

The Law of Attraction Key

***5 Steps to Make the Law
of Attraction Work for YOU!***



By Kristen Howe
Law of Attraction Coach

Law of Attraction Key 5 Steps to Make the Law of Attraction Work for You!

Discover the 5 Key Steps of the Law of Attraction
that I GUARANTEE you are ALREADY using!

Written by Kristen Howe

<http://www.lawofattractionkey.com>

**This is A 100% FREE Report!
Please Share It With Everyone You Know.**

TABLE OF CONTENTS

1. The Law Of Attraction Is ALWAYS Working	04
2. It's Easier Than You Think	07
3. Step 1: Decide What You Want	10
4. Step 2: Visualize In GREAT Detail	12
5. Step 3: Remove Resistance To What You Are Focusing On	13
6. Step 4: Take Inspired Action	15
7. Step 5: Let It Go!	17
8. Resources	19

1. The Law Of Attraction Is ALWAYS Working

Does this sound familiar?

Ever since 'The Secret' people everywhere are asking how they can make the Law of Attraction work. Most people have found themselves feeling that it isn't as easy as they thought it would be and they can't figure out why the Law of Attraction works for some people but not for them.

Here's the truth...

The Law of Attraction is always working, whether you want to admit it or not. The question isn't IF the Law of Attraction is working. The REAL question is if the Law of Attraction Key is working for you or against you?

There are **5 Steps in the Law of Attraction**, and whether you are [attracting what you want](#) OR what you don't want, I guarantee you are, consciously or subconsciously, ALREADY using these 5 steps:

1. **Decide What You Want**
2. **Visualize In GREAT Detail**
3. **Remove Resistance To What You Are Focusing On**
4. **Take Inspired Action**
5. **Let It Go!**

I know, I know, you've heard this a million times over. You can recite the steps to making the Law of Attraction work and YET, if you are like most people, it seems like the [Law of Attraction](#) STILL doesn't work for you.

And now I'm here telling you that it IS working it just isn't working for you?

What's the deal?

The deal is this, the Law of Attraction Key is simple...you get what you spend the majority of your time focusing on. That's right, the Law of Attraction Key is that the Law of Attraction is always working...I guarantee you that [you are ALWAYS attracting](#) what you focus on.

Let me ask you a question...

What is your life like right now?

I'm really asking you, so grab a pen and paper and let's get to it!

What is your life like right now?

Describe it in detail...tell me everything, even the things you aren't happy with...

Write it down now!

Now answer this, and answer it honestly or this won't do you any good...

What do you spend most of your time thinking about?

- Do you spend most of your time planning how you are going to make your life different or better than it is now?
- Do you spend most of your time wondering why you don't have the things you want?
- Do you spend most of your time thinking how great it would be if you could just figure out how to [create the life you desire](#)?

If you answered **YES** to any of the questions above, then congratulations you are using the Law of Attraction, but you are attracting what you don't want instead of what you do want.

You may even think you are doing the work to use the 5 Steps of the Law of Attraction to work for you. Maybe you [visualize](#) and take time to focus on what you desire every single day.

But...

If you answered YES to any of the above questions, chances are good that during the rest of the day your mind gets attached to getting out of debt or making more money or losing more weight or finding love or any other form of lack you feel you have in your life and that is EXACTLY what the Law of Attraction continues to bring you.

If you go to a restaurant and order a steak and then realize you don't really feel like having steak and you want the fish instead, do you sit there and talk about how bummed you are that you are going to have steak when you want fish or do you change your order? You **Change Your Order!**

If you tune into a radio station day after day that plays music you hate, do you sit there complaining about the music and focusing on how much you wish you were listening to something different or do you change the channel? You **Change The Channel!**

If you hate your job or home or life in any way, you probably spend a decent amount of time feeling like you have to accept it, wishing it wasn't what it is. I'm not going to pretend it's easy (I said [the Law of Attraction is simple](#), not easy) but you can change your reality and all you have to do is literally CHANGE THE CHANNEL and CHANGE YOUR ORDER. The good news is that because you are already using the Law of Attraction Key and the 5 Steps of the Law of Attraction to create what you don't want, you can also use it to create what you do want!

If there isn't a part of you that knows this is true...then stop reading. This report isn't for you. BUT, if you're reading this KNOWING that it's true (which doesn't mean you know what to do about it) then read on.

Okay...let's go on...

2. It's Easier Than You Think

There's a struggle I have found that many of my coaching clients experience...

They know that the [Law of Attraction is working](#) and they know that they obviously have some blocks against attracting what they desire, but they can't figure out what their blocks are. They can't figure out what they really believe and focus on all day long.

Because the thing about the thoughts you think most of the time...

Is that you probably don't even realize you are thinking them. We repeat the same thoughts over and over again and this repetition becomes such habit that our thoughts that are [attracting what we don't want](#) are literally on auto pilot.

So...how do you discover what you're thinking about most of the time?

It's easier than you think...

Grab a pen and paper or open a new document on your computer, set a timer for 5 minutes. I want you to write and describe EXACTLY how your life is right now. Don't be scared of judging it...go ahead judge it...describe your life as you see it now in GREAT detail. Use all of your senses...what do you see, feel, taste, hear and touch? How does it make you feel? *Write for 5 minutes and no more...*

Ready...

Set...

GO!

Ok...now that you're back, you probably aren't feeling your most upbeat and are even probably wondering why someone who coaches people to use the Law of Attraction would purposefully put you through an exercise that makes you feel badly about your life.

I'll tell you why...

I want you to feel GREAT about your life...I want you to wake up in the morning EXCITED about the life [you are attracting each and every moment](#), BUT if I don't help you see what the Law of Attraction is bringing you RIGHT NOW then I'm not doing my job.

The point is...you have already harnessed the Law of Attraction. It is working EVERY MOMENT of every day. The only problem is that, right now, you are attracting what you DON'T want.

It's time for that to change...

Let's dive into the 5 Steps in the Law of Attraction and make them work for you instead of against you.

First we need to identify what the Law of Attraction is bringing you NOW and then we will turn that around so that you [start attracting what you do want](#) instead of what you don't want.

There is only 1 requirement here...

Honesty!

You have to be honest about what you are attracting to yourself now, even if it isn't what you want AND you need to accept that YOU are attracting it...

I don't want you to blame yourself...blame is a waste of time and energy...

I want you to take responsibility because when you do, you will realize that you already have [all the power you need!](#)

3. Step 1: Decide What You Want

➤ **What do you want?**

Be specific; don't say to be rich or to lose weight or to find the love of my life...those are just words and vague concepts without anything to define them.

Be specific...

What do you want? Write it down. Do it now...

Great! Now let me ask you this...

➤ **What is your life like right now?**

Be specific...write it down.

What you have now is what your subconscious 'thinks' you want and the only reason it thinks it is what you want is because you probably **spend a lot more time thinking about what you don't want than you do thinking about what you do want.**

In fact, you are probably extremely clear about EXACTLY what it is that you don't want, while you might only have a sense of what you do want, and because of that it isn't as clear.

The key of the Law of Attraction is that whatever vision is most clear and vivid and specific wins.

It's also important to realize that your subconscious doesn't hear words like DON'T, as in 'I DON'T want to be poor'...it actually hears 'I want to be poor.' So

be very careful. If you are crystal clear on what poor is and only kind of clear on what rich is, guess which vision will win?

So what do you do now?

First we have to make what you DO WANT clearer and more defined, the more clear you are, the easier it will be for you to focus and continually bring your attention back to what you do want even when you are tempted to focus on what you don't want.

Then I'll give you the tools to get the NEW message to your subconscious mind so that it knows you have changed your order.

So let's recap...

The first step is to decide what you want AND if your [ultimate picture](#) of what you want requires many steps to get there, I also want you to get EXTREMELY CLEAR on the FIRST STEP.

Now it's time to move on to the next step...

4. Step 2: Visualize In GREAT Detail

This is the fun part.

Take 5 minutes right now to visualize you living the life you desire. I want you to see yourself in this life; what do you see, hear, taste, and touch? How do you feel? See it as if it is a movie; watch yourself participating fully in this life. Who are the people around you? What are you wearing? Where are you? What are you doing?

Watch this movie of yourself and when it is [completely clear in your mind](#), step into the 'you' that is in the movie so that you literally go from watching it to living it.

How do you feel? Get excited, soak it in, notice every detail and know that YOU did this, YOU created this and you are living it NOW!

Okay, grab a timer and take 5 minutes to do this exercise...

You back?

If you really did this exercise, you should be pretty excited right now, but chances are you also met with some [resistance in your mind](#) and that's what we'll talk about in the next step...

5. Step 3: Remove Resistance To What You Are Focusing On

Here's the truth, if you weren't somehow resisting what you want, you would have it already.

It's really that simple.

So how do you remove the resistance?

There are several things you can do to remove resistance.

1. **Relax before you visualize:**

If you are stressed out and feeling desperate and decide you need to visualize so you can get what you desire, how well do you think that's going to go? Do some breathing exercises before you visualize and then always start how we did in the last step, by watching yourself like you are in a movie. Once you feel yourself enjoying the movie, that is the time to step into it – it is at that time that you are at your most receptive.

One of my favorite things to do is visualize to a guided visualization. I also use music to put me in a specific frame of mind.

2. **Write down every objection you have to what you want:**

Do you feel like it's too late to get what you want or that you aren't smart enough or that you don't have enough connections, or that you'll have to make too many sacrifices to [make money](#) in your own business, lose all the weight etc. etc. etc.?

Write it all down, get it out, I promise you getting it out is one of the best ways to diffuse the energy behind these objections. The monster under the bed gets bigger and uglier and scarier UNTIL you turn the light on.

3. Write down a time when you experienced success:

It doesn't have to be a huge success. What did you have to believe to get that success? Why did it come to you? How were you different when it came to that success than you are in relation to your current goal?

If you have been successful at anything, even in a small way, then you have within you the capability for great success, we just need to take that success and who you had to be to achieve that success and apply it to what you want now.

There are many steps you can take to remove the blocks that stand between you and your dreams, my favorite is [NLP Secret](#). The techniques revealed in this program are almost exactly what I used 5 years ago to go from making less than \$100 a week to \$6000+ a month in only 3 weeks time.

Once you start clearing obstacles it is time for the next step...

6. Step 4: Take Inspired Action

The Law of Attraction Key is Inspired Action!

The Law of Attraction doesn't mean you sit around your house visualizing what you want and then wait for it to knock on your door.

That is the biggest misconception about the Law of Attraction and definitely the most dangerous one.

The fact of the matter is that you could know exactly what you want and you could be free of all of your blocks, but if you don't listen to your intuition and take [inspired action](#), chances are good you will never get to your vision.

The key is inspired action and not just any action. For the most part people take action to try to force things to happen and then every action they take after that is in an attempt to correct what came of the 'Non inspired' action they initially took.

Put simply, if you try to take action before you go through the first 2 steps we have spoken about, I can almost guarantee you it won't be inspired action.

Inspired action comes from that gut instinct or sudden flash of an idea. Inspired action comes when you are clear about what you desire and are truly focused on what you do want instead of what you don't want. Inspired action is offensive NOT defensive in nature.

You know all of the answers somewhere inside you, it's a matter of getting clear enough so you can tap into that. [Dr. Robert Anthony](#), the acknowledged inspiration behind 'The Secret' talks about inspired action and how to tap into that inspired action by listening to, what he calls your '**Inner Silent Partner**'.

Start listening to yourself and you'll start to tap into your 'Inner Silent Partner' and all the wisdom you have. Once you start doing that, you are ready for the last step...

7. Step 5: Let It Go!

Okay...now you're crystal clear on what you want, you can [visualize it in great detail](#) and actually feel how it feels to live the life you desire by stepping into that vision and you are actively removing your blocks and connecting to your inner silent partner to take inspired action...

Now What?

It's simple AND it's the hardest part of the equation...

You have to trust the universe, trust the work you have done, commit to keeping your focus on what you do want and off of what you don't want and then...

Let It Go!

When you plant a seed, you water it and make sure it gets sunlight and then you trust the universe and the work you did and you assume it will grow. You don't dig it up every day to see if it's growing.

It's the same with this...

Absolutely do things to keep your attention on what you do want...put pictures up to anchor your mind on what you want...visualize it as if it is already your life...[take inspired action](#)...

But let go of **How** and **When** it will come to you.

The hardest part of attracting what you desire is letting go of the need to figure out how it will come to you.

Let it go...

And when your mind begs you to try to figure it out...

Let it go...

If you try to figure it out, I can guarantee the only thing you will do is psych yourself out!

Let go of how it will happen and KNOW that what you want is already on its way to you and the Law of Attraction will work for you instead of against you.

A final word...

Please don't just read this report...

It won't help you unless you do the exercises.

Let me know how you are doing and how I can help. You can leave me a message on my blog <http://www.lawofattractionkey.com> as a comment (I will respond, I promise) or send me an email at Kristen@lawofattractionkey.com

I am here to help you along your journey!

Go Big!

A handwritten signature in black ink, appearing to read 'Kristen', with a long horizontal flourish extending to the right.

Kristen

8. Resources

- ❖ James Allen, [*As A Man Thinketh*](#), Click here to read this classic for free.

- ❖ [*Law of Attraction Key*](#), Free information and resources focused on Abundant Living Through Inspired Action.

- ❖ Marc Allen, [*The Perfect Life*](#), Shows you step by step how to realize your dreams.

- ❖ Dr. Robert Anthony, [*The Secret of Deliberate Creation*](#), from the acknowledged inspiration behind, [*The Secret*](#).

- ❖ Erik Howard, [*Power Mind Secret*](#), Unleash Your Power Mind in 5 Easy Steps – free resource.

- ❖ Mark Fisher, [*The Instant Millionaire: A Tale of Wisdom and Wealth*](#), An original fable loaded with specific financial advice.

- ❖ Shakti Gawain, [*Creative Visualization*](#), Use the Power of Your Imagination to Create What You Want in Your Life.

- ❖ [*The NEW Message of a Master – The Secret Laws*](#), Click here for a free Secret Preview of the 16 Laws Never Before Revealed in this Timeless Classic.

- ❖ [*The Center for Professional Well Being*](#)

- ❖ [*Wisdom Community*](#)