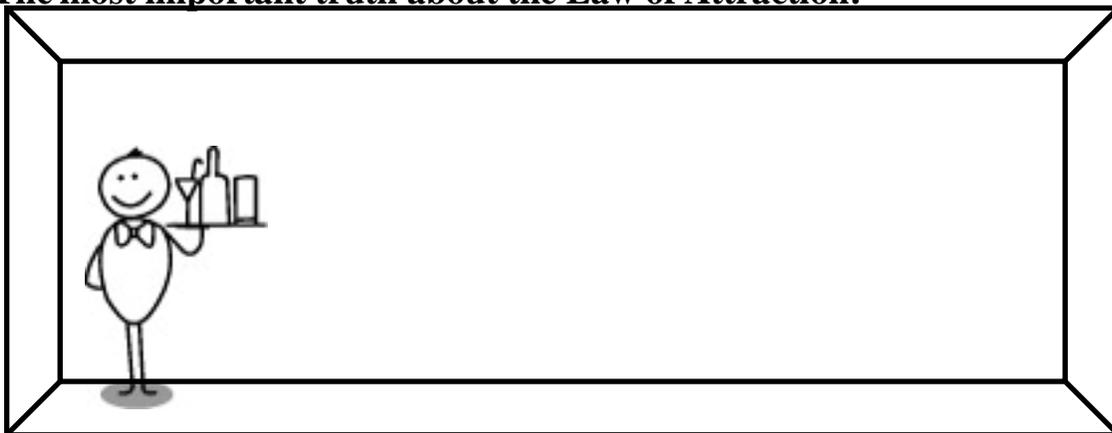
Worksheet # 1 - Thought and Effect

Thought

Effect



The most important truth about the Law of Attraction:



Worksheet # 2 – “Declaring Your Intention”

We need to be very clear about what we want to attract into our lives and why. The first step is to make a declaration to create something new.



“I’m hungry!” – Declaring Your Intention

Take a moment to answer the following questions to help declare your intention.

1. What part of my life would I like to be different? (Circle one.)

Career ~ Education ~ Relationships ~ Health ~ Body ~ Recreation ~ Financial ~ Family
& Friends ~ Personal Growth ~ Romance ~ Home

2. If this part of my life was better tomorrow, what would that be like?

3. On a scale of 1 to 10 (10 being the highest), how important is improving this part of my life right now? (Circle one.)

1 2 3 4 5 6 7 8 9 10

4. On a scale of 1 to 10 (10 being the highest), how committed am I to taking the actions necessary to make this improvement?

1 2 3 4 5 6 7 8 9 10

5. Write a statement indicating your declaration to make this change:

Worksheet # 3 – “Clarifying Your Desire”



Placing Your Order – Clarifying Your Desire

Area of my life I am not satisfied with: _____

Flip it to

Contrast – What you don’t like:

Clarity – What you do like:

What is it that I desire? _____

Worksheet # 4 - "Expect"



Enjoying an Appetizer - Believing You Will Attain

There is no reason to doubt the Law of Attraction. Take a minute or two to think of a time in your life when the Law of Attraction either brought you something you desired, or brought you some form of unexpected abundance.

These are some times when I saw the evidence of the Law of Attraction at work in my life:



Having a Glass of Wine - Remaining Positive

When working with the Law of Attraction it is important to understand how your emotions affect your ability to attract what you desire. Being able to shift from a negative emotional state to a positive one is important to help you stay on track. Use the following exercise whenever you need to realign your emotions:

Get into a comfortable position, either sitting or lying down. Close your eyes and slow your breathing, taking deep breaths in and out. As you breathe, feel supported and calm. Now think of a person, place or event from your life that makes you feel happy or appreciative - something that stirs love in you. It could a child, a pet, a favorite place or a fond memory. [PAUSE] Now, bring this person, place or thing to your mind's eye through the power of your imagination. Breathe into this memory as you focus your attention on your heart. Feel a sense of love and gratitude deep within your heart and just be with these feelings. Breathe in the positive emotion of this person, place or memory and the positive feelings it gives you. Let these emotions fill your heart and then flow to the rest of your body.

By practicing this simple exercise, as many times as you need, you can learn to trigger a positive emotion in you whenever you like. So when you find yourself experiencing a negative emotion, just take three or four deep breaths and activate this positive feeling state. This will immediately shift you into a more positive emotional state.

Worksheet # 5 - "Receive"



Getting Your Meal - Being Aware of Your Energy

Low Frequency

Sadness
Anger
Fear
Apathy
Cynicism
Blaming
Jealousy
Resentment
Guilt



High Frequency

Compassion
Generosity
Gratitude
Trust
Joy
Love
Humility
Forgiveness
Appreciation

What vibrational energy am I sending out?



Having Dessert - Showing Appreciation

Find an object in the room you are in that represents something you are grateful for:

Next, think of three additional things in your life that you appreciate. Here's the catch: they must be three things that aren't that obvious. If you find it difficult to get going, here are some suggestions:

- I had a very satisfying lunch.
- My new socks are soft and warm.
- Someone complimented me today on my smile.

1. _____
2. _____
3. _____

It doesn't matter how trivial the items may seem. No grain of thankfulness is too small.

If you have any questions please
call me at (514) 918-5476

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