**~ The Law of Attraction: Intermediate ~ Worksheet #1 - June 2020**

Okay ladies, so just trust me on this one. I want you to write this out long hand – if you need extra paper then totally go for it. Or type it out on your laptop if you prefer. Or in your WW journal. Whatever the method the important thing is to get it done!

It should be a really enjoyable exercise.

**List 5 really GOOD feeling memories – when you felt light and good and happy:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now, choose one of those, the one that gives you the easiest good feeling (and no judgement here ok, it doesn’t have to be the birth of your first born son (although it can be!), perhaps it’s a time when your Dad fell off the wharf and dragged your brother in and you all howled with laughter for 20 minutes straight. There are no rules here, whatever felt really GOOD to you and has a strong emotion attached to it). Include as much DETAIL and EMOTION as you can.

The memory I am choosing is when:

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What happened was:

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And I felt:

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The other thing I remember about this time is:

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My overriding emotion when I think of this memory is:

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Well done - keep this safe and we will draw on it as we move through the 30 Day experiental challenges this month!

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