

God's Law of Attraction: The Believer's Guide to Success and Fulfillment

By Susan Lee

Worksheet #1: Asking Exercise

Step 1: Describe the area that you want (or need) to change (for example, find a new career, make more money, meet my soul mate, etc):

Step 2: List 10-20 things that you don't like about your life now in that area (for example, work too many hours, not challenging work, etc)*	Step 3: For each item in Step 2, describe what you would like instead (for example, flexible hours, ability to contribute creatively, etc)
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20

* REMEMBER: Don't spend a lot of time dwelling on and stewing over the things you don't want or like. Recognize them, write them down and move on. The law of attraction draws to you those things that you place your attention, focus and energy on. So it is *critical* that you don't give each item a lot of attention or emotional energy.

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Worksheet #2: Creating Positive Desire Statements

Step 1: Refer back to the list of things you would like that you created in Worksheet #1.

Step 2: Using the positive statement starters below, create desire statements that speak to you. Remember to create statements that sound "true" by using phrases such as "in my ideal _____." For example: *"It is exciting to know that my ideal job uses my creative skills to perform interesting, rewarding work."* Or consider adding the phrase "I am in the process...". By making the statement feel true when you say it, you are eliminating negative vibrations and increasing the positive ones.

I love that
It's exciting to know that
It feels great that
I'm thrilled
I love the fact that
I get excited thinking
I smile to know that
I am happy that
It feels good knowing that

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Declarations From God's Word

"I can do all things through Christ who give me strength!" (Philippians 4:13)

"For he has rescued me from the kingdom of darkness and transferred me into the Kingdom of Christ Jesus." (Colossians 1:13)

"Because I belong to Christ I have become a new person. The old life is gone; a new life has begun!" (2 Corinthians 5:17)

"For I am God's masterpiece. He has created me anew in Christ Jesus, so I can do the good things he planned for me long ago." (Ephesians 2:10)

"No, despite all these things, overwhelming victory is mine through Christ, who loves me." (Romans 8:37)

you are the God who saves me. All day long I put my hope in you. (Psalm 25: 5)

Let all that I am wait quietly before God, for my hope is in him. (Psalm 62:5)

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. (Isaiah 40:31)

He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever. (Revelation 21:4)

For nothing is impossible with God! (Luke 1: 37)

For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. (John 3: 16)

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Visualize and Emotionalize

When you walk into a dark room, the first thing you do is switch on a light. When you are feeling negative emotions, reach for your triggers that can switch your emotions from positive to negative. Here are a few examples to consider as you create your own tool box of triggers.

Visual Triggers

pictures of your family or other things that you love
creating a vision board with pictures of things that will inspire you
reviewing your goals list
watching a motivating or funny movie
Post motivational sayings where you will see them often
Post favorite bible verses where you will see them

Verbal Triggers

speaking your positive declarations aloud
listening to a favorite song or music that moves your passions
inspiring and motivating books (written and on CD)
using positive descriptors and words rather than negative
Laughter
Create a Gratitude List and thank people often

Sensual (touch and feel) Triggers

taking a walk through nature
doing a quick dance to your favorite song
putting on a favorite sweater
cuddling in a favorite blanket
volunteering for a cause you believe in
Giving a hug

To find a great resource for visualizing and emotionalizing tips, visit SusanLeeBooks.com/raise-your-vibe

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Combating Limiting Beliefs

1. **Choose to stop Agreeing.** The past does not equal the future and we can start changing our future today by remembering that we are children of God, made in His image.
2. **Pay Attention.** start noticing what those limiting beliefs are and when they plague you the most.
3. **Question Your Limiting Beliefs.** Approach them as though you were a “know-it-all” teenager arguing with his or her parents.
4. **Test your assumptions.** You’ve heard the phrases “act as if”, and “fake it ‘til you make it”, and now is your chance to give it a try.
5. **Change your thoughts.** Now, it’s time to change those negative thoughts and beliefs into positive declarations.