



## Attract What You Want Work Sheet

As creators, we are manifesting every aspect of our lives. We can create and manifest from a place of ease, trust, abundance and other high vibrations, or we can manifest from a state of fear, doubt, scarcity and so on. Because like attracts like, through the law of attraction, we will manifest the things that match our energy vibration: our mood, thoughts, and emotions.

Being very clear about what we truly want will help us to manifest our highest desires. We may 'think' we know what we want, but if we are not creating from the perspective of our heart and soul, and instead are creating from practicality, should, or obligation, we will not attract what we truly desire into our life.

In order to create and manifest what we really want we need to be aware of what that is and then match that vibration in order to attract it into our life. Use the questions on this worksheet along with the examples at the end to help you become clear about your heart's desires so you can match that vibration and attract it into your life.

1) What does your heart desire? What would you love to have or experience in your life? Let your heart speak to you and write it down.

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2) To gain further clarity, ask yourself why you want this. What will it do for you? Why do you want that benefit? Write down all the reasons you are aware of.

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3) How will it make you feel to have what you want? Imagine having it in your life and tune into your mood, thoughts and emotions. Describe how you feel.

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4) Go through your day being in the energy vibration that is a match for what you want; allow your attitude, thoughts, and feelings to be in this higher state. This will support you to attract what you want into your life. Many people are amazed at how easily things show up in their life once they bring their own vibration into alignment with what they desire. Friends, money, vacations, partnerships, events, material objects and lifestyles manifest in serendipitous ways.

Some people find that being in the energetic feeling is all they actually desire after all and don't need what they thought they wanted.

Here are some examples:

- a) A client wanted to lose weight. When asked why, she said it would make her look more attractive. When asked why she wanted that she said it would make her feel more confident. We focused on what it would feel like for her to be confident. Overtime as her confidence grew, losing weight wasn't as important.
- b) A client's husband left their marriage and she was devastated. When asked what she wanted, she said she wanted to be loved. When asked why, she said she wanted to feel that 'in love' feeling. As she focused on the energy of love and what it feels like to be 'in love', she realized she could have this on her own. Over time she began to glow with a radiation of love, and ended up attracting several suitable partners to choose from (wouldn't we all like to have such a dilemma of choice!).
- c) A client wanted to have a large income. When exploring the various reasons why, he realized the bottom line was that he wanted freedom. As he focused on the vibration of freedom he found more ways to be free in his life without needing the large income.

**Have fun playing with the creative process!**