

The Top 3 Simple Mindset Secrets That Will Help You

☐MANIFEST EVERYTHING YOU DESIRE

Worksheet #2 -The Feeling Guidance System

Questions:

Do you believe that you create by what you mainly focus on? If so what do you mainly put your focus on?

Do you think you can be a better focuser? How would you achieve this?

Do you believe in the Law of Attraction? (which is, you get what you think about whether you want it or not)

What problems/issues do you have with the Law of Attraction and creating your own reality?

Do you understand that your Inner Being knows exactly what you do want and is holding those desires for you vibrationally?

Do you believe that you will do more for a problem you have by feeling good rather than focusing on the problem of trying to fix it? How could you start changing your thoughts so that they feel better?

Exercises:

Go within yourself now and see how you are feeling. Know that if you are feeling good you are attracting what you want in your life if you are not feeling good you are resisting what you want. Write down what you are feeling in this moment.

Throughout the day become more aware of how you feel.

Simply be aware of how you feel from moment to moment. At the end of the day write-down your thoughts and feelings here.

