



Attracting **THE LIFE YOU DESIRE**

How to Live Consciously and
Enjoy A Prosperous Life

WORKSHEET

ATTRACTING THE LIFE YOU DESIRE

SELF-REFLECTION WORKSHEET

Use this worksheet to write affirmations that can help you change your mindset, eliminate bad habits, create good habits, and attract the life you desire.

Remember, your affirmations should be **Positive, Personal** (use the word “I”, “me”, and “my”), and **Present Tense** (as if you already exhibit that trait).

You can use affirmations in many areas of your life. We’ve listed some of the areas you may wish to strengthen below:

Your Financial Life – *your career, income, investments, and savings*

Your Relationships – *with your partner, parents, children, or friends*

ATTRACTING THE LIFE YOU DESIRE

SELF-REFLECTION WORKSHEET

Physical – *for eating right, exercising, and good health*

Mental Attitudes – *your success mindset, confidence, and self-esteem*

Your Spiritual Life – *your inner peace, faith, and deeper purpose*

ATTRACTING THE LIFE YOU DESIRE

SELF-REFLECTION WORKSHEET

Habits You Want to Break – *addictions like smoking, drinking, over-eating*

Good Habits You Want to Encourage – *like exercise, happiness, and communication*
