

# What Makes Me Happy?

What makes me unhappy/upset?	What makes me happy? What do I want instead? Opposite of the first column (Means Goal)	The Emotional Goal (End Goal)

# Law of Attraction Mindset

1. It FEASIBLE to experience what I want in life.
2. I am DESERVING of my wishes and desires.
3. I can TRUST that Source energy can give me what I want.
4. There is ABUNDANCE in the Universe and the Divine wants to provide me with my wants and desires.
5. Magnetizing my desires is EASY and DOABLE.
6. Everything I magnetize is due to MY VIBRATION.
7. My feelings are POTENT and POWERFUL and I can magnetize more of the same feelings that I emit.
8. It is inevitable that my desires will come to fruition.

# Put the Law of Attraction Mindset Into Practice

*Directions: Apply each belief of the LOA Mindset to the second and/or third column of the worksheet "What Makes Me Happy." During the upcoming week, test a different belief to your desires and wishes.*

## **Day #1**

Ask yourself "Is this wish FEASIBLE?" (or do I believe it is impossible?). Tell yourself that it is possible.

## **Day #2**

Ask yourself "Am I you DESERVING of the wish?" Let yourself know that you are worthy.

## **Day #3**

Ask "CAN I TRUST that Source energy can give me what I want?" Know that Source energy can give you what you want.

And "Do I believe the Universe is ABUNDANT and the Divine wants to give me my wants and desires?" The Universe is Abundant and has more than enough to give.

## **Day #4**

Ask "Do I know it is EASY and DOABLE to get to the desire?" Let yourself know that it is easy and do-able to take the steps needed towards your desire.

## **Day #5**

Ask "Do I believe I can change MY VIBRATION and Do I know I am POTENT and POWERFUL to magnetize more of the same feelings that emit?" Let yourself know that you can change your vibration.

## **Day #6**

Ask "Can I believe that achieving my desires is inevitable?"

# CREATE YOUR FUTURE FREQUENCY

1. What is your wish/desire?
2. What will your body feel like when this desire is fulfilled?
3. What do your surroundings look like when you are practicing your desire? What do you see?
4. What colors surround you?
5. Who is with you, if anyone, in the manifested state of your desire? What is the vibration of this person or the group of people? What do they feel like?
6. What is the climate like? What is the temperature of the air?
7. What sounds do you hear?
8. What scents are you experiencing?
9. What does your skin feel like?

# LOG

## Synchronicities, Miracles, Signs & Reasons

(Use your intuition when completing the second column – Intuition is not found in the mind but in the body.)

<p>Synchronicities, Miracles, Signs (Briefly Explain)</p>	<p>Potential Reason i.e To increase faith in Source Energy, to let you know you are not alone, a breadcrumb towards your wish (if unknown, keep blank)</p>