

Step one in the Law of Attraction process is all about asking for what you want. But what if you aren't even sure what those things are? These 2 activities will help you figure out what exactly you want to be, do, or have in your life.

Activity 1: BLISS LIST

Whip out a piece of paper and something to write with. Make a list of everything you love. I mean everything. Don't stop writing until you have at least 50 things, and shoot for 100! To get started, think about the 5 senses and then keep going from there.

What smells do you love? What sounds? What do you love to taste? What textures feel fabulous on your fingers? Write them down. Once you are rolling on those, think next of things you love, such as puppies, cars, ink pens, or Tuscan villas. Whatever things float your boat. Then move on to activities you like to do. How about favorite people, even those you've never met, but admire? How about favorite places to visit? You get the idea. Just keep writing!

Do you have at least 50? Good. Now go through your list and **circle** the things that you love **but don't yet have** in your life. Your circled items can become the basis for your WANT list.

Put **a star** or a check mark next to the things you love and **already have** in your life. Use those items as a reminder of what you are grateful for. Read this list whenever the desire strikes you, and add to it as more things come to mind!

Activity 2: PERFECT DAY VISUALIZATION

If you've tried making lists in the past and find that staring at a blank page with pen in hand is more painful than getting a root canal, here is a more "non-linear" alternative to the Bliss List exercise. It's a visualization that is so powerful, you can even discover your true calling through doing it! Minimally though, it will help you get more clear on what you want, the first step in the Law of Attraction process.

Perfect Day visualization:

What would you do with your life if you could step out of your daily routine for an entire 24 hours? Money is no object. All the obligations you currently have, caring for your family, going to your job, everything—are completely removed. All options are open to you! Sound marvelously fun? It is! This activity has 4 steps:

Step 1 Read the instructions to get you fantasizing, and STOP reading further where it says to do so. Step 2 Do the visualization. Step 3 Write down any notes

you wish to make to help you remember your experience. Step 4 Answer the questions provided.

STEP 1

Sit or lie down in a comfortable position. Be sure you won't get cold. Close your eyes and take 5 deep, long, slow breaths to get yourself good and relaxed. Aaaaah.

Now, you will spend a few moments just pondering all the possible things you might like to do during this 24 hour period. Do you want to travel? Meet someone famous? Try something you've never tried before? You are completely free to go anywhere, be with anyone, do anything your heart desires. Spend some time exploring the possibilities until you hit on something that feels exciting.

When you feel you have that strong sense of excitement, go with it. Imagine yourself doing that thing you desire to do and just flow with it and create a whole 24 hour experience for yourself, starting with that one thing. Just let yourself go. This one thing may take up the whole time, or you may just start there and then move on to other things. There are no rights or wrongs to this! Trust me, your imagination will take you just where it most wants to go.

Okay. STOP READING NOW. Begin your perfect day visualization!

STEP 2

Alright, did you have fun? Don't you feel wonderful right now? Take a few moments to make any notes of anything you wish to remember about this experience. You are about to learn so much about your true desires.

STEP 3

Let's begin to explore your visualization. The questions below offer possible interpretations, but only you can fully decode the meaning of your visions. These questions are just guidelines to help get you started.

1. Did you spend your day in your own home or somewhere else? Spending your day at home is very significant. It may imply that you are overworked and need rest, or that you have a desire to work for yourself, or that you are weary of living up to external expectations and wish to be true to who you really are.
2. Did you travel to faraway places you have never been before? This is often a sign that you are longing to expand your horizons and are ready to take some risk in order to bust out of the life that is now too small for you.
3. Did you spend your time pursuing a particular activity? If it was an activity you

have always wanted to try but you have never actually done so, now is the time! If it was an activity you are already doing, consider the possibility that this may be a life calling for you, that you may find your life purpose hidden in it somewhere.

4. Were you alone, or did you encounter and interact with many people? Again, if you were alone you may be needing some down time in your life—either to rest, or to be able to get your creativity flowing so you can do some dreaming and goal-setting. If you encountered many people, you may be on the hunt for others that can support you in achieving your new dreams.

5. Did you spend time with one significant person? Was this person someone real or made up? Either way, take time right now to describe this person in detail, from looks to personality to anything they did or said to you. I cannot overemphasize the importance of having one key person show up and share your day with you! This is someone you strongly desire to manifest into your real life! If this person is already in your real life, congratulations! If not, keep visualizing more experiences with this person and know that eventually, in some way, he or she will appear in your future.

6. Summarize this adventure using 5 adjectives. If you had to describe it in only 5 words, what words would you choose? Write them down. Now look closely at these adjectives. They are how you desire to be, or to feel—and it is crucial that you begin designing a life that allows you to be and feel this way on a daily basis!

I encourage you to do this activity as many times as you desire. Each time, your visualization will become more and more clear and elaborate, giving you more and more insights into your true self's wants and needs, even as far as helping you to discover the reason that you are here on Earth and what your life purpose is.