

The Law Of Attraction In Action Cheat Sheet

Introduction

Movies like the Secret has made many Americans aware of the Law of Attraction

More and more people are talking about it on social media and mainstream media

But... the more people talk about it, the murkier it seems...

Many are skeptical...

Others are dismissive...

Even those who want to use it are confused...

Why? Overuse, lack of clarity, and subjectivity.

The LOA is real and changes people's lives

- get over fear
- attain desires
- meet the right people
- make dreams come true

It all boils down to using the right FRAMEWORK

6 Myths about LOA

- Magical : No it isn't
- Self-Hypnosis or Delusion : No it works with how your mind shapes reality
- Just wishful thinking: No it drives you to taking action
- Just affirmations: No it requires your total being
- It's just a one time thing: No it involves changing your habits
- It requires special time / arcane training: No it can be incorporated into your daily life

This book delivers DAILY, PRACTICAL STEPS you can turn LOA into a concept into a REALITY

- the enriches your life
- enables you to adopt the RIGHT habits
- enables you to live a life of PURPOSE and CONTROL

Be the ONE that makes things happen in your life... instead of the poor one who constantly asks "What happened?"

3 Steps to LOA Power

Step #1

Be clear about what YOU WANT

- Most people FAIL because they are UNCLEAR about what they want
- They THINK they are clear but they aren't...
- They end up with fuzzy thinking which leads to unfocused action

3 Steps to Clarity

- Ask yourself HOW BAD you want what you think you want
 - * what will you give up?
 - * how hard will you work?
 - * how long will you go for?
- Subject your IDEA of what you want to the JOURNALIST'S 5 Key questions
 - * Who / What / Where / When / Why / HOW
- Can you visualize what you want COMPLETELY?
 - * Most people are just DAYDREAMING – they have a nice vision in the future complete with a range of positive emotions ... this is NOT ENOUGH
 - * Be like MICHAEL PHELPS (Olympics gold medal all time winner) – MENTAL MOVIE – is every detail clear? Can you walk yourself from beginning to end and BACK AGAIN?

Write down your VISION

Everyday... read your vision, erase it, write it out again

Step #2

Focus on what you want

- BELIEVE in your vision
 - * Believe it is POSSIBLE
 - * Believe YOU can do it
 - * Believe your vision is clear
 - * Believe you can ACT on it
 - * BELIEVE it has already happened!
- Use belief boosters
 - * Positive quotes
 - * Case studies of actual people who have done what you want to do
 - * Biographies of people who inspire you (because they have done what you want to do)
- Make this focus PART of your DAILY routine
- INTEGRATE your belief into your daily life
 - * Read your vision / Focus on case studies / Affirmations / Visualization / Rewrite your vision
 - * Do this first thing in the morning / last thing at night
- Consciously change what you SAY to yourself and how you talk to others
 - * Example: To be a WINNER, you have to start TALKING like a winner / dressing like one ... eventually, you'll start ACTING like one

Quick Note on The importance of Action and Manifestation

- The world doesn't care about your FEELINGS

- All it cares about is what YOU DO
- When you DO THINGS... you change your world
- MANIFESTATION
 - * Believe so much in your vision that it changes your emotional state
 - * Let your changed emotional state change your mental habits
(From negativity to possibility / from possibility to positivity / from positivity to probability / from probability to IMMINENT change)
 - * Let your changed mental habits lead to changed ACTIONS
- Let it happen / stop doubting yourself / stop second guessing / let it happen in small steps.... Take one step after another ... take LARGER steps

Step #3

Accept what you WANT

- * Most people TRIP themselves up with the law of attraction
- * They can see their desires materializing but they don't claim it... they doubt it... they don't think it's real... they think they don't DESERVE It.
- * Accept it MENTALLY
- * Accept it EMOTIONALLY
- * Act like one who has ACCEPTED the reality of what you DESIRE

- Recognize steps that get you closer
- * Don't fear it
- * Don't think you're jinxing it
- * Just accept it
- * Feel good about it
- * Associate it with your changed actions

Create an upward spiral of REINFORCING associations

- * Act out your dream
- * Achieve results (any result)
- * Feel good about the results
- * Desire the positive feeling
- * Be so motivated by the positive feeling you act out your dream again

- Removing limiting beliefs / emotional habits
- * Focus on what you achieved
- * Accept that you can achieve / Accept that you can change things for the better
- * Compare your negative belief versus what you have achieved

Conclusion

- Believe it : it works / it works for you / you can do it / you have to do it now
- Start today : not 'tomorrow' / don't wait for things to feel "right" / don't wait for everything to 'fall into place' / you have to make it happen
- Turn it into a habit / daily practice / find the time / view it as your daily reward