

## **ATTRACT WHAT YOU WANT**

You probably have heard these sayings:

**Birds of a feather flock together**

**Like attracts like**

**What you sow, you reap**

**What you put out you get back**

**What comes around goes around**

Well, this is the **law of attraction**. Whatever you are thinking, feeling, believing is what you attract. Are you drawing opportunities and abundance OR scarcity and limitations? Are you problem focused OR solution focused? Attraction is the ability to draw what you want effortlessly, without striving and struggling. Who doesn't want that? Even though we want this, we do not necessarily give our attention and energy toward it therefore our energy is toward what we do not want.

Not believing what is possible allows limitations and excuses to direct our energy. If you do not think you can afford that new car you want, then you probably won't end up with it. If you are focused on frustration and limitations you are not present with what is possible. If you focus on what is missing or what you do not have - you will create more of what you do not have.

It is possible to become active in the process of creating and manifesting what you want. You can focus a greater portion of your mental energies on "attracting" what you want while spending less time "attracting" what you do not want. Once your thoughts and beliefs are truly aligned then there's no stopping the unimaginable opportunities.

**If You Keep Doing What You're Doing,**

**You'll Keep Getting What You're Getting!**

## How do you get what you want using this powerful law?

1. **Get very clear on what you want.** Set aside some quiet time for head to become clear. This will allow the answers to what you want to come to you. to get clear on what you really want to attract in your life. You may notice your mind is filled with junk; worries and negative beliefs. This is your doubt. Breathe and let go of these thoughts. Create a mantra, what do I want to attract? Give it all your positive energy.

Once you have this awareness, create a clear statement.

2. **Visualize this clear statement.** Start visualizing and talking about what you want in great detail and with emotion in order to create the positive changes you want to make. Creative visualization is the technique of using our imagination to create more of what we want in life. See if you can feel, right now, the joy that you'll feel when you get it. It might not be easy to do at first, but with practice it becomes easier.

If you need to feel more positive energy, consider keeping a gratitude journal to see what you already have rather than do not have.

3. **Allow it to come to you.** You do not need to struggle and strive to get what you want. Yes, you need to take action but there are many opportunities that already exist to take action on. Respond to these opportunities. Some refer to this as receiving what the universe has to offer. Expect that there are opportunities. You must BELIEVE to be open to what is available. There is abundance and you can have some of the pie.

### Where Your Attention Goes Energy Flows!

4. **Take inspired action.** To increase your opportunity to attract what is available, surround yourself in circumstances that increase opportunity. If something feels right, then respond. You may not even know why you are responding. Sometimes you may be taking a risk, no guarantees. Better to be in the game than watching from the sidelines. Other times you are intentional with new choices, making changes. With positive change comes opportunity.

**If You Want Something To Change,  
You Have To Change Something!**

**Coaching Questions:**

*What could happen for you if you believed in the law of attraction?*

*What change can you make this week?*

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