Attracting THE LIFE YOU DESIRE

How to Live Consciously and Enjoy A Prosperous Life

CHECKLIST

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Use this checklist after you've read the book. Check everything that you're doing right now, then integrate additional action steps – one at a time – into your everyday routine.

Living In The Moment

- ☐ Watch the movie *The Peaceful Warrior.*
- ☐ Take time to stop and smell the roses.
- ☐ Avoid total focus on your goals – enjoy your present life, too.
- ☐ Make the most of each moment.
  - ☐ Learn from your mistakes.
  - ☐ Look for the silver lining.
  - ☐ Eliminate time spent waiting.
  - ☐ Feel exuberance and excitement.

Choosing Conscious Living

- ☐ Clarify your principles and live by them.
- ☐ Set priorities in your life and use them to simplify your decisions.
- ☐ Choose an optimistic attitude.
- ☐ Simplify and enrich your lifestyle.
  - ☐ Eliminate clutter from your schedule.
  - ☐ Eliminate clutter from your surroundings.
  - ☐ Eat dinner at home with your family to strengthen your relationships.

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Feeling and Showing your Gratitude

- ☐ Tell others when they make you happy.
- ☐ Keep a gratitude journal.
- ☐ Give thanks for your day.

Over-Delivering on your Promises

- ☐ Do I have an abundance mindset?
- ☐ Do I deliver more than expected?

Using Mind-Altering Tools to Change your Life

- ☐ Positive self-talk
  - ☐ Congratulate yourself on your successes.
  - ☐ Avoid beating yourself up about anything.
  - ☐ Find the good in your mistakes.
  - ☐ Encourage your good actions and thoughts.
- ☐ Use affirmations several times a day.
- ☐ Pray or meditate twice daily (in the morning and before bedtime).

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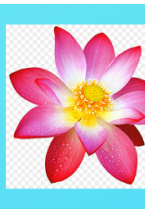
Take Action to Make your Dreams Come True

- ☐ Create an action plan you know you can accomplish with S.M.A.R.T. goals.
  - ☐ Specific
  - ☐ Measurable
  - ☐ Attainable - divide your bigger goals up into small goals
  - ☐ Realistic
  - ☐ Timely
- ☐ Implement your action plan.
  - ☐ Start with easy, quick tasks.
  - ☐ Reward yourself for each accomplishment.
  - ☐ Change your plan if necessary to ensure success.

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