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# Introduction

This is a free workbook to help you identify what it is that you want out of life. This exercise is not intended to be a “vibrational raiser”, and I recommend that you only do this exercise when you are feeling confused about what it is that you desire.

Once you've figured out exactly what it is that you do want, your work is then to do anything you can to align yourself with your desires. Spend time pretending your desire is already here, or simply feel good!

Observe the example provided below and then set out to complete the rest of the worksheet in as much time as you require. To get the most out of this exercise, I recommend that you set aside at least 5 minutes per subject sheet.

To your abundance,

A handwritten signature in black ink that reads "Gary Evans". The signature is written in a cursive style with a large, looping 'G' and a long, trailing 's'.

# Example

First, list all of the things that you do not like about the subject. In this example, we are using money as the subject.

Things that I <u>don't</u> like about my money	Things that I <u>do</u> like about my money
I have no spare cash	
I don't earn enough money	
I can't buy things whenever I want	
I'm stressed over my debts	
I have more debts than income	
My credit card is always maxed out	

Next, observe each item that you've listed and turn it into its polar opposite. For example, "I have no spare cash" becomes "I always have spare cash". Once you've figured out the opposite, enter it under the "Things I do like" column as seen below.

Things that I <u>don't</u> like about my money	Things that I <u>do</u> like about my money
I have no spare cash	I always have spare cash
I don't earn enough money	I earn more than enough money
I can't buy things whenever I want	I have enough money to buy things whenever I want to
I'm stressed over my debts	I feel good about my money situation
I have more debts than income	I enjoy savings accounts full of deposits
My credit card is always maxed out	My credit card has an empty balance

Now it's your turn! Use the blank worksheets on the following pages to determine exactly what it is that you want in the 5 main important areas of your life.

# Money

Things that I <u>don't</u> like about my money	Things that I <u>do</u> like about my money





# Relationships

Things that I <u>don't</u> like about my relationships	Things that I <u>do</u> like about my relationships

