

“Words do not teach, only experience teaches.”



DAILY LOA ACTION PLAN

THE PURPOSE OF YOUR PRACTICE

In order for the Law of Attraction to line up the reality that you want to experience, you must **FIRST** consistently emit that vibration. Having an alignment practice allows you to regularly and deliberately activate now, the feeling of the reality you are wanting to create. Leveraging the Law of Attraction is no secret and is understood and practiced by a number of outrageously successful individuals.

- Oprah has made it no secret that she credits the Law of Attraction for the remarkable levels of success that she enjoys today – “I know for sure that what we dwell on, is who we become.” – **Oprah**
- **Arnold Schwarzenegger**, “It’s the same process I used in bodybuilding: What you do is create a vision of who you want to be – and then live that picture as if it were already true.”
- “Well I mean positively and negatively, I mean you attract, I mean not just what you fear, you attract what you feel, what you are.” – **Denzel Washington** on the Law of Attraction

KEYS TO A SUCCESSFUL PRACTICE

- Do what feels great
- Allow your practice to shift and change as you do
- Be present during your alignment practice
- Take action for the pure pleasure of the action, and not to obtain a result

HOW LONG SHOULD I PRACTICE?

The most important piece of this is that you are feeling good during the action. Any length of time will be beneficial to you. The time you practice may vary from day to day, activity to activity. Be flexible with yourself.

What has resulted in success for my clients and myself has generally been:

- **Exercise** 30-60min
- **Meditation** 15-20min
- **Scripting** 5-30min
- **Affirmations** 2-3min

You can have success with as little as **15 minutes** a day.

WHEN IS THE BEST TIME TO PRACTICE?

The most ideal time to practice a specific vibration is when you are already feeling in a positive state or when you first wake up in the morning. When we sleep at night, conscious thought stops, which naturally allows us to be resistance free. Therefore the moment you wake up, before all the thoughts start going, it's like you have a fresh slate to set your vibrational tone. The best time to practice is whenever you do practice, but it has been my experience that the easiest place to start is in the morning upon waking.

** I want to make a note here that it is nearly impossible to set a specific plan in place that will work for everyone. There are hundreds of methods and paths to success and what I really want to guide you towards is tuning into your own individual guidance system and determining what is most powerful for you. I cannot possibly know the specifics of what it will take for you to be successful, no one outside of you can, only you can know that. So if you are willing to develop your awareness by tuning into your emotional guidance system, the structure that I am presenting will result in powerful transformation in who you are being and therefore what you are attracting into your life.*

From over 20 years of experience and practicing many different ways, I have developed a successful formula for dramatically shifting your vibration.

There are 4 parts to this daily practice, each are described on the following pages:

- EXERCISE
- MEDITATION
- SCRIPTING
- AFFIRMATIONS

EXERCISE

This one is easy and very straightforward. Studying Kinesiology and physical activity for over a decade grounds my knowing in the immense benefits of exercise for not only our physical body, but equally for our mind and soul. Remember we are all particles of energy at our core, and the act of exercise is all about moving and releasing energy in some way.

Any Kind of Movement: Walking, yoga, qigong, lifting weights, fitness classes, swimming, biking – the options are endless. The point is to move your body and ideally sweat everyday.

MEDITATION

- 1. Open Meditation:** Sitting up with back supported or not, eyes closed or open, focusing on **a)** your breath sensations **b)** a specific sound in the room **c)** choose an affirmation to repeat **d)** your heart energy centre opening and glowing.
- 2. Guided Meditation:** Choosing a position that is comfortable to you, listening to a guided meditation, I suggest one that also focuses on or incorporates breath.
- 3. Walking Meditation:** You take a conscious walk for a set time or distance, being present, focusing on things in the moment, tapping into the 5 senses, or flowing appreciation for what you observe.

SCRIPTING

This tool is about telling the story of what you want, as if it has already happened. It can be verbal (speaking out loud) or written down, and it is about transporting yourself into your future and practicing what it is like to be you then. Sometimes it helps to close your eyes and visualize yourself there, see life through your eyes in five years – talk about what is happening in your life from the perspective of your future self.

So for example if your desire was to find a new job, doing something that you like, you could write or say something like this:

I love my job. It feels so amazing to wake up and look forward to my work. I get so much satisfaction when I am there and am so productive. It's the perfect balance of ease and challenge, and I work with the most amazing people. I am so appreciative of how close it is to my home, and just how much I love it. The best part is I'm making more than enough money for everything I need, and I'm actually starting to look at new cars now. Everything is just going amazing!

Be sure to include appreciation in your scripting and tap into the five senses to make it more realistic and vibrationally powerful. If this exercise is challenging at first because you aren't clear about what you want the details of your life to be in five years, then start in a more general place with how you want to be feeling in five years, and let the details follow.

This can be done for as little as 5 min a day or for as long as feels awesome!

AFFIRMATIONS

These are predetermined statements that you have developed based on the emotions you are wanting to activate or the stories you are wanting to embody more powerfully. The important thing is that they resonate with you. They activate a feeling within you.

Create 5-10 affirmations that represent how you want to feel in your dream life, and repeat them daily. You can write them down on paper, on your computer, read them out loud, say them in your head or a combination of all of these. Practice this as often as feels good in a day, once is definitely enough to start shifting vibes and creating new beliefs. Here are some examples:

I am free

I am surrounded by love

Money flows effortlessly to me

I love my life

I got rich doing what I love

Well-being is my natural state

ACCOUNTABILITY CALENDAR

Creating change can be challenging, you are literally re-wiring the neural pathways in your brain that have been conditioned for years! I have found that when I am learning and developing a new habit, accountability helps big time, and in this situation you can actually help hold yourself accountable.

To help you keep track I have created this handy alignment practice calendar, (see next page), so you can record and see your success. When I started this, I used to give myself a point for each practice I completed each day and then set a goal to achieve a certain number by the end of the week (usually I set a goal around 20). One of the best parts about keeping track is how physically seeing the "work" you are doing, amps up your feeling of 'being successful.' And you already know, once you feel it, you live it!

Have so much fun with this,



