

# What Do You Want?

## Determining & Attracting Your Desires Via Contrast

***Your video reading indicated that you need to figure out what you want in order to manifest it. Once you know, you can and WILL manifest your focused desires! Use the exercise below to help you start to get on track!***

Sometimes it's easier to know what you DON'T want, than what you do. The first part of this exercise is to think of all the things you don't want. Think about things you hated about partners of your past. Think about things you are annoyed by or that create stress and struggle in your life.

### **These things suck and I don't want them:**

Messy House  
Tight Budget



### **Now go back and add 2-3 positive opposites to the other side:**

Messy	Clean, organized, tidy home
Tight Budget	Worry-free spending, fun fund, savings

Now rip up the side of things you don't want and continue to add daily to the list of things you DO want. Read the list daily and feel love for each of the items you do want and appreciation for them as if you already had them. You're now attracting what you want!

If you can't feel the appreciation and love as if they were real, now write them down as affirmations with the phrase *"I am in the process of attracting/creating\_\_!"*. When affirmations don't work it's often because we don't believe them on a subconscious level to be true! Saying "I am a millionaire" all day won't make you a millionaire, however if you say "I am in the process of becoming a millionaire" your subconscious mind starts to notice and follow through with divinely inspired ideas to create your millions or to notice opportunities that you can take advantage of.

### **Example:**

I am in the process of creating a clean home!  
I am in the process of creating an organized home!  
I am in the process of attracting a large fun-fund!  
I am in the process of creating a huge savings account!