



# ATTRACTION MANTRA SECRETS

CHECKLIST

## Attraction Mantra Secrets Checklist

So you read the e-book and now you're raring to shape your own destiny. But before you get started, it's a good idea to take a moment to reflect and to ensure that you have everything you need to get going.

This checklist will run you through the requirements and will make sure your **effort will be rewarded!**

**Notice that we are the magnets that attract our own reality.**

**So, ask yourself...**

- Are you focusing on the positive things that you want to attract?
- Are you focusing on the negative doom and gloom in your life or trying to stay positive during tough times?

Now to activate the Attraction Mantra Secrets, just follow these 3 powerful tips:

- 1) Empty Your Mind
- 2) Create Your Own Reality
- 3) Adopt An Attitude Of Gratitude

## **1) Empty Your Mind**

To empty your mind, there are a few things you can do

(i) Meditate

(ii) Breathe

(iii) Exercise

## **2) Create Your Own Reality**

(i) Use All Your Senses

(ii) Rehearse The Future You Want To Attract On A Regular Basis

## **3) Adopt An Attitude Of Gratitude**

(i) Count Your Blessings

(ii) Be Grateful During Tough Times

## **Notice That Your Habits Determine Your Life**

There's no doubt about it: change is hard...

But it is essential for your growth and development as a person.

It is necessary part of life.

You can start by:

(i) Taking baby steps

(ii) Reward yourself for engaging in the positive behaviour

(iii) Replace the bad habits with great habits

## **The Secrets To Unlocking Your Ultimate Potential Lies Within You.**

Most of us are unaware of the accomplishments we can achieve in our lives.

Have you realized that we get so busy with our lives that most of the time we do not have time to look deeper in to our true potentials?

To be the best you, here are things you can do to realize and unlock your ultimate potential:

- 1) Discover Your Full Potential
- 2) Your Mind Is Your Biggest Asset
- 3) So What Is The Deal About Passion?
- 4) How Do You Find Your Purpose?
- 5) How Do You Commit To Your Purpose?

## **Empty Your Mind Using The Power Of Meditation**

We are all so busy, our lives spilling over with our “to do lists,” family commitments, and work. There will always be something else to do or another distraction. Start by committing to a daily meditation practice to empty your mind.

You could learn it in just five minutes and you can readily engage in it anytime and anywhere.

### **The Stages Of Empty Mind Meditation**

- 1) Be Seated Comfortably
- 2) Relaxing The Body
- 3) Breathing
- 4) Clearing Your Mind

## **Attract Your True Calling**

There are many different people in this world. The amazing thing is the fact that each one of us has our own specific purpose in life that we are supposed to fulfill.

It is very important that we find this purpose and live it.

### **To discover your purpose:**

- 1) Identify Your True Calling
- 2) 7 Tips To Finding Your Calling
- 3) 7 Tips To Help You Follow Through
- 4) Putting It All Together

## **1) Identify Your True Calling**

Have you discovered your calling? The reason you are alive.

### **Discover your personal mission in life.**

If you do not have a clue what I am discussing, take a couple seconds to complete this quick quiz:

- What do I really, really want in life?
- Am I doing precisely the kind of work that makes me want to jump out of bed every morning?
- Am I doing what I love?
- If I achieve all my goals, what would it look like?

## **2) 7 Questions To Finding Your Calling**

(i) What Am I Good At?

(ii) Do Some Reflection On Past Callings

(iii) Stay In The Present

(iv) Try Different Things

(v) Track Challenges

(vi) Talk To Those Who Listen

(vii) Live Your Own Dream

### **3) 7 Tips To Help You Follow Through**

- (i) Acknowledge what you want and why you want it
- (ii) Decide What You Love To Do
- (iii) Take Action
- (iv) Keep Your Momentum
- (v) Value Your Actions And Results
- (vi) Perseverance
- (vii) Visualize Your Success Regularly

### **4) Putting It All Together**

- Never quit trying
- Keep your health in very good standing
- Being stress free means that you'll have a clear mind
- It'll be easier to focus on what you really want!

## **Force The Universe To Give You Anything You Ask For**

Isn't it intriguing, the cause and effect mechanism, "what we are in the here and now are caused by preceding thoughts", this incredible fact arms us with the might to manifest what we seriously want, by drawing in them in the present.

Follow these 3 steps to force the universe to give you anything you ask for:

- 1) Accept Responsibility
- 2) Being Dedicated
- 3) Law Of Visualization

## **1) Accept Responsibility**

You have to know that what you go through is definitely your own.

If you want to be successful, you have to take 100% responsibility for everything that you experience in your life.

- Be responsible for yourself
- Proactively work out on your issues
- Actively make your life story occur rather than passively allowing it to play out
- Never Quit

## **2) Being Dedicated**

When you're pursuing a goal you truly want, the sort that nearly brings you to tears when you consider it as you connect with it so deeply, then you have to persist with it.

Regardless how hard it gets, don't stop.

- Be clear about what you want, settle for nothing less
- Admit that success will take time
- Free yourself from the fast and simple, something-for-nothing mentality

### **3) Law Of Visualization**

The law of visualization plays a very significant role in "forcing" the universe to get you anything you ask for.

You have to visualize your desire to attract your desire, know what you want and start manifesting it.

Here are the action steps to master this area:

(i) Create A Vision Board

(ii) Feel the emotion

(iii) Repetition

## **The Key To Activate Wealth Attraction Mantra**

We have 1000s of thoughts running through our brains on a daily basis. the crucial thing is to hone and center those thoughts and feelings on what you wish, so that what you wish will come along!

Therefore, if you would like to use your attraction mantra secrets to produce the wealth and prosperity you want, you have to do it correctly.

### **3 Important Tips to Activating The Wealth Attraction Mantra**

- 1) The Right Mindset About Money
- 2) Wealth Manifestation Through The Wealth Attraction Mantra
- 3) Balance Yourself Between Inner Stillness and Outer Creation

## **1) The Right Mindset About Money**

That is the reason it becomes vital to know what kind of mindset you must have.

- If you are actually trying to attract money should think about it all the time
- Don't think about money itself, but think about what you must do in order to bring the money to you
- Think about the quality of your product

## **2) Wealth Manifestation Through The Wealth Attraction Mantra**

Now let's talk about wealth manifestation through the wealth attraction mantra. All you have to do is to apply these four simple steps to manifest money and wealth:

- 1) Believe
- 2) Visualize
- 3) Be Grateful
- 4) Continue Your Actions

### **3) Balance Yourself Between Inner Stillness and Outer Creation**

One of the most significant applications of the Wealth Attraction Mantra is to balance your inner and outer selves.

- Apply Wealth Attraction Mantra to project your future through your minds and that begins in your inner self
- Take the initiative and act
- Put your outer self into action to get the results you want
- Do not use your inner self to think and believe

## **Activate Health Attraction Mantra**

The word health is an important factor today in everybody life because if we are physically and mentally healthy then we can definitely enjoy a healthy life too.

A good and a strong health is not something that is sold at a grocery store but it is something that we have to create and also maintain at the same time.

The thing most affected by optimism is physical health.

Logically, the brain controls the body. If the brain thinks positively, that energy will radiate into the body as well

Let's talk about the some positive effects that Health Attraction Mantra could have on your health.

- 1) Increased Life Span
- 2) Positive Thinking Could Improve Your Immunity
- 3) Positive Thinkers Cope Better With Stress

## **How To Unlock The Health Attraction Mantra?**

- 1) Set Goals
- 2) To Visualize Those Goals Being Actualized
- 3) To Accept The Actualization Of Those Goals As It Occurs

## **Activate Your Affection Attraction Mantra**

All humans are created with the natural need to give and receive affection.

Affection is truly the universal language of this world and individuals from all different walks of life acknowledge it for what it truly is and comprehend the power that is in it.

Follow these 4 important tips to activate your affection attraction mantra:

- 1) Connect
- 2) Communicate
- 3) Sharing
- 4) Self Love

## **The Key That Unlockss The Gateway To Abundance:**

Gratitude is the key that opens the gateway to abundance.

It shifts your focus from the things you lack in life towards greater abundance that is now present.

These are the 5 steps to unlock the key that opens the gateway to abundance:

- 1) Discover The Power Of Gratitude To Unleash Unlimited Abundance
- 2) Getting In The Right Mindset
- 3) List Down The Things You Are Grateful For
- 4) Gratitude In Tough Times
- 5) How Gratitude Can Change What you Attract

**Follow all these tips and then repeat. Eventually, everything WILL start coming in!**