

# THE 7 DAY

## Law Of Attraction To-Do List

by TheLawOfAttraction.com

- Day 1 Choose what to manifest
- Day 2 Come up with a set of positive affirmations
- Day 3 Practice creative visualization
- Day 4 Act "As If"
- Day 5 Make a gratitude list
- Day 6 Find opportunities and inspiration
- Day 7 Share your results

### Day ONE - Choose what to manifest.

When you choose what you manifest, the trick is to **choose something small**, but something that you nonetheless really want—a thing that lights you up inside and is compatible with your plan for life. After all, you need to be able to feel fully passionate about it for the week ahead.

For example, you might want to be asked out on a date, receive a lovely gift from your partner, be invited to a social gathering, strike up a new friendship, or get \$20 to buy that new dress you've been eyeing.

**Think carefully about what you want to manifest, and write it down in the box on the right.**

# Day TWO - Affirmations.

Come up with a set of positive affirmations that are linked to this week's goals.

1



For example, if you're looking for a date, you might try "I'm going to meet someone to date this week" or "I feel excitement and positivity about my upcoming date".

2



**Come up with 5 affirmations and write them down right now.**

3



In addition, go and tell other people about your goal—but choose them carefully, as you'll want to discuss your intentions with those who have a generous, encouraging mindset. They will help you focus your energy and enhance your belief in your ability to manifest what you want.

4



5



**QUICK ADVICE:** [Click for Three Tips For Creating Powerful Affirmations](#)

# Day THREE - Visualize.

Practice creative visualization on the third day, as many times as you can. Build up a **clear, vivid picture** of what it will be like to manifest.

This visualization day of the experiment also involves creating a vision board. You have the freedom to approach its creation in whatever way feels right, but you can add pictures, drawings, words and any other visual representations of your goal.

On the left you can see an example of how you can start brainstorming for what should be on your dream board. Try it yourself in the box on the right!

Apple Iphone 5C

Look at the phone in the store,  
hold it in your hand.

Green Color

32GB

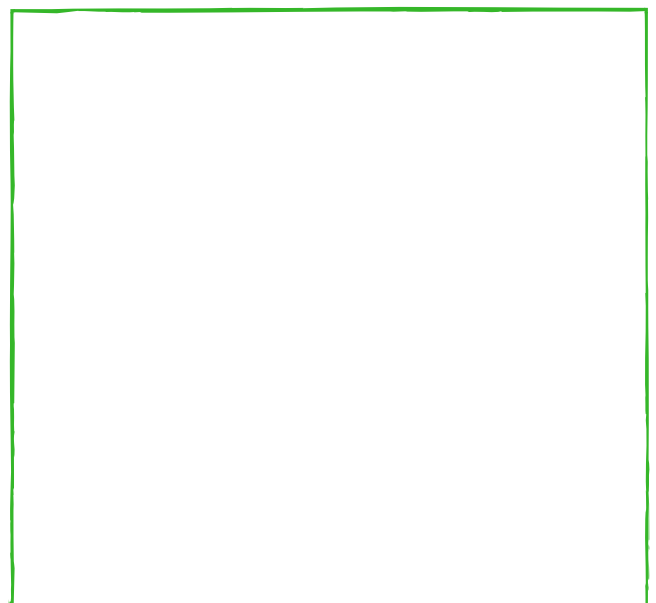
New

I'll use it a lot when  
I'm traveling - to  
face time with my  
friends.

Would be great to  
take pictures with  
it to send to my  
family.

I will get it by the  
end of the month.

Images of the  
phone



# Day FOUR - Act "As If".

1 

**Keep believing** that the thing you want is coming—and try to act as if you already have it. This is called acting “as if” (or sometimes “living in the knowing”). So, if you want to make a new friends, allow yourself to feel like you already have a fun confidant and are in the early stages of building a meaningful connection.

2 

Meanwhile, if you're waiting to receive a gift from a partner, feel the appreciation and gratitude, and know that you are loved. Notice how living “as if” helps to build your confidence and can make your day feel so much brighter.

3 

4 

**Come up with three ways you are going to act "as if" today and write them down.**

5 

# Day FIVE - Make a gratitude list.

Think of things that are similar to what you want to manifest, but that you already have. As you do so, **focus on the feelings of gratitude** evoked by having those things in your life.

Whether it's a list of good dates you enjoyed (whether they led to relationships or not) or a list of gorgeous outfits you were able to buy, this activity focuses your attention on the manifestation potential that you already know you have (which automatically gives your current manifestation potential a nice boost!).

### Extra Exercise:

If at any point you start feeling like you are struggling to manifest your dream, have a look at the common mistakes people make when using The Law Of Attraction.

Also, you may find it helpful to get a personalized report on what is holding you back right now. For example, **take this free test here** to find out what is stopping you from using The Law Of Attraction effectively (loaquiz.com).

It will only take 60 seconds and you will get some very insightful information.

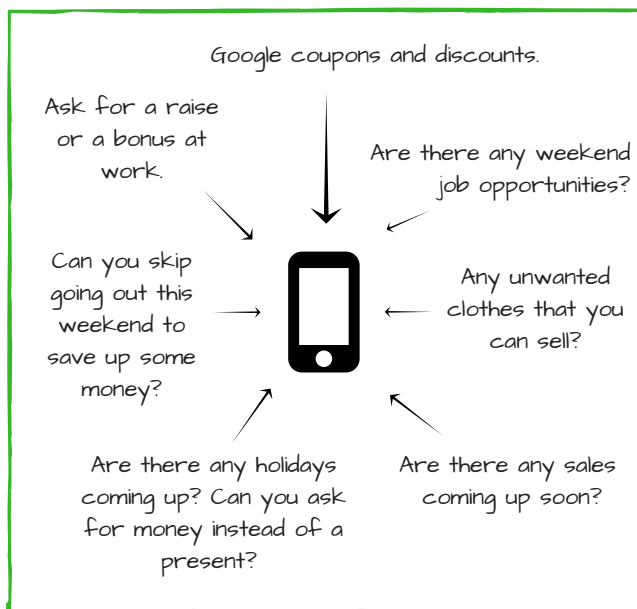
I am SO grateful for...

1. Nights that turned into mornings.
2. Friends that turned into family.
3. Likes that turned into loves.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

# Day SIX- Look for opportunities.

When you want to manifest something, you'll stand the greatest chance of success if you take an **open-minded approach** to your search for opportunities and inspiration. Don't be so constrained by your idea of who you would normally date, for example, that you don't even notice that nice guy or girl at work who keeps trying to catch your eye.

Meanwhile, if you're looking for \$50 to get that new phone, keep a look out for adverts that might invite you to earn a little extra for your skills. **Opportunities are all around us**, but we must be willing to look—even in unlikely places!



# Day SEVEN - Share your results.

On the final day of your manifestation experiment, think about what you have achieved and write it down.

Also look back on your experience and think if there is anything you could have done better or just differently. Don't worry if you made some mistakes - **this is your opportunity to learn** from them and grow.

Lesson #1:

Lesson #2:

Lesson #3:

**Your life is wonderful and all of your dreams will come true!**