

Creating Your Desire Statements

An important tool is to create a Desire Statement. We want to use Desire Statements to help us give BETTER FEELING attention to what we DO want. Look at your “What I Know I Do Want” list and use that to create your Desire Statements. These are Statements that can make you FEEL relief. They are statements that are neutral and FEEL true:

I love knowing that my ideal _____ .
I love the thought of _____ .
I love how it feels that _____ .
I get really excited when I think about creating _____ .
I've decided that _____ .
I love the feeling of _____ .
I'm in the process of _____ .
I'm on my way to _____ .
Everyday, I'm moving toward _____ .
I've seen other people who _____ .

For example,

I love knowing that abundance is all around me, abundance is just energy and it's just a FEELING .
I've decided that my partner is caring, patient and is sensitive to my feelings.
I love seeing myself with a full schedule of great clients.
It excites me to make healthy food choices to nourish my body well.
I enjoy making bank deposits.
Everyday, I'm moving towards creating a more harmonious relationship with my partner.
I've seen other people who enjoy their careers and still have time to have fun.
I love the thought of knowing there is a perfect partner for me in this city.

You can still use Positive Affirmations, just reword them so they FEEL BETTER , so they FEEL more true and attainable to you. One way of doing this is to attach one of the desire statement fragments before your affirmation. When you say something that FEELS TRUE to you, you are saying something that FEELS BETTER . And then the Law of Attraction can match you with that better feeling, or better vibration .