

The 6 Step Attraction Formula



ATTRACTION FORMULA

The Internal Factor

1. Identify your target goal. Clarify what you specifically want to achieve.
2. Identify why you want it. Your target has to be emotionally engaging for you.
3. Focus on your target goal everyday. Visualize yourself achieving it for at least 15 minutes per day.
4. Align your state mentally and emotionally with having achieved your target goal throughout the day.
5. Focus on what you can control in the present moment with the quality of your questions.
6. Expect it! Look for the subtle *Internal Factor* signs that your goal is being achieved.