

Awareness Exercise: Part 1

This exercise is designed to help you gain awareness of the negative thoughts and experiences you may be attracting into your life.

Use the spaces below to brainstorm what those may be in 5 different areas of your life. In each category make a list of all of the things you dislike, try to avoid, talk about often, and the stories you've grown accustomed to.

Health

Example: I can't shed this extra weight. It runs in my family.

Money

Example: Money only comes to me if I work really hard for it.

Love/Relationships

Example: I don't want to get divorced like my parents did.

Career/Calling

Example: Jobs only serve to pay the bills.

Connection to Something Greater

Example: Catholics are righteous and hypocritical so I want nothing to do with religion.

Awareness Exercise: Part 2

This portion of the exercise is designed to help you reframe your negative thoughts and experiences. By reframing these thoughts, we are rewiring your brain to attract your desires. No matter how ridiculous the positive affirmation may seem, write it down. Transfer these affirmations to a sticky note on your bathroom mirror, headboard, fridge, a reminder on your phone, or wherever you look often that will remind you to say these on the daily.

Health

Example: I nourish my body with love and nutritious food and am watching the weight fly off!

Money

Example: Money comes to me easily, effortlessly, and in abundance!

Love/Relationships

Example: I am attracting the perfect person to compliment me in every way.

Career/Calling

Example: I am passionate and excited about the work I do. I am fulfilling my destiny.

Connection to Something Greater

Example: I attract only those who walk in love, light and truth.

My Notes

Use this additional space to take note of the feelings and emotions that arise during parts 1 and 2.



A series of horizontal orange lines spanning the width of the page, providing a space for writing notes.