

Creating Your Dream Life

Orientation: Exercises and Lifework

An Attitude of Gratitude

1. Get a Notebook.
2. Everyday write no less than 3 things you are grateful for in life.
*This is best if done in the mornings as you awaken or int the evening before bed.

"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation." Brian Tracy

Buy a notebook that speaks to you. Put your name and the date on the very first page to crystalize this moment as the beginning of your dream.

Putting yourself in a state of being grateful for everything in your life, even being grateful for your biggest challenges is putting yourself in the vibration of attracting your dream.

In this exercise it's easy to be grateful for your family (this is not always the case), your home and other things that come easily for you.

To really get good at being grateful and vibrating on a level to bring in your dream, you need to be grateful for the odd/unusual things as well.

Pick one thing to be grateful for that is outside your normal gratitude. Such as, "I am grateful for the technology that allows me to keep in touch with people at the touch of my finger."

When you get really good you can add those things that are super difficult in your life to your gratitude list. "I'm grateful my mother is in the hospital because she is getting the care she needs there.



Phase 1 Planting the Seed

- Step 1: Discovering
- Step 2: Designing & Testing
- Step 3: Deserving

Phase 2 Bridging the Gap

- Step 4: Facing Your Fear
- Step 5: The Law of Attraction
- Step 6: Changing Your Paradigm

Phase 3 Acceleration

- Step 7: Listen to Your Intuition
- Step 8: Power of Forgiveness
- Step 9: Creating a Circle of Power

Step 10: Enjoy Your Dream



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