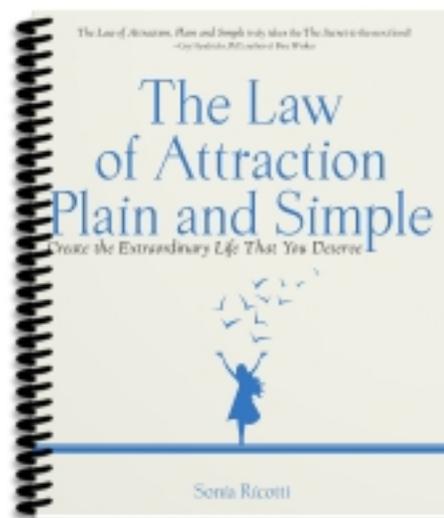


HOME-STUDY PROGRAM

THE LAW OF ATTRACTION PLAIN AND SIMPLE

BY SONIA RICOTTI



Create the Extraordinary Life That You Deserve

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Session 1

A CLEARING THE FOUNDATION

DISCOVER WHAT YOU REALLY WANT AND
WHAT YOUR TRUE PURPOSE IN LIFE IS

DECIDE WHAT YOU WANT!

“If you don’t know where you are going, you will end up someplace else.”

—Yogi Berra

One way to become clear of what you *do* want in life is to create a list of what you *don’t* want in life. Then, go through each and every negative statement and turn it into a positive statement of what you *do* want.

DON’T WANT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

DO WANT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT YOU FOCUS ON EXPANDS

CHOOSE YOUR THOUGHTS AND FEELINGS

The best way to recognize a negative thought is becoming aware of how you are feeling. Anytime you are not feeling good, you are thinking negative thoughts (whether you are aware of it or not) and therefore emitting negative energy.

On a scale of 1 to 10 how are you feeling right now? _____

This is called consulting your “Feeling Barometer.”



PERSONAL DECLARATION

I AM...

NOTES