Contrast and Clarity

-Make 2 columns at the top of the page and draw a line down the middle.

-Label the columns:

CONTRAST & CLARITY

-Under Contrast label list all of the negative things that you do not like about something in your life.

-under the Clarity label write down a Positive, opposite word that comes to mind across from the negative word in the first column.

Contrast - someone wartes my - time spont how time - time spont how time - time spont how time - doing something - Reality time - time spont with - good times lessth people I don't core to go boating - no time to cook + Bake - having Free time to cook + backe

See example:

-On a new sheet of paper label at the top:

Desires with feelings

(You will say these desires with feeling silently in your mind)

-Now write:

I am in the process of attracting all that I need to do, know and have to attract.... (fill in the blank)

Example: My Perfect Life of Total Happiness

-now create a list of positive affirmations in full sentence form in the present moment out of each Positive Clarity item listed on the previous page. Only use positive words in the sentences.

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See example:

-Now, write at the bottom of your positive affirmations list the following:

'The Law of Attraction is unfolding and orchestrating all that needs to happen to bring me my desires.'

-Please find time to review your positive affirmations list that you created at least once a day maybe prior to meditation or perhaps at bed time before going to sleep.

~Namaste Amy Laidlaw Balanced Life Solutions ~Certified Reiki Master Practitioner ~Certified Life Coach 480-331-9613 BalancedLifeSolutions.net



Amy Laidlaw Certified Life Coach Certified Reiki Master Practitioner Certified LaHoChi Master Practitioner

BalancedLifeSolutions.net Amy@BLShealing.net 480-331-9613

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