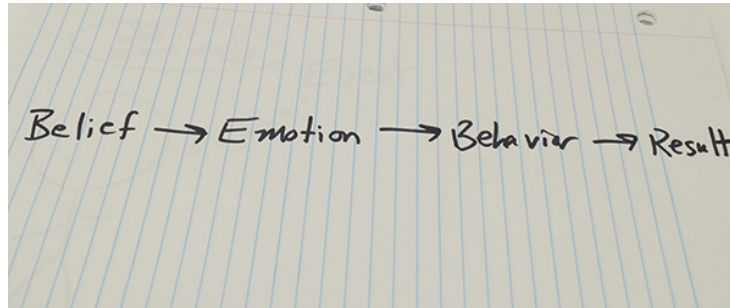


# Using the law of attraction worksheet



Getting what you want in life involves specifying what you want and being congruent in your thoughts, emotions, and behaviors. Use this worksheet to help you determine what you need to believe about yourself to achieve your goals.

## Result

What specifically would you like to achieve in your life? The more specific you are, the better. Example: I want to increase my sales by 15% in the next 3 months.

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## Behavior

List 3 action steps or ongoing habits of behavior that would help you achieve your goal. These needs to be physical activities. Example: Spending 30 minutes a day following up with past clients.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## **Emotion**

What emotion(s) would help motivate you to take the action steps you specified? If there's more than one emotion, pick the one that would have the greatest effect.

Example: Feeling energized would help motivate me to take the action steps.

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## **Beliefs**

What would you need to believe about yourself to consistently experience the emotion that you specified? Write the belief as a short, positive statement in present tense. Example: I am an energetic, action-oriented sales person.

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Do you need help? Feel free to reach out to me at the number below.