

7 DAY LAW OF ATTRACTION

Date:

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DAY 1

Choosing What To Manifest.

When you choose what you manifest, the trick is to choose something small, but something that you nonetheless really want; a thing that lights you up inside and is compatible with your plan for life. After all, you need to be able to feel fully passionate about it for the week ahead.

CHOOSE WHAT TO MANIFEST

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DAY 2

Affirmations.

Come up with a set of positive affirmations that are linked to this week's goals.
For example, if you're looking for a date, you might try "I'm going to meet someone to date this week"

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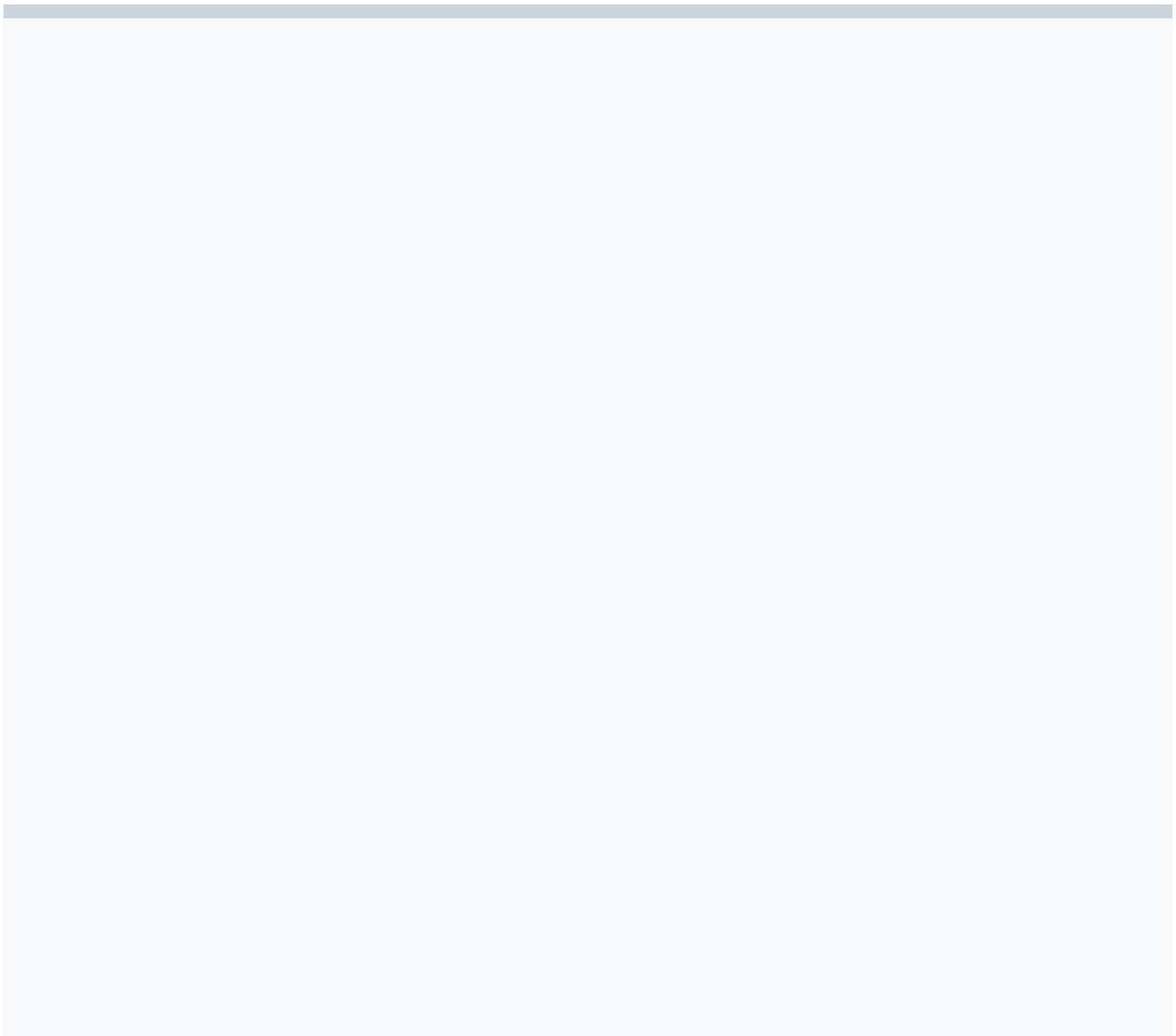
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DAY 3

Visualize.

Practice creative visualization on the third day, as many times as you can. Build up a clear, vivid picture of what it will be like to manifest your goal, and imagine all the associated sights, sounds, smells, and feelings.

Your Vision Board:



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DAY 4

Act "As If".

Keep believing that the thing you want is coming and try to act as if you already have it. This is called acting "as if" (or sometimes "living in the knowing").

If you're waiting to receive a gift from a partner, feel the appreciation and gratitude, and know that you are loved. Notice how living "as if" helps to build your confidence and can make your day feel so much brighter.

Come up with 5 ways you are going to act "as if" today and write them down.

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DAY 5

Make A Gratitude List.

Think of things that are similar to what you want to manifest, but that you already have. As you do so, focus on the feelings of gratitude evoked by having those things in your life.

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DAY 6

Raise Your Vibrations.

The higher the frequency of your energy or vibration, the lighter you feel in your physical, emotional, and mental bodies. You experience greater personal power, clarity, peace, love, and joy.

Think of 5 Ways to Raise Your Vibration:

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For Example: Yoga, Meditation, Digital Detox, Breath Exercise etc.

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DAY 7

Share Your Results.

On the final day of your manifestation experiment, think about what you have achieved and write it down. Remember, your life is wonderful and all of your dreams will come true.

SHARE YOUR RESULTS