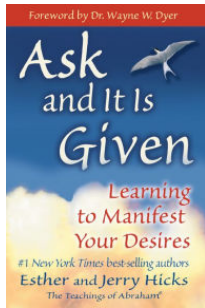


# val **YOU** able

## actYOUlization worksheet



## Ask and It Is Given

*Learning to Manifest Your Desires*

*By Esther and Jerry Hicks*

HAY HOUSE © 2004 · 314 PAGES

*“Once you combine your knowledge of the Law of Attraction with your in-this-moment awareness of what your vibrational offering is, then you will have full control of your own powerful point of attraction. With this knowledge, you can now guide your life experience in any way you choose.”*

Thoughts

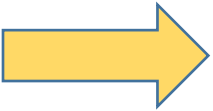


Emotions



What We Attract

***Remember what we think, determines how we feel, which creates our vibration. Our vibration attracts experiences at the same frequency of our thought/emotion. We need to focus our thoughts towards what we want and appreciate, instead of towards the absence of our needs and wishes.***



Appreciation Game



1. ***Pick something in your life that you feel predominately negative about.*** Example: Bills, Fusing Children, Failure, etc.

2. ***Find 2-5 things you appreciate about it.*** Example: Fusing Child: I appreciate my child knows what they want. I appreciate they are trying to discover how to stand up for their needs.

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**NOT YET READY TO PLAY THE APPRECIATION GAME???** That's okay, do this instead:

Reach For a Better Thought



1. **Write out how you feel. EX: My child is deliberately trying to upset me.**

2. **DECIDE to reach for a better thought; it doesn't have to disprove your original thought, just improve it. EX: I want my child to listen to me. Keep reaching for a better thought, until you can play appreciation game 😊.**