



Attracting **THE LIFE YOU DESIRE**

How to Live Consciously and
Enjoy A Prosperous Life

CHECKLIST

ATTRACTING THE LIFE YOU DESIRE

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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.