



law of attraction  
cheat sheet

5  
steps to creating your  
dream life

# 1 get clear on what you want

What do you want? New job, house, car? Bigger paycheck? There's no dream too big, but to build up steam, try starting with something small that you aren't desperate to get - maybe a bouquet of flowers or free lunch. Once you start seeing things coming to you, you can work your way up to that big dream and know that it's possible.

Be specific about what you want. Looking for a new house? Pick the neighborhood, size, number of bathrooms and even exterior color that you want. The more specific you are, the better.

Not sure what you really want? That's not uncommon. Your best move here is to spend time in reflection daily, try new things, and do things you love intentionally. Likely you're a little stuck in your habits and mental patterns. Mixing those up and getting back in touch with yourself will be fun and will show you what you're really looking for.

# 2 get clear on why

Why do you want the thing you want? To create a better life for yourself? To provide for others? What is the underlying thing you want to feel? You need to get to the root of your desire so you can connect back to it regularly.

Another reason it's important to get clear on why you want the thing you want is to make sure your desire is pure and not fueled by external forces. Too often we say we want something but really it's a societal expectation that we're aiming to meet. For example, do you want a bigger house because you need the space for your family or do you want a bigger house because you feel it will make you more successful?

# 3 visualize and embody it

That thing that you want – daydream about it, journal as-if you already have it, make lists about it, spend devoted time visualizing it in your mind. Not only does this help you attract it, but it makes it easier for you to believe in it and get attached to the image.

Feeling the feeling of having it is important. Making your visualizations vivid and strong can accomplish this, but you can also embody it in your everyday life. Think about how a person who has the thing you want would act. What can you do to be more like that person? Looking for a new partner to go to your favorite restaurant with on Friday nights? Go to that restaurant and sit at the bar. Do all the things you would do if you were already in that relationship.

# 4 follow the signs and take action

Look for opportunities that are presenting themselves to you – big and small. Open yourself up to saying yes. When a sign or opportunity shows up, act on it immediately. Following the breadcrumbs will lead you to the thing you want.

Meeting the Universe half way means taking action and sometimes even taking risks. The more serious you are about it, the better. Decide what step you feel makes sense for you to take and start moving. What is your gut saying you should do next? Do it. And if you're unsure, just do something.

# 5 keep the faith and lean in

Be patient but sure. You can't expect a big dream to show up in two minutes, so the name of the game is patiently waiting with the pure expectation of it showing up.

Find strategies that help you stay comfortable in certainty and stay away from doubt because you have to be sure at least 51% of the time. Aim to stay in that positive state as often as you can. Revisit a favorite book, read inspirational quotes, write affirmations, dance it out — do whatever makes you feel good and high on life because that means there's no room for doubt.

# loa workbook example

## WHAT

a higher paying job with greater flexibility

## WHY

to be able to travel more often with my family. to provide them with diverse perspectives and create shared memories

## VISUAL

my family and i eating gelato in italy as the sun sets off the amalfi coast. a slow walk home with laughter and street music in the air.

## ACTION

update resume, attend industry events, tell friends about possible job change, talk to boss about options, find ideal job listings

## FAITH

i am well-paid and have a rewarding job. my ideal job is on its way. i am worthy of doing a job i love. the universe is leading me to my dream job.

# law of attraction workbook

WHAT

WHY

VISUAL

ACTION

FAITH