

Principles for Manifesting

Step 2: Access a Positive Emotion "On Demand"

Directions: Ask these questions one at a time.

Give yourself a few moments to answer each question thoughtfully, with a sincere attempt to **feel good** as you answer.

1. Have you seen a kitten or puppy video that made you smile or laugh? Try to remember the images of that video.
2. When was a time you laughed really hard? Even if it was a long time ago, try to remember what made it so funny.
3. Who is someone quite easy for you to love? Imagine seeing them feeling safe and happy and loved right now.
4. Who is someone who positively impacted your life? Whether living or passed, imagine radiating gratitude and love to them.
5. What is something in nature that you find beautiful or peaceful? Bring that visual to mind and allow yourself to feel a sense of awe.