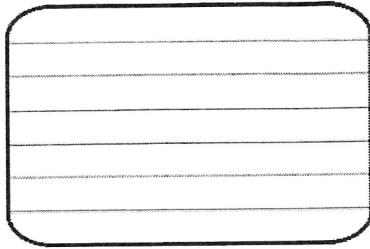


Focus Trail Process

Based on the focus wheel process by Abraham-Hicks

What I don't want:

1



Instructions

1. In box 1, write down what you don't want. (ie: I don't want to be fat)
2. Base on what you don't want, write in box 2, what is it that you do want (ie: I want to be thin)
3. Fill out the trail with beliefs that match what's in box #2
4. When you're done, fill out in box #3, how you feel now about the subject, you should see a big shift in how you feel, which means you've changed your point of attraction.

Start Here

