

# What Am I Attracting?



A Law of Attraction Activity by Ms Write | Flhighwithme.com

This energy activity will help you to visually see what you have been attracting into your life based on your own thoughts, feelings, and beliefs. In the right column, write down anything that comes to mind that has been impacting you. Then, in the left column, write down what you think those energies have attracted into your life. You are free to write whatever you want. It can be negative, positive, about your relationships, financial life, career/job, family, personal feelings, etc. The purpose is to see what has been benefiting you and what hasn't. When you're complete, reflect on on it. Then make the necessary changes to attract better.

My thoughts, feelings, and beliefs...	...Have been attracting these experiences into my life...