

# 20 Keys to Deliberate Attraction

- Key #1: Accept responsibility for your vibe—you get what you vibrate.
- Key #2: Practice awareness of your vibe (track your feelings and thoughts) until it is second nature.
- Key #3: Change your vibration—as soon as you become aware you are sending out a negative vibe, change your words, thoughts and mind images to change your vibration.
- Key #4: Strive to sustain your focus, attention and energy on things that generate a “feel good” vibe for you.
- Key #5: Duplicate the feeling of happiness to create more happiness more often.
- Key #6: Develop and master a new perspective on life—it IS a small, small world of vibes.
- Key #7: Eliminate the words; Don't, Not and No—ask yourself, “So, what DO I want?”
- Key #8: Use the Clarity Through Contrast exercise to create a very, very specific new desire.
- Key #9: Put Fire in Your Desire—be deliberate in how you give attention, energy and focus to your NEW desire.
- Key #10: All affirmations must be 100% true and 100% believable for you—begin them with, “I am in the process of....”
- Key #11: Limiting beliefs create doubt. Erase doubt by introducing new hope with an Allowing Statement. Repetition, repetition, repetition makes any thought a new belief.
- Key #12: You are in control of your thoughts; therefore you control the speed at which your new desire will manifest in your life.
- Key #13: Let go of figuring out HOW your new desire will arrive in your life; it's not your job.
- Key #14: Take responsibility for what you attract into your life. Your job is to manage your attraction zone while you let the Law of Attraction do its job.
- Key #15: The Law of Attraction will line up all the actions, thoughts, situations and experiences necessary to cause your new desire to move towards you and manifest in your life.
- Key #16: Adopt a global perspective of the Law of Attraction at work to expand your hope in the possibility that YOU CAN ATTRACT whatever you want, using the Law of Attraction deliberately.
- Key #17: You are ALWAYS AT CHOICE to generate gratitude, duplicate happiness, participate in/talk ONLY about things that make you feel good, remain “in the process of”, and gather evidence all around you of how the Law of Attraction is working in your life.
- Key #18: The Art of Allowing is a state of being. Allowing means you know full well your desire is on its way.
- Key #19: Allowing is relaxing in quiet, joyful expectation of your new desire arriving.
- Key #20: Allowing is a feeling that runs in the background while you occupy yourself with actions that feel good.