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**practical, not preachy**

love. Louise x

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WELLBEING WARRIORS

**life  
coaching  
academy**

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## ~ Law Of Attraction ~ Worksheet #1 – March 2023

Don't overthink this, Sugar! Have fun finding your answers and completing: then go watch the tutorial! No right or wrong answers: whatever comes up for you is perfect.

Love,

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**What is something BIG that I would really LIKE in my life?**

**What is something MEDIUM that I would really LIKE in my life?**

**What is something SMALL that I would really LIKE in my life?**

**What do I always feel GOOD ABOUT when I think about it? Instant feel good thoughts?**  
*Might be your cat? Your garden? Your mum? Your posh handbag? Name as many as you can.*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

**What do I always feel BAD ABOUT when I think about it? Instant feel bad thoughts?**

*Might be your ex. Your bank account. Your boss. Name as many as you can.*

1. \_\_\_\_\_

11. \_\_\_\_\_

2. \_\_\_\_\_

12. \_\_\_\_\_

3. \_\_\_\_\_

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19. \_\_\_\_\_

10. \_\_\_\_\_

20. \_\_\_\_\_

**What's a thing that I wanted for ages and then it happened for ME? How did that come about?** *(might be a partner / baby / house / car / job / pet etc). What chain of events unfolded so that thing happened?*

The thing I really wanted for ages was \_\_\_\_\_

And the way it came about was \_\_\_\_\_

How did it FEEL when I got the thing? \_\_\_\_\_

\_\_\_\_\_

How did it FEEL when I couldn't get the thing? \_\_\_\_\_

\_\_\_\_\_

**What's an amazing coincidence that has happened in my life?** *Met your future spouse on a plane? Sat next to your future BFF at an event? Had an intuition not to drive and missed a motorway pile up that day?*

**What is a little coincidence that happened to me recently?** *Bumped into a friend on the street? Saw just the product I needed in my newsfeed? Thought about someone then the phone rang and it was them?*

**When have things been working out for me... what looked like it had gone horribly wrong, but then ended up being a good thing?** *Eg. I was really horribly sick – but that ended up kick-starting my second career, so it was actually a good thing in the end.*