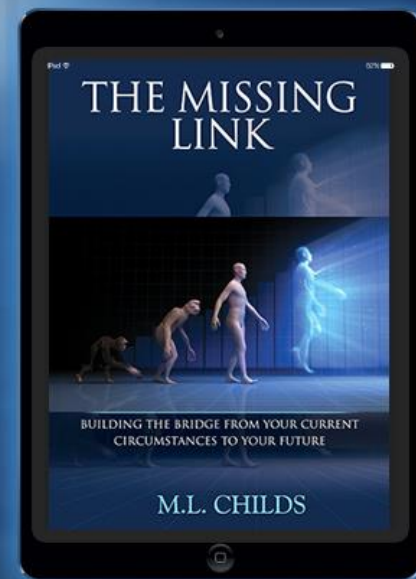


THE SHORT GUIDE TO MANIFESTING THE LIFE YOU DESERVE



“Feeling It Now” Worksheet

Align your feelings with your desires to attract true results.

How Do I Get From Where I Am Now To Where I Want To Be, Energetically?

This worksheet was designed to get you to start to think about what you want from an energetic point of view. Instead of focusing so hard on the thing that you want to have, like a good job, lots of money, or a loving relationship with a specific person, this worksheet will get you to focus on the particular feeling you want to achieve as a result of having the thing you want. This will allow you to get out of the way of your manifestation and let all the good things flow your way, including the thing you earnestly want. How do you do this? Turn the page and find out.

"All you can possibly need or desire is already yours. Call your desires into being by imagining and feeling your wish fulfilled."

- Neville Goddard

*For more information on how to manifest when attracting desires is difficult, get your copy of *The Missing Link* available on Amazon, Google Books, and Barnes & Noble. Also, follow my self-help blog at <http://mlchildswriter.com/blog>.*

M. L. Childs Writer

So many of us want what we want so bad that we end up creating an energetic roadblock. If you get to the heart of why you want what you want and shift your feelings to line up with how you want your desire to make you feel, you can attract what you want and more. And if that thing you want isn't on the same frequency as what you desire, then something else better will come your way.

Take, for instance, a job that you want that pays six figures. You are so adamant about getting that specific job for the money only that you are not considering all the stress and hardship this job may cause. You may attract this job, but with it will come long hours away from your family, burnout, and a boss from hell.

If six figures are what you want, then why not make that your aim, not the specific job, and allow the universe to bring into your vibration what is best aligned for you and then some. The way to do that is to get straightforward and earnest about the reason why you want the thing you want. For instance, do you want six figures because you want six figures, or is the real desire to not be broke. If you wish to attract six figures because you think it will make you financially well off, you still may carry with you broke behaviors into your new reality. So now you will be a high-paid broke person.

But what if you were in earnest with your genuine desire, which is always to have money and be debt-free, then this is the actual thing you want. You need to be aligned with this outcome rather than the money itself. Why? Because the universe may help you to eliminate debt while simultaneously creating cash flow. This will make you wealthy by merely making you have more than enough at all times, even if you remain in the five figure range. So how do you get in alignment with your genuine desire?

Below is a sample worksheet of desires and how to clarify what you truly want to attract tangible results. The following page is a blank worksheet for you to start getting clear about what you truly want.

The Thing You Think You Want	The Desire	The True Feeling You Want the Thing To Bring	True Affirmation
1 million dollars	To be rich	Always have more than enough money to cover anything.	<p>Should not be: "I want a million dollars."</p> <p>Why? There are lots of broke millionaires in the world. More money won't fix broke habits.</p> <p>Instead it should be: "I want to always have more than enough money in any circumstance."</p>
A specific girlfriend/boyfriend.	To be with someone that I am attracted to on many levels.	Happiness, trust, fun and support in a loving, drama-free relationship with someone who looks good and is successful.	<p>Should not be: "I want to date Jane/John Doe."</p> <p>Why? Jane/Joe may look good but be bat crazy.</p> <p>Instead it should be: "I want to attract someone who looks good, is successful, nice, supportive, drama-free, fun to be with and returns this energy to me."</p>

Use this worksheet below to get clear about what you want. Once you get sincere about the feeling that you want this desire to bring, this feeling should always be what you reflect on when journaling or with repeating affirmations. Your life will adjust to bring you the feeling you want along with the desire if it is in alignment.

The Thing You Think You Want	The Desire	The True Feeling You Want The Thing to Bring	True Affirmation

