
12 Simple Steps to Law of Attraction

— Like attracts like —

1) Decide Exactly What You Want:

1. Lots of wants will come to mind.
2. However take a deep breath and slow down.
3. Sit down to try to sort through this.
4. Ask yourself what do you really want - what's the purpose of your life.
5. List your dreams and goals.

2) Eliminate the Obstacles:

- These obstacles stop you from being in line/congruent with your goals and dreams.
- You may not realise that you have put the obstacles there in the first place. You just did not realise that you were in the way of your own goals.
- Learn to make a habit of asking your mind to make excuses for **achieving your goals** and not for not achieving them!
- Accept nothing less.

3) If you don't EXPECT it you won't RECEIVE it!

- The fact is it is the limits of your own expectations and beliefs that are preventing you from reaching your great life.
- Expect success to come your way, expect to find your soul mate, and expect happiness and harmony in your life.

4) Subconscious mind never takes a break!

- Your Subconscious mind never stops it is always there for you so make it work for you.
- The subconscious cannot recognise the negative.
- So make a note of your thoughts and work to change them to positive statements!
- Instead of saying "I don't want to be unemployed" you might say "I am in my dream job!"
- Make it a positive statement and make it as if it **already exists!**

5) Positive Affirmations:

- When you consistently speak positive affirmations and think in a positive manner, your subconscious catches on.
- Even in your sleep, your subconscious will be working out positive outcomes in your life.

6) VISUALISE:

- Visualising allows your mind to get a clear picture of exactly what it is you are asking for.
- See your dream in colour, sound, movement, smell, and textures to make your dream feel real even before you see it in physical realm.
- Get it firmly embedded in your whole being.
- Create a vision board! This will help to prod your positive mental state to the forefront.

7) Stay Vigilant:

- Don't be anxious, stay alert to nipping negative thoughts and feelings in the bud as it contradicts/stops you from being in alignment/congruent to your desired outcome.
- Don't be obsessed with seeking out the negative just be alert to turning any negativity into positivity.

8) Recognise your Prime!

Be on the alert to recognise your prime at whatever time of your life it may occur.

9) Faith & Belief!

Keep your dream alive. Understand to achieve anything requires faith and belief in:

- Yourself
- Hard Work
- Determination
- Dedication
- Good Intentions

All things are possible for those who believe.

10) Gratification!

- Be grateful for all the good things you receive.
- A grateful heart and mind adds strength to the magnet of the law of attraction.
- A grateful heart will also keep your focus on the positive events in your life.
- You will notice that the cycle of good that is flowing through you is limitless.

11) Receive your Dream Life!

- Sometimes the most difficult part of using the secret law of attraction can be receiving!
- You must be open to the way the universe fulfils your request.
- Remember it may come from a totally different direction than that you thought it would.
- The only things that matters is you will be experiencing the life you have always wanted.

12) The Secret law of attraction is ever in motion:

- Whether good or bad the universe is constantly working to manifest the requests you have made.
- It is your choice to receive the good things or the bad things.
- This is your chance to be your very best and have the very best in the most humble way.

Thoughts + Feelings = Experience

- What you focus on with your thoughts and feelings is what you attract into your experiences.
- All that is needed is positive energy to attract those things that you desire into our life.