Law of ATTRACTION

The Science of Attracting More of What You Want and Less of What You Don't

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Clarity Through Contrast Worksheet Janice My Ideal Relationship



Со	ntrast – things I don't like (Side A)	Clarity – things I like (Side B)
1.	Controlling	
2. 3.	Poor listener Not affectionate	
4.	Doesn't care what I think or how I feel	
5.	Not outgoing	
6.	Doesn't like traveling	
7.	Always rushes me	
8.	Makes decisions without me	
9.	Doesn't like movies or dancing	

Janice made her contrast list on Side A. She recalled three past relationships during this exercise and took a couple of days to build her list.

Clarity Through Contrast Worksheet Janice

My Ideal Relationship



Contrast – things I don't like (Side A)	Clarity – things I like (Side B)
1. Controlling	1. Flexible, well-balanced
2. Poor listener	2. Great listening skills
3. Not affectionate	3. Affectionate, sensitive
 Doesn't care what I think or how I feel 	 Asks me what I think and how I feel about things
5. Not outgoing	He likes to meet my friends and enjoys them
6. Doesn't like traveling	 Enjoys social situations. Loves short-term and long-term travel, likes adventure and exploring new places together
7. Always rushes me	Has patience; allows things to unfold in due time
8. Makes decisions without me	Asks for my ideas in decision making
9. Doesn't like movies or	9. Enjoys theater, movies, loves
- dancing	live bands and entertainment; likes dancing

To build her Desire Statement, Janice took her Clarity list and plugged it into the Desire Statement model.

Clarity Through Contrast Worksheet Greg

My Ideal Financial Situation



1. Not enough money	Contrast – things I don't like (Side A)	Clarity – things I like (Side B)
 Always bills to pay Just making ends meet I can't afford anything I want Money flow is sporadic I never win anything I'll always make the same amount of money Money does not come easily in my family I always struggle to pay the rent Money issues stress me 	 Not enough money Always bills to pay Just making ends meet I can't afford anything I want Money flow is sporadic I never win anything I'll always make the same amount of money Money does not come easily in my family I always struggle to pay the rent 	

Greg made his contrast list on Side A. He recalled his entire financial picture in the last year and took two hours to build this list. He could have taken days to complete the list if he had wanted to.

Note: In our example we have listed 10 items on Greg's list. This exercise is most effective when you add as many items as possible to your contrast list (50-100 items). The more contrast you identify, the more clarity you'll generate.

Clarity Through Contrast Worksheet Greg

My Ideal Financial Situation

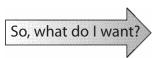
So, what do I want?

Со	Contrast – things I don't like (Side A)		Clarity – things I like (Side B)
1. 2.	Not enough money Always bills to pay Just making ends meet	1. 2. 3.	Bills are paid easily and quickly Always have excess money
4.5.	Hean't afford anything I want Money flow is sporadic	4. 5.	Always have enough money to purchase whatever I desire Constant flow of money is coming in from multiple sources
6.	I never win anything	6.	I win prizes often; receive gifts and many free things
7.	I'll always make the same amount of money	7.	I am constantly increasing my amount of monetary intake from known and unknown sources
8.	Money does not come easily in my family	8.	Money comes easily to me
9.	l always struggle to pay the rent	9.	Rent is paid easily as I always have money
10.	Money issues stress me	10.	Money and my relationship with it feels good

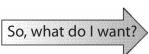
Greg read each item on his list and asked himself "So, what do I want?" After he wrote the answer on Side B, he struck a line through the matching contrast on Side A.



Contrast – things I don't like (Side A) List the things you don't like List the things you would like List the things you would like		<u> </u>
List the things you don't like List the things you would like		Clarity – things I like (Side B)
	List the things you don't like	List the things you would like



Contrast – things I don't like (Side A) List the things you don't like List the things you would like		V
List the things you don't like List the things you would like		
l I	List the things you don't like	List the things you would like



Contrast – things I don't like (Side A)	Clarity – things I like (Side B)
List the things you don't like	List the things you would like



Contrast – things I don't like (Side A)	Clarity – things I like (Side B)
List the things you don't like	List the things you would like

My Vibrational Bubble – Worksheet

Action that INCLUDES it in my Vibrational Bubble.	Action that EXCLUDES it from my Vibrational Bubble.

You'll find a completed worksheet on the following page.

My Vibrational Bubble – Worksheet

Action that INCLUDES it in my Vibrational Bubble.	Action that EXCLUDES it from my Vibrational Bubble.
 talking about my desire noticing something I like daydreaming about my desire visualizing my desire pretending I have my desire when I say yes to something when I worry about something when I complain about something when I remember something positive when I remember something negative when I'm observing something positive when I'm observing something negative when I'm playing with the idea of having my desire when I'm making a collage about my desire when I'm praying about my desire when I'm celebrating 	Can you see how everything gets included?

Notice that when you say "No" to something, you just gave it attention, energy and focus. In that moment, it also becomes included in your Vibrational Bubble. Giving anything attention of any kind includes it in your current vibration.

How to Create Your Desire Statement

Now it's your turn to create your own Desire Statement.

Use the items on your completed Clarity Through Contrast Worksheet to build the body of your Desire Statement on the following worksheet.

I have provided you with the opening and closing sentences. All you have to do is fill in the body.

Use some or all of the following phrases to help describe your ideal desire:

ove knowing that my ideal
ove how it feels when
ve decided
lore and more
excites me
ove the idea of
n excited at the thought of
ove seeing myself

There are two blank worksheets on the following pages.

Desire Statement Worksheet

Desire Statement

My Ideal	
I am in the process of attracting all that I need to do, know have to attract my ideal	

The Law of Attraction is unfolding and orchestrating all that needs to happen to bring me my desire.

Desire Statement Worksheet

Desire Statement My Ideal

My Ideal
I am in the process of attracting all that I need to do, know on have to attract my ideal

The Law of Attraction is unfolding and orchestrating all that needs to happen to bring me my desire.

Allowing Statements My Ideal

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Book of Proof
Date:
Today I observed this proof (evidence.)
Date:
Today I observed this proof (evidence).
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Book of Proof
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Today I observed this proof (evi	dence)	

Evidence of Abundance Journal

I'm Abundant. Today I attracted	Date:
I'm Abundant. Today I attracted	Date:
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I'm Abundant. Today I attracted	Date:
	Б.
I'm Abundant. Today I attracted	Date:

Evidence of Abundance Journal

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Till Abundant. Today Fattracted	Date.
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I'm Abundant. Today I attracted	Date:
I'm Abundant. Today I attracted	Date: