



# LAW OF ATTRACTION 101

MODULE 3  
HOW TO FIND OUT WHAT  
YOU REALLY WANT IN LIFE



"If you can dream it, you can do it."  
-Walt Disney

"Make sure you visualize what you really want, not what someone else wants for you."  
- Jerry Gillies

## Step-By-Step Process to Discover your True Goals

I'm so excited to see that you've made it to part 3. In this section, we're going to take a short break from the Law of Attraction as we focus on **you** and what it is that you *really* want out of life.

You see, in order to use the Law of Attraction, you need to have a clear picture of what you want. Otherwise, you will likely end up attracting the wrong things.

Don't worry, at the end of this section, I will personally walk you through the whole process step-by-step.

It's time to get excited, because a half hour from now, you will know more about what actually motivates you and what it would take for you to achieve **true happiness**.

Let's get started!

Now in my experience, a lot of people aren't truly clear on what they *really* want out of life.

We think we know what we want, but oftentimes we don't. Oftentimes, we only really know what we *don't* want.

This lack of focus can be surprisingly destructive in the long run because we often waste all our energy in attempts to achieve the wrong types of goals.

For example, a common goal is "I want to be rich." This usually stems from some sort of unhappiness with your current career or finances.

Yet what people often don't consider is what aspects of being rich would actually make them happier.

Does being rich mean not working a job? Does it mean being able to travel? Or does it mean having enough money saved up to buy a beautiful new house?

For different people, being rich means very different things... so if being rich is your goal, or no matter what goals you do have, it's important to understand exactly why you're working to achieve them.

That understanding will faithfully guide you as you start utilizing the Law of Attraction in your life.

Now, there are 10 major areas that encompass almost all the topics that people focus on when making goals.

I am going to list them all here, but it is HIGHLY recommended that you only choose one major area to work on at a time.

Remember, this process will work for all your goals, but you will get the biggest and most meaningful results if you prioritize your goals in order of importance, and work on the most important goal first.

### The 10 major areas most people focus on as far as goals are:

**1. Business, Career, and Finances** – This topic includes many of the most common goals that people have when they first start using the Law of Attraction. This is because your business life and career have a huge impact on your happiness levels. In addition, how much cash you have available to you directly impacts the type of lifestyle you can afford. It also often determines how many hours you have to work each week, either for yourself or for an employer.

If you have goals related to your business, career, or finances, it's especially critical that you consider what you are really trying to achieve.

Some questions to ask yourself:

- If you'd like to work less, do you want to become a business owner or would working fewer hours for an employer make you happy?
- Think about the career you always wanted... do you think that this would make you happy?
- What would a typical workday look like if you were living your perfect life?
- What would you do with the additional time/money that you gained?

These questions will help you start honing in on what you REALLY want out of business, career and finances.

**2. Material Possessions** – These include big things such as your house, your cars or vehicles, and your toys like boats, bikes, jet skis, or planes. But it also includes smaller items like clothes, jewelry, shoes, and any other items you can purchase.

Some questions to ask yourself:

- Do you wish that you lived in a new house? What does it look like? Where is it located? Why do you want this new house (to fit a bigger family, to move to a nicer area, for more privacy, to accommodate your love of gardening, etc)?
- What 'toys' would you like to own? (Car, truck, SUV, boat, motorcycle, bike, jet ski, or a plane?)
- Do you enjoy shopping? For what?
- How would these additional material possessions have a positive impact on your life?

**3. Travel** – The ability to travel is a huge motivator that drives many people to try to achieve new and bigger financial gains.

Traveling allows you to go on a real-life adventure where everything is new; the culture, the language, the weather, the landscape...

New experiences, like traveling to far-off places, are like fuel for your brain because they expand your mind and broaden your horizons.

A single trip to a different city or country is enough to change some people's lives forever.

Some questions to ask yourself:

- What places do you want to travel to? Do you have a particular trip or destination in mind?
- How often do you want to travel?
- In your travels, what kind of experiences are you seeking?

#### **4. Lifestyle** – Different lifestyles bring joy and happiness to different people.

One person's dream life can even be another person's nightmare. That's why it's important you figure out what will make YOU happy.

For some people, a dream lifestyle means never cleaning the house, cooking dinner, or doing laundry again.

For others, a dream lifestyle means only working a few hours each week and spending the rest of their time with family or pursuing hobbies.

For others still, a dream lifestyle might mean going out to eat every night at fancy restaurants or even hosting dinner parties.

What's most important is to consider how you like to spend your time each day. In the last section, I had you write down what a day in your dream life would look like. This is the perfect place to start when looking for clues.

Some questions to ask yourself:

- What activities bring you the greatest pleasure and satisfaction? If you can't think of any right now, think of what you DON'T like, and try to consider what the exact opposite of that is.
- What activities take up your time but don't actually make you happy? How could you delegate some of these tasks to others? What would you do with that extra time?

#### **5. Personal Audacious Goals** – These are the ambitious goals that many people want to accomplish sometime in their lifetime. Whether your dream is to backpack across Europe, become a trapeze artist, or even author a New York Times Bestseller, these goals are big and personal.

Some questions to ask yourself:

- Do you have any audacious goals?
- Do you enjoy the sense of achievement when you accomplish something that may have seemed difficult or impossible?
- What would you have to start doing now if you wanted to complete one of your audacious goals?

**6. Romantic Relationships** – An ideal romantic relationship looks very different for different people. Whether you are searching for your perfect partner or want to enhance the relationship you already have, improvements in this area can often make a huge impact on people's day-to-day happiness.

Some questions to ask yourself:

- What interests and goals would you like to share with a romantic partner?
- What level of commitment are you looking for right now? (Casual dating, serious relationship, marriage...?)
- How would you like to spend time together?

**7. Other Relationships: Friends and Family** – Friends and family help us in so many ways... they give us good company, they cheer us up when we're down, and they encourage us when we need a kick in the pants.

Some questions to ask yourself:

- How much time would you like to regularly spend with friends and family?
- What sort of activities would you like to do together?
- What kind of support from friends and family do you desire in your life?

**8. Health** – Your health covers more than just whether you're experiencing aches, pains, or other problems. This also encompasses how you feel on a regular basis, such as whether you have the energy you need to make it through the day.

Some questions to ask yourself:

- How would you like to feel when you wake up? Do you wake up each day feeling happy and full of energy?
- Are you happy with your current body weight and overall fitness? If not, how would it affect your life if you did achieve your weight and fitness goals?
- What activities would you start doing if you were experiencing the best health of your life?

**9. Spirituality/Gratitude** – Spirituality means different things to different people. For some it means meeting with a religious group, for others it may mean meditation or even just taking time to be grateful for all the things you have. This aspect of your life gives you a feeling of greater purpose and meaning.

Some questions to ask yourself:

- In what way do you see yourself achieving your spirituality goals?
- Would you like to regularly devote more time to your spirituality than you do now?
- What things could come into your life that would make you feel really grateful?

**10. Giving Back** – Many people would like to give back to the world, whether that means making a difference with donations, or giving back in other ways such as volunteering their time. Some people want to have an element of giving back in all aspects of their lives, which may even mean creating a business or organization that helps a group of people that they're interested in.

Some questions to ask yourself:

- Is there a specific group or organization that you would like to give back to?
- If so, would you like to donate your time, your money, your ideas, or a combination of the above?
- Would you like to start a business or charity related to giving back?

Ok, now that I've got your brain juices flowing, the following assignment will walk you through the process of figuring out what it is that YOU want!



## Assignment/Worksheet:

1. Circle all the areas of your life that you would like to improve or focus on:

Business, Career, and Finances

Material Possessions

Travel

Lifestyle

Personal Audacious Goals

Romantic Relationships

Other Relationships: Friends and Family

Health

Spirituality / Gratitude

Giving Back

2. Of all the areas that you have circled, please list them here in order of urgency/importance. Start with the most urgent subject area at the top and list them in order of priority all the way to the least important. Remember, there is no right or wrong answer, just what is important/urgent to you.

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3. For now, we are going to focus on the area of your life that needs the most improvement. So look at the topic that you listed as “most important.” What do you feel is missing in this area of your life?

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4. Ok, now I want you to write what ‘perfection’ in this area of your life would look like. What do you want to be getting out of this area of your life that you’re currently not getting? If you’re not sure where to start, try simply writing the exact opposite of everything you said above (that you didn’t like):

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5. Clarity is POWER. You've empowered yourself to achieve your goals because now you have an idea about what you really want out of life. **Pat yourself on the back!** In the next module, I will be showing you how to start making your dream life come true. I'll see you there!