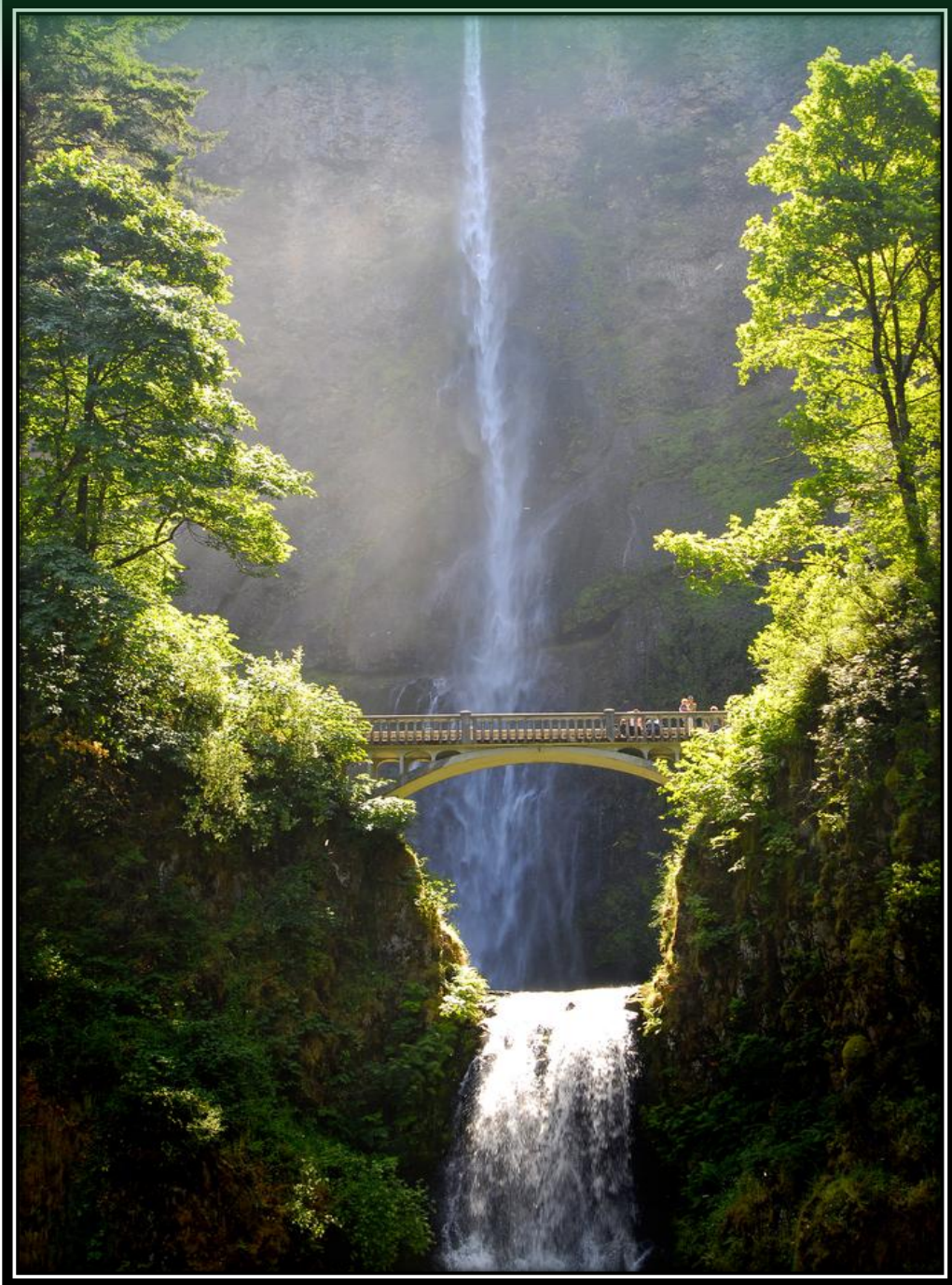


Emotional Attraction Exercise



Emotional Attraction Exercise

How will you feel when you achieve your goal and why?

How do you feel in the present moment when you think about already having what you want? To become a vibrational match to what you want, it is essential that you feel the feelings now of having achieved your goal. 'Act as if' your goal is an active part of your life now.

Bridge

Identify areas of your life where you currently feel similar to how you believe achieving your goal will feel. Where do you already experience these feelings? For example, if you believe achieving your goal will bring you greater happiness and security, notice where in your life you already feel this way. Do you feel happy and secure in your relationships, with a particular skill that you have or in your abilities at your job?

Think about these key areas and access the desired feeling states. Now bring to mind your current target goal and bridge these feelings into your current goal.



Identify an area of your past where you felt similar to how you believe achieving your goal will feel. Where have you experienced these feelings in the past? If you believe that by achieving your goal you will feel accomplished, empowered or free, notice where you have felt this way in the past? Perhaps you accomplished a challenging task that you didn't think you could accomplish or you landed a big promotion at work.

Think about these key areas and access the desired feeling states. Now bring to mind your current target goal and bridge these feelings into your current goal.

