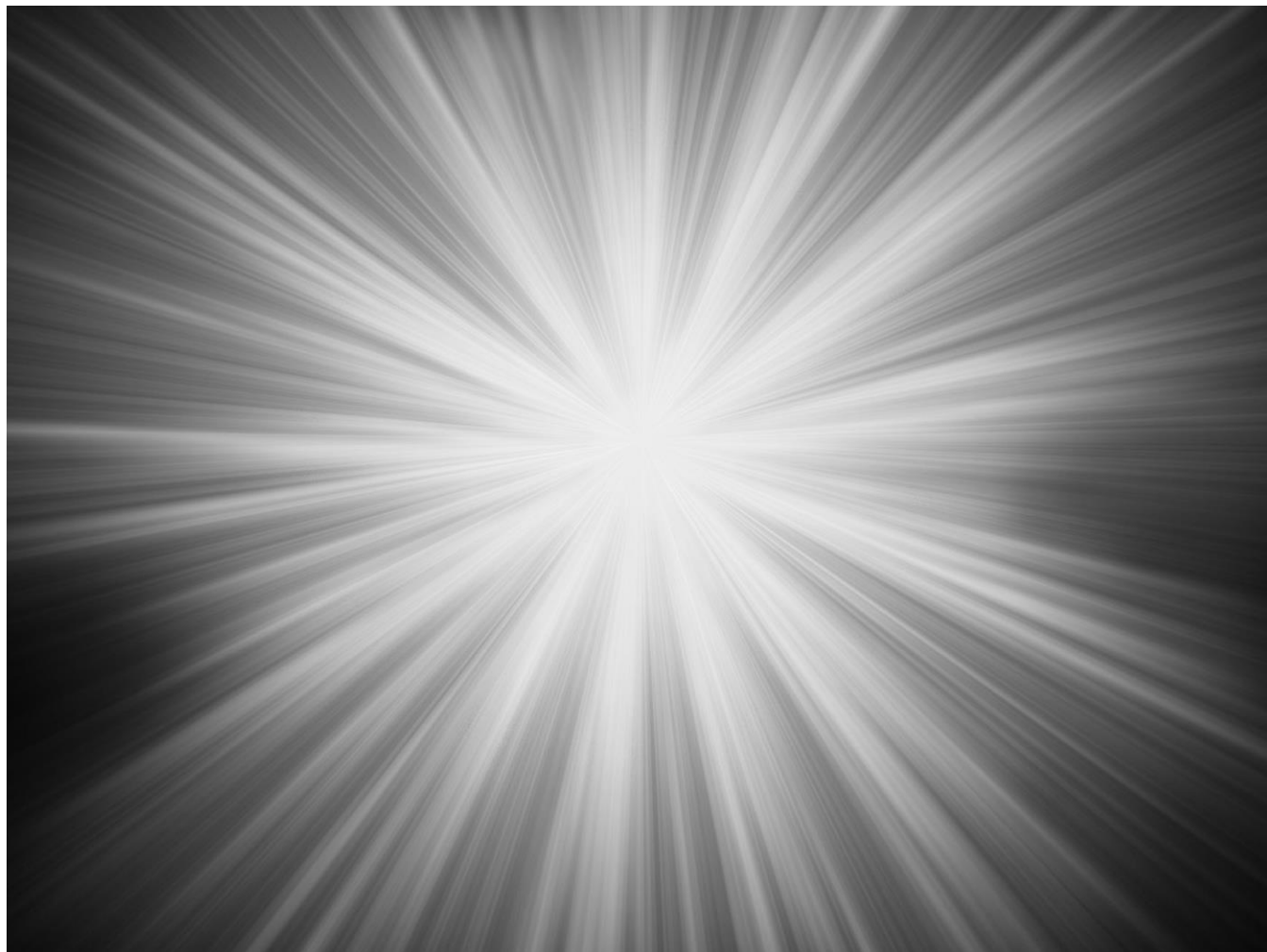


# **4 Crucial Steps to Harness the Power of the Law of Attraction**



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# 4 Crucial Steps to Harness the Power of the Law of Attraction

We all have dreams, goals and ambitions. We all have things we want to accomplish and we all have an idea of who we want to be in life... right?

Sadly, we don't all have a way to get there, because we don't know how... there's so much we don't know.

Usually, we get caught up in our day-to-day lives and we forget the dreams we had when we were still young. We have lost touch with our true inner beings and forgot the ways of how we would go after our dreams and get all we wished for into our lives... as a child...

If we are lucky enough to realize that we live a life of mediocrity, where we shuffle around barely able to get through the day, to make ends meet, pay off our debts and taxes, then we still feel a constant fear...

There is danger in dreaming. There are risks that come from stepping out of our comfort zones and to most of us, the risks are too great! We think constantly: What if I fail? What if I become successful? Or... I'm not good enough, I don't deserve success...

The funny thing is, though, that the risks aren't nearly as big as we think they are.

If you utilize the right knowledge, tools and systems, your chances of success shoot up greatly and you can achieve things you never even considered possible!

The greatest "tool" among these is the **Law of Attraction**.

Maybe you've heard of it. If not, I am here to tell you that it is the single most powerful and effective process that influences your life, whether you are aware of it or not and...whether you want it to influence your life or not!

The Law of Attraction is always at work, invisibly behind the scenes. It influences how our lives unfold, in either a positive or negative way. Most of what comes your way in life is in some way or another a result of this powerful law at work.

So, what is the Law of Attraction? And just as importantly, how can YOU use it to achieve your goals and live the life of your dreams? No matter in which circumstances you are in your life right now...

This report will show you 4 **crucial** ways that you can harness the power of the Law of Attraction in order to get everything you want from life and more beyond your wildest dreams!

Are you ready to start living the way you've always wanted deep inside? Great! Let's get started.

## What is the Law of Attraction?

First and foremost, let's start by briefly defining what the Law of Attraction is.

Basically, the Law of Attraction is a Universal law that states that you attract energy similar to the type of thoughts that you put out into the universe. Just like anything else out there, your thoughts are a vibration of energy and they attract or repel other vibrations of positive and negative energy. So be aware, your thoughts are real forces, that make either positive or negative things happen in your life!

Confused? Let me explain a little more.

Let's say that you want a pair of beige shorts. You begin to walk around and notice that many people are wearing beige shorts, where you never seemed to notice that before. *Maybe they got more popular?* You think to yourself.

Suddenly, you see a sign in the window for beige shorts on sale. They are just barely cheap enough that you can afford them!

Wait, what just happened? Well, you just saw the Law of Attraction at work!

With the Law of Attraction, anything you set your mind to, anything you want badly enough, you will find a way to get.

Now, a couple of thoughts with this realization...

First, if you simply think of something, it may not be enough. You really have to focus and concentrate on these thoughts and amplify them to a level that the universe can really hear you. We will get to how to do that shortly.

Second, this *includes* negative thoughts and feelings. These actually may be even easier to amplify! People get what they think they deserve and if they think they deserve a terrible life, that's what the universe gives them. Notice here that it's their own choice!

It is important to make sure that you are using the Law of Attraction consciously and for your benefit. This means thinking positive, not negative!

Alright, so let's get to the **4 crucial ways** to harness the power of the Law of Attraction!

### 1. **Clearly Identify Your Goals – Your “What”**

The first and most important thing you can do to start harnessing the power of the Law of Attraction is to clearly identify WHAT YOU REALLY WANT TO BE, DO and HAVE in your life and set your goals accordingly.

We all have goals, but most of our goals are vague and lack clarity. We all want to have a nice family, good friends, be in shape, make good money...all of the things that make for a strong and fulfilling life. That's all great, but it's not specific enough!

The point is, we all want them in different ways. Because of this, we all need to get **crystal clear** and write down our personal goals in the finest detail possible and also how we are going to achieve our dreams. So this is where setting clearly defined goals is going to make the difference.

The more specific you are when defining your goals, the stronger the chances will be of achieving your goals simply by sending the right thoughts and energy into the Universe, which activates the power of the Law of Attraction for your benefit. Remember to always be positive and confident. It's a Law and always works, this you have to **believe** to make it work for you!

When you focus on one specific aspect of a larger problem, the answer seems to become more obvious. Instead of trying to solve your life by looking at the bigger picture, instead focus and work on the details until the bigger picture takes shape.

So, what are your goals? What is it that you want more than anything else?

I'd like you to take a moment now to find a pen and a piece of paper. On that piece of paper, begin to brainstorm your goals.

This may include:

- Becoming financially independent
- Losing weight
- Finding a soul mate
- Getting a promotion
- Getting a new car
- Travelling the world
- ...or any other goal

Now, I'd like you to take a look at your list and really evaluate what is important to you. A lot of the things on your list may be important, but figure out what is *really* a priority.

Rearrange your list to reflect how important you find each item. After you've rearranged your list, take the top **two** items on that list.

Let's explore those a little bit. We will get into the "why" in a moment, but for now, let's take those top two goals and develop them a little more.

Let's say the # 1 goal on your list is to lose weight. That's a great goal, but it's also a little vague. To get the necessary detail, you should create some more specific, smaller goals.

These will be the steps you will want to take to achieve your overall goal. Going with the example of losing weight, here are some ideas of smaller goals:

- Cut out processed food
- Stop drinking soda
- Go to the gym at least 3 times a week
- Start jogging
- ...and so on

These bite-sized goals will help you to see your bigger goal as more manageable and simple to accomplish.

Before you know it, you will have accomplished these smaller goals and your main goal will be achieved!

This is the first aspect for creating goals. The other aspect, of course, is activating the Law of Attraction.

Having goals gives your mind something to focus on and with all of your thought-energy focused in one direction like a laser beam, you will begin to attract similar energy.

You will see new opportunities begin to open up where you hadn't seen them before, like a new gym opening up across the street or a sale on fresh veggies at your local supermarket.

It is amazing what kinds of doors begin to open up when you allow the Law of Attraction to work its way for you!

## 2. **Create a Compelling "Why" for Your Goals**

Once you have defined your goals, it is time to define the "Why" of your goals. So, what does this mean? Why a "Why?"

Your "Why" is the **reason** you want to achieve your goals and will serve as motivation and a constant reminder to keep working towards them.

This added focus will help the Law of Attraction to take hold even stronger in your life and will bring you that much closer to reaching your goal!

So, let's take a look at the "Why" behind your goal. We are going to take another look at the example of weight loss and break down why it may be that you want to lose weight.

Remember (and this is important!) that everyone has their own reason why they want to make changes in their lives and no "Why" is less important or significant than any other.

Don't let people tell you that your reason isn't good enough—we all are motivated and driven by different things. Whatever the reason may be, as long as you are making positive changes in your life, it's your reason and yours alone.

So, back to our weight loss example...

Let's say you are getting overweight and you know you need to drop that weight for health reasons. Your uncle just died from heart disease and you really don't want to go down the same path.

This is just as good of a "Why" as any other! Your "Why" for losing weight may be preventive; to keep yourself from facing early death due to a food related illness.

Your “Why” doesn't even have to be that serious, though! You may just want to fit into a sexy swimsuit for summer. Remember, all reasons are valid, as long as you are making positive change.

Keep this reason at the front of your mind and remind yourself daily. When you think of your goals (your “What”) and your reason for that goal (your “Why”), always consider your thoughts as the forces in the background driving them with the help of the Law of Attraction.

This will help to keep you motivated and to keep the Law of Attraction working in your favor.

### **3. Create a Vision Board**

One of the best ways to keep your goals at the front of your mind and to constantly remind yourself of your goals (“What” and “Why”) is to create a vision board.

I find vision boards to be extremely helpful. They motivate me and keep me pushing forward to my dreams, whatever they are. It's crazy how much having a visual representation of your goals in the form of pictures can affect positive change. Simply because our brain thinks in pictures and colors. Just feed the brain what it was designed for and get results. Easy does it.

Vision boards are proven to be extremely effective and they are so easy to make. They take minimal supplies and very little money. Really, they just take a little of your time and a whole lot of your imagination! And most importantly, it's great fun!

This is how to do it: take a goal from your list and break down some of your mini-goals. Think about physical representations of these mini-goals and begin to search for these images online or in magazines.

Now, cut out these representations and arrange them by how important they are to achieving your overall goal.

Begin to arrange these images on your board in whatever way you find the most effective. If your eye is naturally more drawn to the center of the board, put your most important images there. If it's the top of the board, put them there. Take a step back. You now have a vision board!

Now, keep in mind that creating a vision board alone isn't enough to get the Law of Attraction to kick into high gear. Remember it's one of our tools to make sure our thoughts are continuously focused in the most positive way on what we set out to achieve. So, you have to make sure that your vision board is directly visible, in a place where you will see it every day. If we continue with the example of weight loss, you may want to cut out images of people working out, healthy food and images of people in good shape. Customize your board for your specific goals and let the Law of Attraction kick in to help you in achieving them!

**And now... that you have come this far... here's where you get to know the 4<sup>th</sup> and most crucial step to harness the power of the Law of Attraction:**

**The ONE and ONLY SECRET to Easily Attract Incredible and Abundant Wealth In Your Life...**

#### 4. **Clear Your Mind of Negative Thoughts with Best Practices**

The single biggest obstacle standing in your way and keeping you from harnessing the power of the Law of Attraction is **negativity**, or in other words, blocks inside your brain.

Negativity is like a cold—it is easy to catch and can really wear you down. You don't want to become infected with negativity or all of your goals and practices will be dulled and diminish in the Universe, because you are sending conflicting signals! The Law of Attraction still picks up your signals, and if they are negative, they are still forces creating negative results this time. Don't let that ever happen again!

So, getting rid of negativity is easier said than done, right? Actually, it's not that hard. You just need to practice being mindful...always be aware of what you are thinking. If you can do that, it's very easy to change any negative thought for a positive one that keeps you moving in the right direction. Remember, it's always your choice. You are in control! And only YOU are responsible. So make that effort consistently and see what happens.

One of the most comfortable and effective ways to master mindfulness and learn to be aware of yourself and your thoughts is by reading books or listening to audio programs on the Brain, the Mind and by following [proven courses on the Mind and Brain Power](#).

These courses teach you all the techniques you need to know and give you a tested and proven system, a clear method and process to practice and implement the techniques that give you the control over your brain, create true mind power and ultimately your dream life.

**Here is the true secret behind the Law of Attraction...**it's your **BRAIN** and more importantly, the blocks that we all have in our brains. Blocks that have been put in there during our youngest years, when we were absorbing all that happened around us, without being able to protect ourselves and choose independently what we would let into our brain and mind...

And while we were growing up and even now in our adult lives, we are continuously being brainwashed by society with so-called common beliefs and truckloads of negativity. No wonder that the Law of Attraction does not work for the majority of us! We are for over 80% of the time sending negative signals into the Universe and even worse: we are not aware of it!

Thinking too much of the past and worrying about the future cause us most of our stress, which is, besides our negative "programming" as described earlier, where most of our negativity comes from.

Remember, the less negativity in your life, the stronger the Law of Attraction will take hold in your life and make your wildest dreams come true!

[You may be wondering now: how to proceed...?](#) You can do it on your own, but this is the hard way of going for your dreams. It's simple, if we could do it alone, we would already have achieved everything we ever wanted!

Would it not be a better idea to reach out and ask qualified people for help and guidance to get to your dream-life much easier, faster while having much more fun?



If you agree, go to the bottom of this page and click the link to find awesome and crucial guidance on what you just learned in this report.

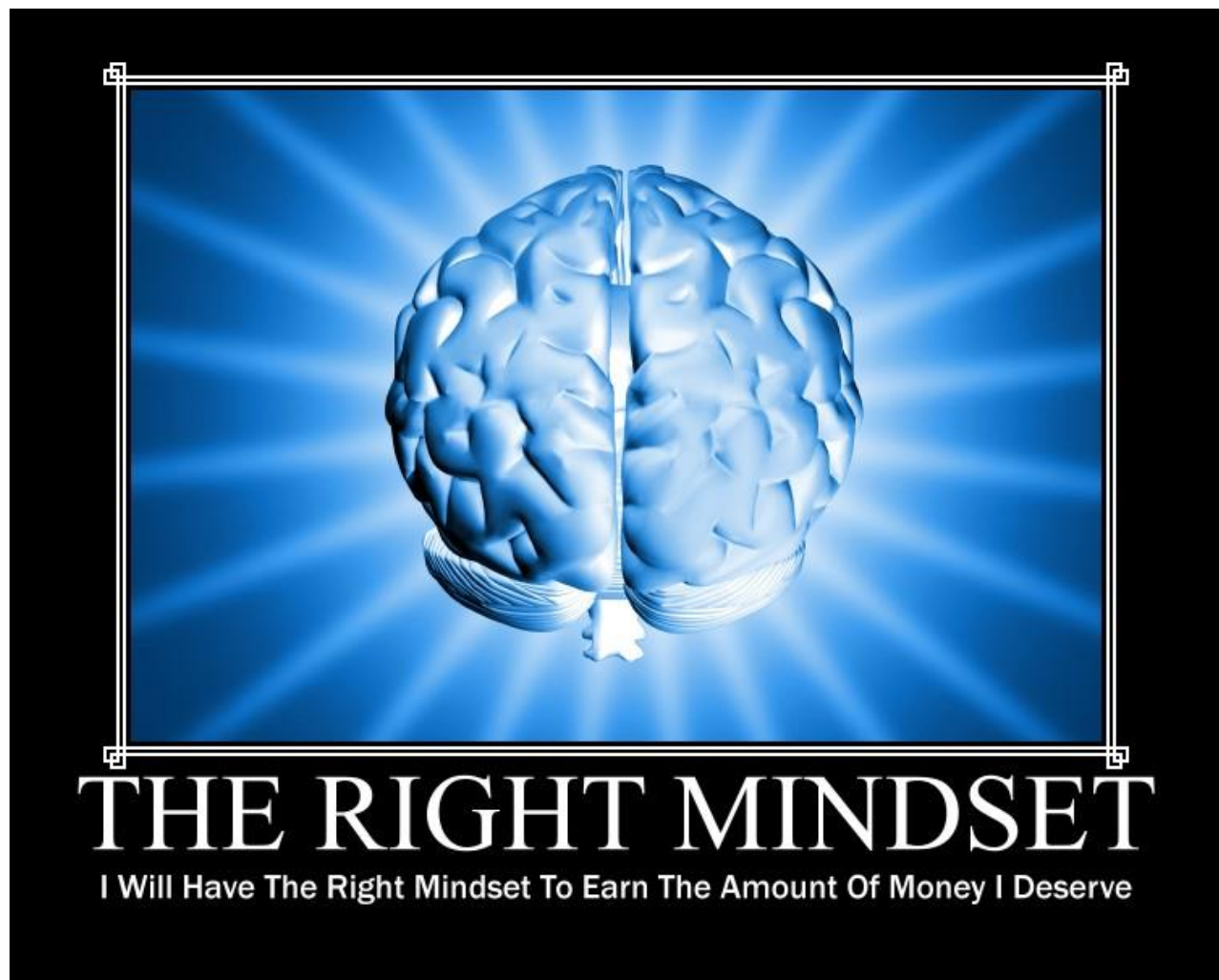
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I look forward to catching up with you soon.

Rik Stegehuis

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