

Giving attention directs and increases your vibration. Remember, the Law of Attraction brings you more of what you give attention, energy and focus to!

What's in your current vibration? What are you observing, talking about, remembering, worrying about, complaining about, celebrating, visualizing and saying yes and no to? *This* is what you are vibrating and attracting to yourself right now. Make an effort to always be aware of these things as these are creating your current vibration.

Creating a Desire Statement is a great way to teach yourself to put your attention onto your new goals and desires and to begin to change your vibration. You can tell if your vibration has been raised by how you are feeling (excited, hopeful, seeing possibilities).

Gratitude and appreciation can always be counted on to lift your vibration level, so we use them as the starting points for our Desire Statements. You can begin to build your desire statement by filling in the following phrases with your clarity list.

1. I love knowing that my ideal ...
2. I love how it feels when ...
3. I am excited at the thought of ...
4. I've decided ...
5. More and more ...
6. It excites me ...
7. I love the idea of ...
8. I love seeing myself ...

Here is an example of a Desire Statement:

I love knowing that my ideal food plan is flexible. More and more I am feeling energized. I'm excited at the thought of running up two flights of stairs and still feeling good. I've decided I am going to play my favorite sport. I love seeing myself in normal sizes. And, I love how it feels having my picture taken.

Use the next page to work on your own Desire Statement.

