

## Getting Focused - Making the Law of Attraction Work for You

So often, we seem to wander through life as a spectator who has good things and bad things *happen* to us. We spend very little time actively focusing on what we want in our lives so we create our experiences in a default mode. As much as we don't like to acknowledge this, we are in full control over the experiences we have in our lives and if we don't pay attention to our thoughts, we end up with a hodge podge of experiences, both "good" and "bad".

What you focus on, you get. This works on all aspects of your thoughts. If you focus on how crappy your life is, guess what? You end up with more of that. If you focus on the aspects of your life that are working for you, you get more of that too. It's all about the focus.

Before you can attract what you *want* into your life, you need to get clear on what you want. The best way to do this is to sit down and think about what is happening in your life that doesn't please you. Contrast (aka the stuff in your life that isn't working the way you want it to) is a great way to help you focus on what you **are** really wanting.

### What Do You Really Want?

Get out a notebook or open up Word and make two columns (or see Table 1 below). Title the first column - "What I Have". Title the second column - "What I Want".

In the first column, you will take aspects of your life that aren't working and describe them. In the second column, you will describe the previously negative aspect, as if you had a magic wand, and had the power to create the perfect joy filled exciting situation.

That is the first step in getting focused on the life you want to live. Now look over the list you have created and choose the one aspect of your life that you feel you would be able to expand your beliefs with and actually feel that you could achieve what you wrote in the "What I Want" column. If you feel resistance with most of the items, pick the one that has the least amount of resistant feeling attached to it. You CAN achieve everything you want in time. Choosing the one with the least resistance will help you gain confidence and faith that the Law of Attraction does work and will work for you.

### Getting Really Focused

What you can do now is what is called a "Focus Wheel". (Printable Focus Wheel below)

Take the "What I Want" side of your chosen situation and put it in the middle circle of the focus wheel. In the wedges, attached to the outside of the small circle, write positive, "feel good" , "magic paint brush" supporting details to what you want. FEEL the good feelings as you do this. Get into it and have fun with it. Get out that magic paint brush and create the most awesome picture of how your life will be. Now, let yourself believe that this amazing picture, that you have just painted, will come to be and it will be yours. Feels good doesn't it?

You have just taken the first step in getting what you want. You have put the positive vibrations out there. Now all you have to do is stay positive and keep your eyes open for what you have created to be attracted to you. Know that those coincidences that appear, are not random acts. YOU are creating your reality. Time for you to enjoy it! Manifestation is imminent!

Table 1

What I Have	What I Want

Focus Wheel

