

BECOME  
A  
LAW  
OF  
ATTRACTION  
MASTER

A  
MONTHLY  
WORKBOOK



# INSTRUCTIONS



## HOW TO USE THE COURSE:

### STEP 1

- WATCH ALL THE MODULES IN THE COURSE (AT LEAST ONCE).

### STEP 2

- WORK YOUR WAY THROUGH THIS WORKBOOK AS PER BELOW:

AT EACH SECTION, YOU WILL BE PROVIDED WITH THE NAME OF THE RELATED MODULE AND THE RELATED GUIDED MEDITATION/S.

IN NO PARTICULAR ORDER:-

- REWATCH THE RELATED MODULE
- COMPLETE THAT SECTION OF THE WORKBOOK (INCLUDING THE MANIFESTING SPREADSHEET WHERE APPROPRIATE)
- DO THE GUIDED MEDITATION/S

### STEP 3

- REPEAT THE ABOVE PROCESS EVERY MONTH (AND MORE IF YOU CAN). YOUR ANSWERS WILL DEVELOP AND CHANGE OVER TIME.

THIS COURSE IS A TOOL THAT YOU WILL USE THROUGHOUT YOUR LIFETIME.

THE MORE YOU DO IT THE MORE POWERFUL YOU WILL BECOME AT MANIFESTING THE REALITY YOU WANT.

# BECOME A LAW OF ATTRACTION MASTER

A MONTHLY WORKBOOK

THIS UPCOMING SECTION OF THE  
WORKBOOK RELATES TO:

## MODULE 1

1. THE LITMUS TEST - A RITE OF PASSAGE TO CLAIM YOUR  
POWER



## GUIDED MEDITATION

- CLAIM YOUR POWER MEDITATION (MODULE 1)



# BECOME A LAW OF ATTRACTION MASTER

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**BEFORE YOU CAN PROGRESS TO  
MASTERY LEVEL, PLEASE TAKE THE  
LITMUS TEST BELOW.**

## THE LITMUS TEST

- ARE YOU WILLING TO ACCEPT THAT YOU HAVE 100% RESPONSIBILITY FOR EVERYTHING IN YOUR LIFE?

YES / NO

- ARE YOU WILLING TO ACCEPT THAT YOU ARE THE CREATOR OF YOUR REALITY (AND EVERYTHING IN IT, BOTH POSITIVE AND NEGATIVE)?

YES / NO

- ARE YOU WILLING TO ACCEPT THAT WHATEVER HAS HAPPENED IN YOUR LIFE, WHATEVER REALITY YOU SEE BEFORE YOU NOW, YOU CREATED IT - AND THAT THERE IS NOTHING TO WORRY ABOUT, NO BIG DEAL, BECAUSE IF YOU CREATED SOMETHING NEGATIVE, YOU CAN JUST AS EASILY USE YOUR BRAIN TO EMIT FREQUENCIES THAT TRANSFORM YOUR LIFE INTO AN OASIS OF POSITIVITY?

YES / NO

- IF YOU'VE ANSWERED 'YES' TO THE ABOVE QUESTIONS, THEN YOU MAY CONTINUE ON TO THE NEXT STEPS IN THE WORKBOOK.
- IF YOU'VE ANSWERED 'NO' TO ANY OF THE ABOVE QUESTIONS, PLEASE REWATCH THE VIDEOS IN THE COURSE AND TRY AGAIN.

# BECOME A LAW OF ATTRACTION MASTER

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THIS UPCOMING SECTION OF THE  
WORKBOOK RELATES TO:

## MODULE 2 + 3

2. THE DREAM MAKING FORMULA (STEP 1.A.) - THE SECRET OF NON-SPECIFICITY & FEELING GOOD NOW
3. THE DREAM MAKING FORMULA (STEP 1.B.) - HOW EXACTLY TO DEFINE YOUR GOAL



## GUIDED MEDITATION

- DEFINE YOUR DREAMS MEDITATION (MODULE 2+3)



# BECOME A LAW OF ATTRACTION MASTER

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**CONGRATULATIONS - YOU HAVE  
PASSED THE LITMUS TEST AND ARE  
READY TO BECOME A LAW OF  
ATTRACTION MASTER!**

REMEMBER THAT YOU ARE TO TAKE THE LITMUS TEST  
REGULARLY.

THERE LIES THE KEY TO YOU BECOMING A MASTER I.E.  
KNOWING YOU ARE THE CREATOR OF YOUR REALITY AND THE  
MASTER OF YOUR FATE.

AS HIGHLIGHTED IN MODULE 2. THE DREAM MAKING  
FORMULA (STEP 1.A.), I RECOMMEND THAT YOU MAKE YOUR  
NUMBER 1 GOAL TO FEEL GOOD NOW.

FOR THIS REASON, I HAVE LISTED PRACTICAL TIPS ON HOW  
TO DO THIS IN THE 'DAILY PRACTICES' SECTION TOWARDS  
THE END OF THE WORKBOOK.

HOWEVER, I KNOW THAT YOU WILL PROBABLY HAVE  
PARTICULAR GOALS YOU'D LIKE TO MANIFEST SO LET'S  
LOOK AT HOW YOU CAN START MAKING THEM A  
REALITY!



# BECOME A LAW OF ATTRACTION MASTER

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## TASK 1 - GOAL SETTING

(PLEASE USE THE 'MANIFESTING SPREADSHEET' PROVIDED FOR THE UPCOMING TASKS).

## TASK 1 - STEP 1

WRITE DOWN ALL YOUR GOALS. EVERY SINGLE THING  
YOU COULD POSSIBLY DESIRE.

REALLY HAVE FUN WITH THIS EXERCISE.

ALLOW YOURSELF TO BE UNLIMITED AS YOU EXPLORE WHAT  
EVERYTHING YOU COULD EVER WANT.

TO HELP YOU CLARIFY WHAT YOU TRULY WANT AND TO  
CONNECT YOU WITH WHAT YOUR SOUL DEEPLY DESIRES,  
LISTEN TO THE GUIDED MEDITATION:

DEFINE YOUR DREAMS MEDITATION (MODULE 2+3)



# BECOME A LAW OF ATTRACTION MASTER

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### TASK 1 - STEP 1 (CONTINUED)

#### POINTS TO REMEMBER WHEN DEFINING YOUR GOALS

- WRITE YOUR GOALS DOWN IN THE PRESENT TENSE, AS IF THE GOAL HAS ALREADY MANIFESTED.
- START YOUR SENTENCES WITH THE WORDS 'I AM'.
- MAKE YOUR GOALS NON-SPECIFIC (THIS ALLOWS THE UNIVERSE TO DELIVER TO YOU YOUR HIGHEST GOOD AND GREATEST JOY).
- FOCUS ON THE FEELINGS YOU WOULD LIKE TO ATTRACT - FOLLOW THE DREAM MAKING FORMULA BELOW:-

I AM + YOUR DREAM HAPPINESS WITHIN THE DESIRED AREA  
+ HOW YOU'D LIKE TO FEEL IN THIS AREA OF HAPPINESS.

#### HERE ARE SOME EXAMPLES TO ILLUSTRATE:-

I AM + WORKING IN A CAREER I TRULY LOVE + DOING  
WHAT MAKES MY HEART SING AND FEELING SO HAPPY.

I AM + IN MY BEST PHYSICAL SHAPE + FEELING  
HEALTHY, HAPPY AND CONFIDENT ABOUT HOW I LOOK.

I AM + LOVING MYSELF UNCONDITIONALLY + MY INNER  
WORLD IS FILLED WITH PEACE, JOY AND LOVE.

I AM + VERY WEALTHY + FEELING EXUBERANT IN MY  
FINANCIAL FREEDOM, ABUNDANT AND AT PEACE.

I AM + IN PERFECT HEALTH + FEELING RADIANTLY  
HEALTHY, ENERGETIC AND JOYFUL.



# BECOME A LAW OF ATTRACTION MASTER

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THIS UPCOMING SECTION OF THE  
WORKBOOK RELATES TO:

## MODULE 4 + 5

4. THE DREAM MAKING FORMULA (STEP 2.A.) - THE SECRET OF THE LAW OF ATTRACTION 'SWEET SPOT'
5. THE DREAM MAKING FORMULA (STEP 2.B.) - DAILY TIPS TO BOOST THE FORMULA



## GUIDED MEDITATION

- INTENSITY + DURATION MEDITATION (MODULE 4+5)
- BOOST YOUR BELIEF MEDITATION (MODULE 4+5)



# BECOME A LAW OF ATTRACTION MASTER

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## TASK 1 - STEP 2

IN THE MANIFESTING SPREADSHEET, NEXT TO EACH  
GOAL, FILL IN HOW INTENSELY YOU DESIRE IT OUT OF  
10

(10 BEING THE MOST INTENSELY AND 1 BEING THE LEAST  
INTENSELY).

FOR EXAMPLE:-

I AM ENJOYING A WEEKEND AWAY AT A LUXURY SPA HOTEL,  
RELAXING AND REJUVENATING

- 6/10

I AM COMPLETELY FINANCIALLY FREE, LOVING MY LIFE OF  
WEALTH AND SO HAPPY BEING ABLE TO DO WHATEVER I  
WANT, WHENEVER I WANT

- 10/10



# BECOME A LAW OF ATTRACTION MASTER

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## TASK 1 - STEP 3

NOW NEXT TO EACH GOAL, FILL IN HOW MUCH YOU BELIEVE IT IS POSSIBLE FOR YOU TO MANIFEST IT OUT OF 10

(10 BEING THE MOST BELIEVABLE AND 1 BEING THE LEAST BELIEVABLE).

FOR EXAMPLE:-

I BELIEVE IT IS QUITE POSSIBLE FOR ME TO MANIFEST A WEEKEND AWAY AT A LUXURY SPA HOTEL

- 10/10

I BELIEVE IT IS FAR LESS LIKELY FOR ME TO MANIFEST COMPLETE FINANCIAL FREEDOM

- 4/10

IN ORDER TO BOOST YOUR BELIEF IN YOUR POWER TO MANIFEST YOUR GOALS, USE THE GUIDED MEDITATION:

BOOST YOUR BELIEF MEDITATION (MODULE 4+5)

PLEASE NOTE THAT THIS MANIFESTING SPREADSHEET IS FOR YOUR ONGOING USE. YOU CAN ADD TO IT / ALTER IT WHENEVER YOU WISH TO.

YOUR WISH IS YOUR COMMAND!



# BECOME A LAW OF ATTRACTION MASTER

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## TASK 2 - MANIFESTING USING THE 'SWEET SPOT' FOR SUCCESS

REFER AGAIN TO THE MANIFESTING SPREADSHEET YOU  
COMPLETED IN TASK 1.

### TASK 2 - STEP 1

- NOW PICK THE GOALS YOU'RE GOING TO PRIORITISE - THOSE GOALS YOU ARE GOING TO MANIFEST FIRST.
- THESE GOALS MUST BE THOSE THAT MEET THE CRITERIA OF BEING WITHIN THE LAW OF ATTRACTION MANIFESTING 'SWEET SPOT' FOR SUCCESS.

I.E. YOU MUST START WITH THOSE DESIRES YOU CAN FEEL WITH GREAT INTENSITY FOR A LONG DURATION AND THAT YOU CAN ACTUALLY BELIEVE WILL HAPPEN.

THIS IS CALLED THE SWEET SPOT

(THE EXACT INTERSECTION BETWEEN SOMETHING YOU REALLY WANT, WITH SOMETHING YOU KNOW YOU WANT SO MUCH YOU'LL THINK ABOUT IT ALL THE TIME, AND SOMETHING YOU BELIEVE CAN HAPPEN).

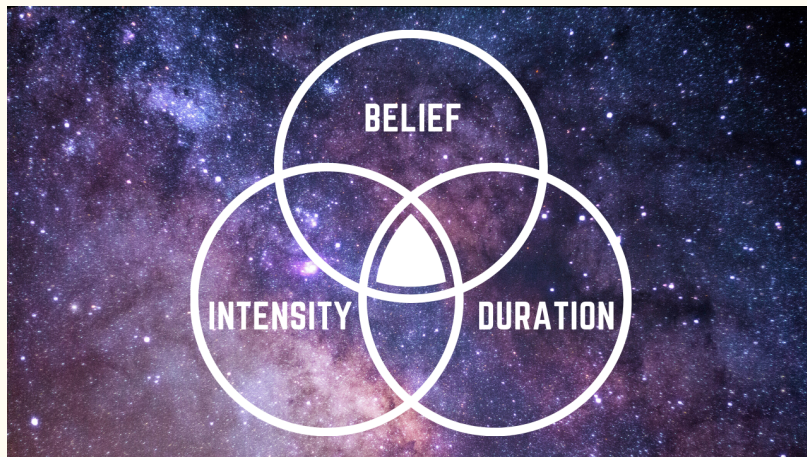


# BECOME A LAW OF ATTRACTION MASTER

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## 'SWEET SPOT' FOR SUCCESS



FOR EXAMPLE, LET'S COMPARE YOUR 2 GOALS:

- A WEEKEND AWAY AT A LUXURY SPA HOTEL

- INTENSITY 6 + BELIEF 10 = 16

- ACHIEVING COMPLETE FINANCIAL FREEDOM

- INTENSITY 10 + BELIEF 4 = 14

HERE, YOU SHOULD PRIORITISE MANIFESTING A WEEKEND AWAY AT A LUXURY SPA HOTEL BECAUSE THE 'SWEET SPOT' IS MORE POWERFUL THERE.



# BECOME A LAW OF ATTRACTION MASTER

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## TASK 2 - STEP 1 (CONTINUED)

NOW FILL IN THE 'SWEET SPOT SCORE' COLUMN IN YOUR MANIFESTING SPREADSHEET AND IDENTIFY WHICH GOALS YOU SHOULD PRIORITISE.

### REMEMBER

YOU ARE PRIORITISING YOUR GOALS BECAUSE YOUR AIM IS TO STRENGTHEN YOUR BELIEF IN THE LAW OF ATTRACTION AND YOUR ABILITY TO MANIFEST.

THE MORE YOU SEE YOUR GOALS MANIFEST INTO REALITY, THE MORE YOU WILL REALISE THE POWER YOU HAVE AND THE MORE YOUR DREAMS WILL CONTINUE TO MANIFEST.

IT IS A SNOWBALL EFFECT.

SO, SOON YOUR BELIEF IN ACHIEVING FINANCIAL FREEDOM WILL RISE TO A 7 AND THEN AN 8 AND THEN A 10 BECAUSE YOUR BELIEF IN YOUR POWER TO MANIFEST ANYTHING YOU WANT WILL INCREASE

(AND THEN IT TOO WILL BE IN THE 'SWEET SPOT' AND READY FOR YOU TO MANIFEST).



# BECOME A LAW OF ATTRACTION MASTER

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### TASK 2 - STEP 2

ONCE YOU HAVE HIGHLIGHTED THE GOAL/S YOU ARE PRIORITISING, IT IS TIME TO FOCUS ON INCREASING THE DURATION LAID OUT IN THE SWEET SPOT SUCCESS IMAGE.

- YOU MUST DESIRE YOUR GOAL WITH AS MUCH INTENSITY AS OFTEN AS YOU CAN EVERY DAY

I.E. YOU MUST FEEL ALL THE ASSOCIATED PLEASURE YOU'D FEEL IF YOUR GOAL WAS ALREADY MANIFESTED EVERY DAY, AS MUCH AS POSSIBLE.

- AS WELL AS FEELING THESE POSITIVE EMOTIONS (THAT YOU'D FEEL IF YOUR GOAL WAS ALREADY MANIFESTED) THROUGHOUT THE DAY, I HIGHLY RECOMMEND THESE 2 DAILY PRACTICES:-

1. WRITE YOUR GOAL DOWN FIRST THING IN THE MORNING AND LAST THING AT NIGHT

-AND WHEN YOU WRITE IT DOWN, REALLY FEEL THE ENJOYMENT, EXCITEMENT, PLEASURE, AND ALL OTHER GOOD FEELINGS YOU'D FEEL IF YOUR GOAL WAS ALREADY MANIFESTED.



# BECOME A LAW OF ATTRACTION MASTER

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## TASK 2 - STEP 2 (CONTINUED)

2. ADOPT A DAILY GUIDED MEDITATION PRACTICE WHICH  
FOCUSES ON EITHER OF THESE 2 THINGS:-

- YOU CAN EITHER CHOOSE TO DO A VISUALISATION  
MEDITATION - I.E. MEDITATE BY VISUALISING THE GOAL  
YOU WISH TO ACHIEVE AND FEELING THE GOOD FEELINGS  
YOU'D FEEL IF THE GOAL WAS ALREADY MANIFESTED.

HERE IS A GUIDED MEDITATION THAT YOU SHOULD USE:

INTENSITY + DURATION MEDITATION (MODULE 4+5)

OR

- YOU CAN CHOOSE TO DO MEDITATIONS THAT SIMPLY  
MAKE YOU FEEL GOOD. MEDITATIONS THAT RAISE YOUR  
VIBRATION AND BRING YOUR FREQUENCY MORE IN  
ALIGNMENT WITH POSITIVITY, LOVE, ABUNDANCE, JOY  
AND OTHER POSITIVE ENERGY YOU WANT TO ATTRACT  
MORE OF INTO YOUR LIFE.

FOR THIS YOU CAN PICK ANY OF THE GUIDED  
MEDITATIONS PROVIDED WITHIN THIS COURSE (CHOOSE  
THE ONE THAT MAKES YOU FEEL THE HAPPIEST).





# BECOME A LAW OF ATTRACTION MASTER

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## TASK 2 - STEP 3

AS YOUR GOALS BEGIN TO MANIFEST...

- RECORD THAT YOU'VE SUCCESSFULLY MANIFESTED YOUR GOAL IN THE MANIFESTING SPREADSHEET!

IT IS IMPORTANT TO RECORD YOUR SUCCESSES AS THIS RE-AFFIRMS THE ENERGY OF SUCCESSFUL MANIFESTING IN YOUR LIFE!

- EVERY TIME YOU MANIFEST A GOAL, YOUR BELIEF IN THE LAW OF ATTRACTION AND YOUR POWER TO MANIFEST YOUR DREAMS WILL INCREASE.

YOU MUST THEREFORE UPDATE YOUR 'BELIEF' SCORES REGULARLY AND YOUR GOALS AGAIN ACCORDINGLY.

ONCE YOU'RE ON A ROLL, THE SKY'S THE LIMIT!



# BECOME A LAW OF ATTRACTION MASTER

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THIS UPCOMING SECTION OF THE  
WORKBOOK RELATES TO:

## MODULE 6

6. THE PROCESS OF MANIFESTING - SURRENDERING TO  
RECEIVE YOUR MANIFESTED GOALS



## GUIDED MEDITATION

- SURRENDER TO THE MAGIC MEDITATION (MODULE 6)



# BECOME A LAW OF ATTRACTION MASTER

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## A NOTE ON: SURRENDERING

REMEMBER THAT YOU ARE ALLOWING THE UNIVERSE TO  
DELIVER YOUR GOALS TO YOU.

### BUT HOW?

- IT IS UP TO YOU TO FOLLOW THE PATH THAT THE  
UNIVERSE IS LAYING OUT BEFORE YOU.
- IT IS UP TO YOU TO LISTEN TO YOUR INNER GUIDANCE  
SYSTEM, SO THAT YOU ENSURE YOU FOLLOW THE  
CIRCUMSTANCES, PEOPLE, EVENTS OR OPPORTUNITIES  
THAT ARE PRESENTED TO YOU.
- FOR EACH ONE OF THESE CIRCUMSTANCES, PEOPLE,  
EVENTS OR OPPORTUNITIES WILL LEAD YOU TOWARDS  
THE REALISATION OF YOUR GOAL.

YOU DON'T NEED TO KNOW THE EXACT PLAN OR HOW IT  
WILL ALL COME TO MANIFEST.

YOU SIMPLY GO FOLLOW YOUR INTUITION AND GO WITH  
THE FLOW.

YOU LET GO.

YOU SURRENDER.



# BECOME A LAW OF ATTRACTION MASTER

A MONTHLY WORKBOOK

THIS UPCOMING SECTION OF THE  
WORKBOOK RELATES TO:

## MODULE 9

9. THE MAKE OR BREAK SECRET - WHY YOUR GOALS WON'T  
MANIFEST (& HOW TO MAKE SURE THEY DO)



## GUIDED MEDITATION

- BECOME LIMITLESS MEDITATION (MODULE 9)



# BECOME A LAW OF ATTRACTION MASTER

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## TASK 3 - MAKING SURE YOUR GOAL MANIFESTS

AS HIGHLIGHTED IN THE VIDEO '9. THE MAKE OR BREAK SECRET', IT IS VITALLY IMPORTANT FOR YOU TO ENSURE THAT YOUR SUBCONSCIOUS MIND IS PROGRAMMED TO SUPPORT THE MANIFESTATION OF YOUR GOALS.

### TASK 3 - STEP 1

- YOU MUST INCREASE YOUR AWARENESS OF ANY NEGATIVE PROGRAMS STORED IN YOUR SUBCONSCIOUS MIND. YOU CAN DO THIS BY ASKING YOURSELF THE FOLLOWING QUESTIONS:-
  - WHEN YOU LOOK AT YOUR LIFE, WHAT ARE THE RESIDING THEMES?
  - WHAT PATTERNS DO YOU SEE IN YOUR PAST EXPERIENCES?
  - WHAT EXPERIENCES OR MEMORIES DO YOU HAVE OF YOUR CHILDHOOD?

DISCOVER THE ANSWERS AND START REMOVING THESE LIMITING BELIEFS BY USING THE GUIDED MEDITATION:

BECOME LIMITLESS MEDITATION (MODULE 9)

WRITE ALL OF THESE ANSWERS DOWN AND BEGIN TO SEE THE COMMON THEMES AND PATTERNS.



# BECOME A LAW OF ATTRACTION MASTER

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### TASK 3 - STEP 1 (CONTINUED)

- YOU MAY HAVE LIMITING BELIEFS HELD WITHIN A PARTICULAR AREA OF YOUR LIFE E.G. FINANCES, RELATIONSHIPS, HEALTH, SELF ESTEEM.
- NOW IDENTIFY THE BELIEFS YOU HOLD ABOUT YOURSELF. HERE ARE SOME COMMON EXAMPLES TO ILLUSTRATE:-
  - I AM NOT ENOUGH
  - I AM NOT LOVABLE
    - I AM POOR
    - I AM ALONE
    - I AM NOT SAFE
    - I AM UNWORTHY
    - I AM NOT WANTED
  - THERE IS SOMETHING WRONG WITH ME
  - THE WORLD IS BAD / SCARY.
  - I DON'T DESERVE MONEY / LOVE / AFFECTION / TIME / GOOD HEALTH / HAPPINESS / ANYTHING GOOD

ONCE YOU HAVE IDENTIFIED THE LIMITING BELIEFS YOU HOLD ABOUT YOURSELF, YOU HAVE THE POWER TO CHANGE THEM!



# BECOME A LAW OF ATTRACTION MASTER

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## TASK 3 - STEP 2

NOW THAT YOU HAVE IDENTIFIED THE LIMITING BELIEFS  
YOU HOLD ABOUT YOURSELF...

- YOU CAN NOW SEARCH FOR MY REPROGRAM YOUR MIND (WHILE YOU SLEEP) SERIES ON YOUTUBE.
- THEN CHOOSE THE APPROPRIATE TRACK TO HELP YOU WITH THE LIMITING BELIEF YOU'D LIKE TO REPROGRAM.

N.B. IF I HAVEN'T ALREADY MADE WHAT YOU NEED YET,  
PLEASE REQUEST IT FROM ME AND I'LL DO MY BEST TO  
CREATE IT FOR YOU.

LISTEN TO YOUR CHOSEN REPROGRAM YOUR MIND  
(WHILE YOU SLEEP) TRACK AS MUCH AS YOU CAN -  
IDEALLY DAILY.



# BECOME A LAW OF ATTRACTION MASTER

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## TASK 3 - STEP 2 (CONTINUED)

### GUIDANCE

YOU MUST LISTEN TO THE TRACK WHILE YOUR BRAIN IS IN A  
'THETA' STATE

I.E. WHEN YOUR BRAIN IS IN THAT SLEEPY STATE AS YOU  
FALL ASLEEP AND AS YOU ARE JUST WAKING UP IN THE  
MORNING.

MOST PEOPLE JUST LISTEN TO IT FOR THE FIRST HOUR OR 2  
OF SLEEPING AND THEN AGAIN AS THEY ARE WAKING UP.  
THAT IS WHEN YOUR BRAIN IS MOST RECEPTIVE TO THE  
REPROGRAMMING.

HOWEVER, MANY OF US (INCLUDING ME) LISTEN MORE OFTEN  
THAN THAT E.G. WHEN GOING FOR A WALK, TAKING A BATH,  
COOKING DINNER, AS WE GET READY IN THE MORNING.

IT'S UP TO YOU - THE MORE THE BETTER!

DO WHAT WORKS FOR YOU AND FEELS LIKE A PLEASURE.

REMEMBER, REPROGRAMMING YOUR SUBCONSCIOUS  
MIND IS ESSENTIAL TO YOU SUCCESSFULLY MANIFESTING  
YOUR GOALS.

PROGRAM YOUR SUBCONSCIOUS MIND WITH POSITIVE  
BELIEFS ABOUT YOURSELF AND THE WORLD, AND YOU  
WILL CREATE THE LIFE OF YOUR DREAMS.





# BECOME A LAW OF ATTRACTION MASTER

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THIS UPCOMING SECTION OF THE  
WORKBOOK RELATES TO:

## MODULE 8

8. THE MASTERMIND - AN OVERLOOKED ELEMENT TO HELP  
YOU MANIFEST



## GUIDED MEDITATION

- ATTRACT YOUR MASTERMIND MEDITATION (MODULE 8)



# BECOME A LAW OF ATTRACTION MASTER

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## ATTRACT YOUR MASTERMIND

WHO YOU CHOOSE TO SPEND YOUR TIME WITH,  
MATTERS.

ATTRACT TO YOURSELF PEOPLE WHO EMIT A POSITIVE  
VIBRATION (AND WHO ARE ALREADY LIVING THE TYPE  
OF ABUNDANCE YOU WOULD LIKE TO MANIFEST INTO  
YOUR LIFE).

## DEFINE 'YOUR PEOPLE'

- SPEND SOME TIME THINKING OF THE TYPE OF PEOPLE  
YOU WOULD LIKE TO ATTRACT INTO YOUR LIFE.
- THESE PEOPLE SHOULD EMIT THE VIBRATION YOU WANT  
MORE OF IN YOUR LIFE.
- WRITE A LIST OF THEIR ATTRIBUTES AND REALLY DEFINE  
THE TYPE OF ENERGY / VIBRATION THEY EMIT.

REMEMBER THAT YOU WANT TO ATTRACT TO YOURSELF  
PEOPLE WHO EMIT A POSITIVE VIBRATION (NOT JUST  
WITHIN AND FOR THEMSELVES) BUT ALSO TOWARDS YOU.



# BECOME A LAW OF ATTRACTION MASTER

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THIS UPCOMING SECTION OF THE  
WORKBOOK RELATES TO:

## MODULE 7

7. A HIGH VIBRATION LIFE - THE SUPERPOWER EMOTION



## GUIDED MEDITATION

- SUPERPOWER NOW MEDITATION (MODULE 7)



# BECOME A LAW OF ATTRACTION MASTER

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## DAILY PRACTICES - CREATE A MANIFESTING MASTER'S LIFESTYLE

IN TASKS 1 - 3 WE FOCUSED ON MANIFESTING PARTICULAR  
GOALS.

BUT AN IMPORTANT PART OF MANIFESTING THE LIFE OF  
YOUR DREAMS IS TO ENSURE THAT THE OVERALL FREQUENCY  
YOU ARE EMITTING IS THE HIGHEST VIBRATION IT CAN BE.

FOR THIS REASON, IT IS IMPORTANT TO CREATE A  
LIFESTYLE THAT SUPPORTS YOU EMITTING A HIGH  
VIBRATION.

LET'S LOOK AT THE DAILY PRACTICES WHICH I HIGHLY  
RECOMMEND YOU ADOPT:-



# BECOME A LAW OF ATTRACTION MASTER

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## MANIFESTING DAILY PRACTICES (ALREADY DISCUSSED)

- WRITE YOUR GOAL DOWN FIRST THING IN THE MORNING AND LAST THING AT NIGHT
- DO A GUIDED MEDITATION.
- INCREASE YOUR AWARENESS OF LIMITING BELIEFS YOU HOLD.
- LISTEN TO YOUR CHOSEN REPROGRAM YOUR MIND (WHILE YOU SLEEP) TRACK WHILST YOUR BRAIN IS IN A 'THETA' STATE.

## LIFESTYLE DAILY PRACTICES

- DO THINGS THAT MAKE YOU FEEL GOOD NOW EVERY DAY. THESE MAY WELL DIFFER DAY TO DAY, BUT MANY WILL BE PRACTICES THAT YOU WILL BENEFIT FROM DAILY.

SOME IDEAS INCLUDE:-

- SPEND TIME IN NATURE
- EXERCISE
- EAT HEALTHY FOOD



# BECOME A LAW OF ATTRACTION MASTER

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## LIFESTYLE DAILY PRACTICES (CONTINUED)

- LISTEN TO HAPPY MUSIC
- READ EMPOWERING BOOKS
  - HUG
  - SMILE/ LAUGH
- LISTEN TO POSITIVE PODCASTS
  - WATCH POSITIVE VIDEO
  - GET A MASSAGE
- SPEND TIME WITH A PET
- DO SOMETHING CREATIVE
  - DO SOMETHING FUN
  - REST
  - BE CALM
  - MEDITATE

CREATE YOUR OWN LIST OF DAILY PRACTICES THAT  
MAKE YOU FEEL GOOD ON A DAILY BASIS AND  
IMPLEMENT THEM.



# BECOME A LAW OF ATTRACTION MASTER

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## LIFESTYLE DAILY PRACTICES (CONTINUED)

- SPEND TIME WITH PEOPLE WHO EMIT A POSITIVE VIBRATION (THE VIBRATION YOU WANT MORE OF IN YOUR LIFE).

- PRACTICE GRATITUDE DAILY.

APPRECIATE THE LITTLE THINGS OF LIFE. APPRECIATE EVERYTHING YOU DO HAVE AND WHAT YOU ALREADY ARE.

FEEL GRATEFUL. FEEL GRATEFUL EVERY DAY AS MUCH AS YOU CAN ALL DAY.

I CREATED A GRATITUDE MEDITATION TO MAKE FEELING GRATEFUL EASY FOR YOU.

MAKE A LIST OF ALL THE THINGS YOU'RE GRATEFUL FOR  
- IDEALLY DAILY.



# BECOME A LAW OF ATTRACTION MASTER

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THIS UPCOMING SECTION OF THE  
WORKBOOK RELATES TO:

## MODULE 10

10. THE MAGIC INGREDIENT - MY PERSONAL SECRET TO  
MANIFESTING UNLIMITED ABUNDANCE



## GUIDED MEDITATION

- DISCOVER YOUR MAGIC MEDITATION (MODULE 10)





# BECOME A LAW OF ATTRACTION MASTER

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## THE MAGIC INGREDIENT

IN THE VIDEO '10. THE MAGIC INGREDIENT', I SHARED MY  
SECRET TO SUPERCHARGING YOUR POWER TO MANIFEST  
YOUR DREAM LIFE:-

**SERVING OTHERS.**

LET'S EXPLORE HOW YOU CAN USE THIS MAGIC INGREDIENT  
IN YOUR OWN LIFE.

## STEP 1

ANSWER THE FOLLOWING QUESTIONS:-

- IF MONEY WERE NO OBJECT AND NOTHING ELSE STOOD IN YOUR WAY, WHAT WOULD YOU LOVE TO DO WITH YOUR LIFE?
- IF YOU COULD 'GIVE BACK' TO THE WORLD, WHAT WOULD YOU DO?



# BECOME A LAW OF ATTRACTION MASTER

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## STEP 1 (CONTINUED)

- WHEN YOU IMAGINE OFFERING A SERVICE TO HELP OTHERS, WHAT IS IT?
- IN WHAT WAY WOULD IT MAKE YOU THE HAPPIEST TO SERVE/HELP OTHERS?

YOU MAY NOT BE FULLY AWARE OF THE ANSWERS TO THIS QUESTION YET, AND THAT IS OK.

LET THIS BE SOMETHING YOU ALLOW TO COME INTO YOUR CONSCIOUSNESS OVER TIME.

BE PATIENT AND YOUR PATH WILL BE REVEALED TO YOU.

YOUR GAUGE WILL ALWAYS BE YOUR HEART AND WHETHER IT FEELS GOOD TO YOU.

DISCOVER YOUR SPECIAL GIFT TO THE WORLD (YOUR MAGIC INGREDIENT) BY USING THE GUIDED MEDITATION:

DISCOVER YOUR MAGIC MEDITATION (MODULE 10)



# BECOME A LAW OF ATTRACTION MASTER

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## STEP 2

- WHEN YOU'VE ANSWERED THE ABOVE QUESTIONS, CREATE A NEW GOAL AROUND YOU SERVING OTHERS AND HOW YOU'D LIKE TO DO SO.
- WRITE IT INTO YOUR MANIFESTING SPREADSHEET SO THAT YOU MANIFEST IT INTO YOUR REALITY!

IT MAY TAKE A WHILE FOR THIS GOAL TO MANIFEST ITSELF,  
OR IT MAY MANIFEST QUICKLY.

EITHER WAY IT IS WORTH EVERY DROP OF ENERGY YOU PUT  
INTO IT.

IT IS THE SECRET INGREDIENT TO CREATING A LIFE AND  
A HAPPINESS FAR BEYOND ANYTHING YOU HAVE EVEN  
IMAGINED YET.

I PROMISE YOU.



# BECOME A LAW OF ATTRACTION MASTER

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## TO DO MONTHLY

EVERY MONTH, DO THE TASKS IN THIS WORKBOOK AGAIN AND REVIEW HOW WELL YOU ARE COMMITTING TO YOUR DAILY PRACTICES.

- YOU WILL NOTICE THAT SOME GOALS HAVE MANIFESTED AND IT IS TIME TO PRIORITISE NEW ONES.
- YOU WILL HAVE LEARNED MORE ABOUT YOURSELF AND WHAT SUBCONSCIOUS PATTERNS YOU NOW WANT TO FOCUS ON REPROGRAMMING.
- YOU WILL NOTICE WHICH DAILY PRACTICES WORK BEST FOR YOU AND ALLOW YOU TO LIVE YOUR HIGHEST VIBRATION LIFESTYLE. KEEP DOING THOSE!

REVIEWING HOW YOU ARE PROGRESSING AS A MASTER MANIFESTOR, BEING ACCOUNTABLE TO YOURSELF AND REFOCUSING YOUR ENERGY BACK ONTO WHAT YOU REALLY WANT IN LIFE

- IS ESSENTIAL TO SUCCESS!



# BECOME A LAW OF ATTRACTION MASTER

A MONTHLY WORKBOOK



AND NOW...

I WANT TO TELL YOU HOW PROUD I AM OF YOU.

YOU HAVE DONE SO INCREDIBLY WELL FOR DEDICATING THIS  
ENERGY TO YOURSELF AND THE LIFE THAT YOU WANT.

I BELIEVE IN YOU.

YOU WILL ACHIEVE YOUR DESIRES.

THE LIFE OF YOUR DREAMS IS YOURS MY FRIEND!

IT IS DONE ☐

I LOVE YOU,  
JESS ☐



# MANIFESTING SPREADSHEET

WHERE DREAMS BECOME REALITY



GOAL	INTENSITY	BELIEF	SWEET SPOT SCORE



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