

## Attention Log:

It's of massive consequence to acknowledge where your attention is. The more deliberate your attention is upon the feeling of what you want, and keep it there, even in the midst of chaos, the easier it is for reality to reflect your desires.

Conversely, if you allow your attention to feel dictated (or seduced) by circumstances and appearances, you are in the process of manifesting a reflection of reality that will not be in harmony with your desires.

This log is to acknowledge where your attention and vibration is when you're thinking about what you want to manifest (*see reflected back to you*).

**Remember, your reality changes, as you change.**

### 1) What are you thinking about?

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### 2) How does it feel? (*Allowing/resisting, expanding/contracting, high or low vibration, good or bad, etc.*)

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**3) How do you perceive your feelings, RIGHT NOW, would look like, if they were already being demonstrated in your physical experience?** (*Don't be seduced by appearances. The longer you can keep your attention deliberate, the easier it is for reality to reflect it. This question helps you become more intimate with your feelings and how they'll be reflected back to you, if you exhibit the character and discipline to remain deliberate.*)

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**4) If your response to question 3 isn't what you want to see reflected back to you in your experience of reality, then redirect your attention RIGHT NOW! What do you want, and how does *that* feel?**

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