

LAW OF ATTRACTION PRO

workbook

Law of Attraction Pro Workbook

© WCCL Network 2011



Welcome to the **Law of Attraction Pro Workbook!**

CD 1 explains the origins of the Law of Attraction and its usage since the early part of the twentieth century.

CD 1 “An Introduction to Manifestation” Track Listing:

1. Introduction
2. Explaining The Law Of Attraction
3. Origins Of The Law
4. Main Features Of The Law
5. How The Law Works
6. Proof Of Its Power
7. Testimonials
8. Conclusion

CD 2 gives you practical applications of the Law of Attraction and techniques you can use every day to attract more of the things you want in to your life.

CD 2 “Manifesting Techniques” Track Listing:

1. Introduction
2. Secret Techniques For Manifesting
3. 3-Step Manifesting Ritual
4. Daily Manifestation Exercise
5. Napoleon Hills 4-Point Success Generator
6. Daily Affirmations
7. Manifesting Rituals
8. The Movie Screen
9. The Empty Screen
10. The Know-See-Get Technique
11. The Energizer
12. 4-Point Positive Energy Booster
13. Conclusion



CD3 takes a different approach, helping you eliminate outdated beliefs, re-energizing your body and mind, and getting you to think positive and focused thoughts. There are also tips on using the power of dreams, the power of breathing, the benefits of keeping a journal, and a technique for changing your luck.

We'll discuss the secret 6-point formula for attracting anything you want into your life, and finish off with our exclusive 3-minute manifestation exercise. But before we do any of that, let's examine some of the negative beliefs that have crept into our heads and may be preventing us from living a more fulfilling and fruitful life.

CD 3 "The Manifesting Mindset" Track Listing:

1. Introduction
2. 3 Ways To Eliminate Negative Beliefs
3. The Thought Processor
4. The Dream Weaver
5. How To Get What You Give
6. The Battery Charging Technique
7. How To Change Your Luck
8. The Deadliner
9. The Law Of Attraction Pro Journal
10. The Secret 6-Point Attraction Formula
11. Using The Power Of Breathing
12. The 3-Minute Manifestation Exercise
13. Conclusion



This Workbook should be used in conjunction with both CD 2 and 3. It includes most of the exercises explained on those CD's, but in workbook form. A good deal of the explanatory text has been removed to make the exercises fast and easy to get through. Before you begin to work through the workbook, try to listen to CD2 and CD3 first, to make sure you know exactly what is involved to prepare you for each exercise.

The Law off Attraction Pro aims to give you everything you need to attract the things you want into your life and make your dreams come true. Unlike other courses, we've included this workbook which we hope will prove an invaluable tool in helping you reach your goals and fulfill your desires. We'd like to wish you all the best of luck with that, and hope this workbook goes a little way toward making it happen.

Before you begin, here's a quick outline of what we think might be the best way to approach the course in its entirety.



How To Use the Law Of Attraction Pro Course

This course presents historical information and manifesting exercises on audio CD. Most of the exercises are also available in this accompanying **Law of Attraction Pro Workbook**. For best results, you should work through the course as follows:

1. Listen to **CD 1: An Overview of Manifestation Using the Law of Attraction** to learn about the origins of the Law of Attraction, what it is, where it comes from, and how it can be used to attract the things you want into your life.
2. Listen to **CD 2: Manifesting Techniques** to familiarize yourself with the principles of the Law of Attraction. Here you'll also find introductions to the various exercises contained in the Workbook, along with detailed explanations about how to work through them and use them to your best advantage.
3. Listen to **CD 3: The Manifesting Mindset** to put yourself in the right place and begin to move forward in your manifesting practices.
4. Read the **Law of Attraction Pro Workbook** to make sure you understand the nature of the exercises. Then, when you're ready, start working through the exercises one at a time, making sure you remember not to skip steps or rush anything. The Workbook exercises are quick and easy to do, and as you become more and more familiar with them they will take less and less time to complete.

And once again, good luck with attracting a better life!



Secret Techniques For Manifesting

The Law of Attraction Pro includes elements that are absolutely essential to manifesting your desires. These elements will help you focus on the things you want, stay in touch with the reasons you want them, and keep working toward your goals until you achieve them. Here’s what you need to do.

Write down the emotion or emotions you feel about the thing you want, re-affirm your faith in the process, and list a few things you’re doing to follow-through until you reach your goal.

Emotion(s): I feel _____,

_____, _____,

_____, _____

Faith: I know and believe that I will get _____ in my life so long as I have faith in myself and the process.

Follow-through: I am doing the following things to make sure my dream is fulfilled:

_____	_____
_____	_____
_____	_____
_____	_____



3-Step Manifesting Ritual

Step 1: Know What You Really Want

Think hard about what it is you truly want. Write down everything you can think of in whatever order they come to you.

I want _____

I want _____

I want _____

I want _____

Step 2: Write Down On Paper What You Really Want

Make a list of the things you'd like to have in your life. Be specific and as detailed as possible.

The _____ I want should be _____, _____,
_____, _____, _____ etc.

Step 3: Go And Get It

Once you know what you want and have started making a list, keep your eyes and ears open for coincidences, chances, opportunities, synchronicities and so on.

What did you see? _____

What did you hear? _____

What caught your eye? _____

What opportunities are available? _____



1. Read over the things on your list three times a day as specified; that's once in the morning, once at noon, and once at night.

Morning ☐ Noon ☐ Night ☐

2. Think about the thing(s) you want as often as possible throughout the day. Make notes to remind yourself if you want to, and carry them around so you can take a peek when you get a minute.

Note: _____

2. Do not talk to anyone about the things you want and how you intend to attract them to yourself-keep it a secret, knowing that you'll get them if you're determined and have faith.

If it helps, read or recite the following affirmation every morning and evening:

"I must remember to keep my dreams and desires to myself."



1. Success depends on power

Get organized. Know what you want, think about what you want constantly, and you'll unleash the power to bring that thing into your life.

2. Power comes from organized effort.

Think hard about what you want, put a lot of effort into it, which will stimulate your subconscious mind and help you stay alert to possibilities. This is what separates those people who get what they want from those who don't.

3. Organized effort can only be pursued following a definite purpose

Focus on what you want, not on what you don't want. Concentrate on the things that are important to you and forget about the rest. Try not to spread your thought energies out too thinly. Be decisive, not indecisive. Be strong, not weak. Be positive and firm about what you want, and your results will also be positive and firm.

4. A definite purpose requires appropriate action to achieve it

Take action that brings the thing you want closer to you. Do things that further your own cause without hurting others. Take every opportunity that comes along, knowing that it might only come along once. Act when it feels like the right thing to do.



1. **Get organized** about the things you want.

I want _____,
_____,
and _____.

2. **Put in the effort** to bring these things closer.

I think about the things I want constantly / Today I'm going to think about
_____.

3. **Know the purpose** behind the things you want and focus on it. I'm focused on the thing I
want, which is _____.
The most important thing for me right now is _____.

4. **Take action** when it feels right to do so. I am going to take the following action(s) to help me
get the thing I want most in my life right now:



Here are the affirmations for health, wealth, love, success, and positive thinking. Each of these is followed by a space for you to create your own affirmations if you wish. Remember to make them positive, strong, and written in the present tense.

1. For Health

"I am whole, perfect, strong, powerful, loving, harmonious and happy."

Or, make up your own affirmation for health in the space below: I am

2. For Wealth

"I am powerful, affluent, rich, and filled with abundance."

Or, make up your own affirmation for wealth in the space below: I am

3. For Love

"I am a loving person, filled with love, and my heart is open to others."

Or, make up your own affirmation for love in the space below: I am

4. For Success

"I am able to be whatever I want to be."

Or, make up your own affirmation for success in the space below: I am



5. For Positive Thinking

“I am positive, optimistic, constructive, and able to see the good in all things.”

Or, make up your own affirmation for positive thinking in the space below: I am

Sample Affirmations

Here are some extra sample affirmations you might prefer; or they could be used as templates to help you create your own.

- I am healthy and happy.
- I am getting stronger every day.
- I am energetic and a real go-getter.
- I am calm and in control of every situation.
- I am open to the love of other human beings.
- I am a hard worker who deserves a better job.
- I am successful in everything I do.
- I am getting wealthier and more abundant every day.
- I am able to afford the house of my dreams.



Manifesting Ritual

● For Success

1. Write down what you want.
2. Think about what you can do to become more successful.
3. Do ONE NEW THING every day to bring success closer to you.
4. Write down the thing you did at the end of the day.
5. Think about how you can become even more successful as you fall asleep.
6. Repeat this process in exactly the same way the next day.

■ For A Better Job

1. Write down the kind of job you want.
2. Think about what you can do to get a job like the one you want.
3. Do ONE NEW THING every day to bring that job closer to you.
4. Write down the thing you did at the end of the day.
5. Think about how you can get that job as you fall asleep.
6. Repeat this process in exactly the same way the next day.

● For Finding Your Soul Mate

1. Write down the kind of person who would be your ideal soul mate.
2. Think about what you can do to meet someone like that.
3. Do ONE NEW THING every day to bring that person closer to you.
4. Write down the thing you did at the end of the day.
5. Think about how you can find your soul mate as you fall asleep.
6. Repeat this process in exactly the same



Visualization Exercise – The Movie Screen

The Empty Screen

- Relax and clear your mind. Concentrate on staying calm and quiet. You can close your eyes if that helps.
- Picture yourself in an empty cinema. There is no-one else there but you. Imagine where you might be sitting so you can get a good view of what happens on the screen.
- See the blank screen in front of you. It's a movie screen but at this point there are no pictures or movies on it.
- Watch as the screen fills up with images of the things you want to bring into your life. Let the images come and go as they will, keeping in mind that there's one thing in particular that you want more than anything else right now.
- Focus on the one thing you want above all others. See it on the screen, getting clearer and clearer as you watch.
- See yourself on the screen with the thing you want to bring into your life. Put yourself in the picture with the thing you'd most like to have in your life right now. Then move on to the next part of the exercise.



See Yourself In It

- Notice how contented you are as you move through the scene. The thing that you desire makes you feel good, feel happy, or feel proud. Notice the way you look as you watch the scene unfold.
- Watch yourself interacting with others, in your new job, in your new home, with your new partner, or whatever thing you want to bring into your life. This thing makes you excited and gives you a better life. Notice how it changes your attitude and makes you happier.
- Get a real sense of the emotions and sensations revealed on the screen. What does it feel like to have this thing in your life? Do you feel a great sense of achievement? Are you proud of yourself for having acquired it? Are you smiling and full of joy? Has it brought you the fulfillment and happiness you'd hoped for?
- Imagine the tastes, sounds, and smells associated with what's happening. Let them enter your mind and help you picture the scene completely. The people laughing around you, the smell of a new car, the touch of your soul mate's hand; let all these sensations wash over you.
- See yourself and your surroundings in as much detail as possible. Where are you on the screen? What are you doing? Who are you with? What are you saying? What are you thinking? What are you feeling?



The Know-See-Get Technique

Step 1: Idealization – Know Exactly What You’re After

Know in your mind exactly what it is you want. Make a mental plan, and make your plan as detailed as possible. The more detailed your plan, the better.

Step 2: Visualization – See Yourself With The Thing You’re After

Visualize yourself with the thing you want. Paint the scene in your head. Focus on being as detailed as possible.

Project your thoughts into the future; see yourself doing the thing you want to do or interacting with the thing you want to have. The more details you include, the more complete your picture will be.

Step 3: Materialization – Get The Thing You’re After

Stay focused. Make sure you really know what you want and can see it in detail.

Keep your goal constantly in mind. Remind yourself that you know exactly what you’re after.

Review the scene in your visualization, adding more details as you think of them. Stay focused and on target to bring you to your ultimate destination more quickly. Know what you want, see what you want, and you’ll get what you want.



The Energizer

Give out positive vibes in order to attract positive energy. Like attracts like, and you can use that dictum to re-energize your mind and turn negative thoughts, feelings or attitudes into positive ones. Here's what you need to do.

1. Be positive, not negative.
2. Use the words CAN, DO, AM, HAVE instead of can't don't, aren't and haven't.
3. Be proactive and put plans into action yourself.



4-Point Positive Energy Booster

1. Positive Attitude = Positive Energy

Think positive. Be optimistic. Look for the good things. Turn obstacles into challenges, problems into solutions.

A positive attitude will boost your energy and make it easier for you to achieve your goals.

2. Focus On Your Goals

Focus on the thing you want ALL THE TIME! Remind yourself about what you want as often as possible. Concentrate to the exclusion of everything else. Make a note so you can read it throughout the day.

The thing I REALLY want is _____

3. Intensify Your Desire

Imagine that you already have the thing that you are trying to attract. See it, feel it, taste it, smell it and imagine it's yours. The more intensely you imagine it, the sooner you'll get it.

Can you see what you want? I see _____

Can you feel it? It makes me feel _____



Can you taste/sense it? I taste/sense _____

Is it good? Having this thing is _____

Is it satisfying? I am _____

(elated/ over the moon/ecstatic etc.)

4. Act When Necessary

Do whatever it takes to bring the thing you want closer to you. Watch out for synchronicities especially, and act on them right away. When a coincidence comes along, ask yourself why. Then do something about it.

Remember there are no real coincidences. Everything happens for a reason, so make sure you pay careful attention.

I notice _____

_____ and I take this action:



3 Ways To Eliminate Negative Beliefs

1. Take Control

Put yourself in charge of your own destiny. Give yourself the chance to lead a positive life by filling your thoughts with positive mental images.

2. Let Go

Get rid of any emotions that are holding you back. Relax in your favorite place for a few minutes, and think of all the happy, kind and generous things that life brings your way.

3. Seek The Truth

Go inside yourself and ask the big questions.

Why are you unhappy? I am unhappy because _____

What’s holding you back? I think _____ is holding me back.

How can you move forward? I can move forward by



The Thought Processor

Step 1: Get Kitted Out

Get a notebook that you'll enjoy writing in and a pen that's comfortable and easy to use.
Carry them wherever you go throughout the day.

Step 2: Record Your Thoughts

Sit and write down whatever you're thinking about. Write down whatever is on your mind.
Be honest with yourself so you will be able to get a true sense of your thought processes by the end of the week.

Step 3: Review Your Notes

After a week, sit down and read through your notes. Notice any patterns? Are you thinking about the same things each day? Is there one thing you think about more often than others?

The thing I think about the most is _____

The thing I really want to attract into my life is _____

If these two statements don't match up, you need to start thinking positive and focusing hard on the thing you REALLY want.



The Dream Weaver

This simple exercise will help you get in touch with your subconscious through the power of dreams. It will also give you the opportunity to begin deciphering your dreams and working out the things that are truly important to you.

- Write down the thing you want before going to sleep. Keep it simple, such as:

I want _____

- Dream about it
- Write down what you remember from your dreams when you wake up. Just write down words or phrases of things you remember dreaming about. Don't try to write a novel or poetry; just jot down what comes to mind.

I remember _____, _____,
_____, _____,
_____, _____

Not everybody can remember everything they dream about, but with practice this will become much easier. Again, look for patterns to see if your dreams match up with the one thing you'd like to have in your life right now.



The Deadliner

If you have trouble reaching goals and working to a strict deadline, then this exercise will help you achieve both of those things.

Stage 1: Setting Your Goal

Write down what you want, how it will make you feel, and confirm that you deserve to have it.

I want to have _____

Having it will make me feel _____

I know that I deserve to have _____ in my life

Stage 2: Setting Your Deadline

Set the time frame in which you hope to realize your goal, noting the actions you will take on a daily or weekly basis to help make it happen.

I will have _____ by the end of the week/month/year

To make that happen, I am going to do the following things:

Daily: _____

Weekly: _____

Every day, I need to write down my goal on a piece of paper.

Every week, I need to take a moment and print out a fresh Deadliner sheet.



Stage 3: Staying Focused

Tick off the things you’re doing to help yourself stay in touch with your goal.

I need to stay focused on my dream in order to reach it. I stay focused by:

- writing notes to myself ☐
- putting pictures around the house/car/workplace ☐
- stating positive affirmations ☐
- seeing myself in the future when my dream has come true ☐



The Secret 6-Point Attraction Formula

1. Know what you want and be **ABSOLUTELY EXACT** about it.

I want _____

2. Decide what you’re going to **GIVE UP** in return for the thing that you want.

I intend to give up _____

3. Choose a **DEFINITE DATE** for the acquisition of the thing you want.

I will have _____ by _____

4. Make a **DETAILED PLAN** for carrying out your desire. My plan is as follows:

5. Write a **CLEAR & CONCISE STATEMENT** of the thing you intend to acquire, including:

- the exact thing you want
- what you’re prepared to give up
- your time limit
- how you intend to carry out your plan



Write your statement out on a separate piece of paper or in your favorite notebook. Here's an example of what you might write:

I want a 2005 red Ford Mustang convertible. **I'm prepared to give up** \$100 of my weekly salary. I want my new car **by Christmas time**. I **check my savings** regularly, **keep an eye** on the prices of cars, **get email updates** when new cars are on sale, and **visit used car showrooms** that sell the car I want.

6. READ your written statement **OUT LOUD**, twice a day -once in the morning as soon as you wake up, and once last thing at night before going to sleep.



5 Minute Manifestation Exercise

Step 1: Think About What You Want

Think for a few seconds about the thing you want and then write it down.

I want _____

Step 2: See It Clearly In Your Mind

Once you've thought about what you want and written it down, you need to get a mental picture of it. Close your eyes and let the picture come to you.

Step 3: Feel What It Would Be Like To Have It

To make your subconscious work hard for you, give it all the information you can. Show your subconscious that you REALLY want the object of your desires. Do that by attaching feelings and emotions to it.

Having this thing makes me feel _____

Step 4: Focus On Your Desire To Have It

You've got to REALLY WANT the thing you're trying to get, to NEED the thing you're trying to get, to have a BURNING DESIRE for the thing you're trying to get, or you just won't get it.

Tune in to that desire by focusing on the thing you want. I have a burning desire to have _____ in my life.



Step 5: Look Ahead And See Yourself When You Finally Do Have It

Try to picture yourself with the thing you want ONCE YOU’VE FINALLY GOT IT!

I see myself with _____ in my life.

Step 6: Wait For It To Arrive, Having Faith That It Will

Believe in yourself and the power of the universe. State your belief in writing, something like this:

I believe I deserve to have _____ in my life. I know the universe will deliver _____ to me. I have faith that _____ will be mine.

Step 7: Do Everything You Can To Bring Your Dream Closer

To make sure you get the thing you want, you have to act when it feels right to do so. That means stepping out of your comfort zone occasionally, taking a risk or two and being open to new possibilities.

I realize my dreams by: _____

Next time I get invited to a party, I am: _____

If I see a group of people, I am going to: _____

When I read about something related to my goal, I am going to:

