

"Decide what you want. Believe you can have it. Believe you deserve it and believe it's possible for you..."

invite your dreams in

In what way could you begin changing your thoughts in order to bring about major change? Think about the thought patterns you currently have that don't benefit you; what are they?

What would you like to begin focusing on? What thoughts could replace your current negative thoughts when they crop up? (If it's a person, situation, or yourself, you could think of 10 things you appreciate about them/it/you.) What thoughts excite you? What memories make you smile? Where's your favorite place to go or visit that connects you to your happy place? Think of these things!

"...and then close your eyes every day for several minutes, visualizing having what you want, feeling the feelings of already having it. Come out of that and focus on what you're grateful for already, and really enjoy it..."

How can you change your words? Write down negative things you speak about that don't benefit you, and then write down ways you could begin speaking that will only bring more good into your life? (Instead of complaining, talk about your goals/plans/fun times/things that make you laugh, speak as if you already have your dream, etc).

everyday

1. Practice gratitude every day, and anytime you find yourself thinking or speaking negatively.
2. Make your decisions and act as if you're already living your dream.
3. Don't get attached to just one possible solution or gateway to your dreams. Be open, explore and enjoy everything while trusting that the Universe is working in your behalf.

"...and then go out into your day and release it to the Universe, and trust the Universe will figure out how to manifest it." - Jack Canfield