12 TIPS FOR PUTTING “The Secret” INTO PRACTICE

D  Get clear about your desires. What do you want? What will that give you? Keep digging to identify the desires beyond the desires (i.e. the core desire).

R  Record your desires (write them down using the present tense as if they were already realized). You might also record your voice reading your desires. Put lots of feeling into it. See it, feel it.

E  Choose things you enjoy. As Alan Cohen says, let joy be your compass.

A  Align your thoughts, words, actions and feelings with your desires. Consciously and deliberately ensure that what you think, what you say, what you do and what you feel are all supportive of, and in harmony with, what you desire.

M  Manage your vibration – reach for the best feeling you can at any given moment.

C  Connect with Source. Take time to connect with God or Source in whatever way works for you. Fill yourself with the Presence. In this state of connection, ask for guidance (what is yours to do?) and healing (releasing and healing any blocks).

R  Review/rehearse your desires. Spend some time seeing and feeling yourself doing what you want to do, having what you want to have and being who you want to be. Tune into the vibration of being, having and doing it as if it were already so.

A  Affirm your desired outcome and your desired state of being until it becomes your habitual and natural way of thinking and being.

F  Be mindful of your focus and your feelings. Your focus + Your feelings = Your Future. Focus only on what you want (and not on what you don’t). Use your feelings as your guide: if it feels good to you, it is probably good for you.

T  Be thankful for all the blessings in your life. Make a list of all the things you appreciate in your life. Appreciation is one of the highest vibrations you can offer.

E  Manage your energy. Clear any emotional, physical, mental or spiritual blocks to your energy.

R  Take a few minutes at the end of the day to record in your journal. Write down your accomplishments for the day, what you are thankful for that day, anything you learned and your intentions for the next day. What you focus on expands so focus on your accomplishments, what you appreciate and what you learned. And spend a few minutes setting intentions for tomorrow - this paves the way for a positive day.

Compliments of Don Giberson. Don is a Master Law of Attraction Trainer and Coach who loves to help people and businesses turn their dreams into reality. Don is the President and founder of DreamCrafters, an international coaching and training company with clients in over 60 countries, and the Founder of the Higher Consciousness Training Institute™, an organization that teaches tools and techniques for personal and global transformation.