

Law of ATTRACTION

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

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Hachette Audio



Clarity Through Contrast Worksheet

Janice

My Ideal Relationship

So, what do I want?

Contrast – things I don't like (Side A)	Clarity – things I like (Side B)
<ol style="list-style-type: none">1. Controlling2. Poor listener3. Not affectionate4. Doesn't care what I think or how I feel5. Not outgoing6. Doesn't like traveling7. Always rushes me8. Makes decisions without me9. 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

So, what do I want?

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
4. Doesn't care what I think or how I feel	4. Asks me what I think and how I feel about things
5. Not outgoing	5. He likes to meet my friends and enjoys them
6. Doesn't like traveling	6. Enjoys social situations. Loves short-term and long-term travel, likes adventure and exploring new places together
7. Always rushes me	7. Has patience; allows things to unfold in due time
8. Makes decisions without me	8. Asks for my ideas in decision making
9. Doesn't like movies or -dancing	9. Enjoys theater, movies, loves 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

So, what do I want?

Contrast – things I don't like (Side A)	Clarity – things I like (Side B)
<ol style="list-style-type: none">1. Not enough money2. Always bills to pay3. Just making ends meet4. I can't afford anything I want5. Money flow is sporadic6. I never win anything7. I'll always make the same amount of money8. Money does not come easily in my family9. I always struggle to pay the rent10. Money issues stress me	

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?

Contrast – things I don't like (Side A)	Clarity – things I like (Side B)
1. Not enough money	1. An abundance of money
2. Always bills to pay	2. Bills are paid easily and quickly
3. Just making ends meet	3. Always have excess money
4. I can't afford anything I want	4. Always have enough money to purchase whatever I desire
5. Money flow is sporadic	5. 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. I 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.

Clarity Through Contrast Worksheet
My Ideal _____



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

Clarity Through Contrast Worksheet

My Ideal _____

So, what do I want?

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

Clarity Through Contrast Worksheet

My Ideal _____



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

Clarity Through Contrast Worksheet

My Ideal _____

So, what do I want?

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.
<ul style="list-style-type: none"> • 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 say no 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 	<p>Can you see how everything gets included?</p>

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:

I love knowing that my ideal _____

I love how it feels when _____

I've decided _____

More and more _____

It excites me _____

I love the idea of _____

I'm excited at the thought of _____

I love 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 or
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 _____

I am in the process of attracting all that I need to do, know or 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 _____

Book of Proof

Date: _____

Today I observed this proof (evidence.)

Date: _____

Today I observed this proof (evidence).

Date: _____

Today I observed this proof (evidence).

Book of Proof

Date: _____

Today I observed this proof (evidence).

Date: _____

Today I observed this proof (evidence).

Date: _____

Today I observed this proof (evidence).

Book of Proof

Date: _____

Today I observed this proof (evidence).

Date: _____

Today I observed this proof (evidence).

Date: _____

Today I observed this proof (evidence).

Book of Proof

Date: _____

Today I observed this proof (evidence).

Date: _____

Today I observed this proof (evidence).

Date: _____

Today I observed this proof (evidence).

Evidence of Abundance Journal

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

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

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

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

Evidence of Abundance Journal

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

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

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

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