

Wellbeing inspr that's
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,

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. _____

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11. _____

12. _____

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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. _____

13. _____

4. _____

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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.*