

## Exercise

### ***When I Think About... I Love...***

The exercise below is designed to tune your awareness to what you love most about any particular area of your life. When you use the freedom of your mind to choose thoughts that feel good, you are choosing the direction that you want your life to keep moving in. It's a powerful reminder to look where you want to go!

On a separate sheet of paper, begin with the phrase "*When I think about...*" and choose an area of your life from the left column that you want to focus on.

Then choose one or more "*I love...*" prompts from the right column to help you tune your attention to what you love to experience in this area of your life. Take your time as you are writing to feel into your responses as you allow all the things you love to experience in this area to flow into your awareness. By filling your mind and body with as many good-feeling thoughts on this topic as you can, you begin the powerful process of creating and attracting more and more new experiences in your life that keep adding to your joyful feelings!

#### ***When I think about...***

- My life
- My health
- My body
- My relationship with my:
  - Self
  - Spouse/boyfriend/girlfriend
  - Parent/s
  - Child/children
  - Grandparents/grandchildren
  - Brothers/sisters
  - Relatives
  - Friends
  - Work colleagues/customers
  - Neighbors
  - Pets
- My work/career
- My finances and money
- My home
- My religious/spiritual practice
- My free time
- Other areas of my life:

---



---



---



---

#### ***I love...***

- I love feeling...
- I love the feeling of...
- I love it when...
- I love experiencing...
- I love being...
- I love doing...
- I love having...
- I love believing...
- I love knowing...
- I love imagining...
- I love remembering...
- I love expecting...
- I love anticipating...
- I love looking forward to...
- I love appreciating...
- I love sensing...
- I love dreaming about...
- I love seeing...
- I love creating...
- I love visualizing...
- I love...