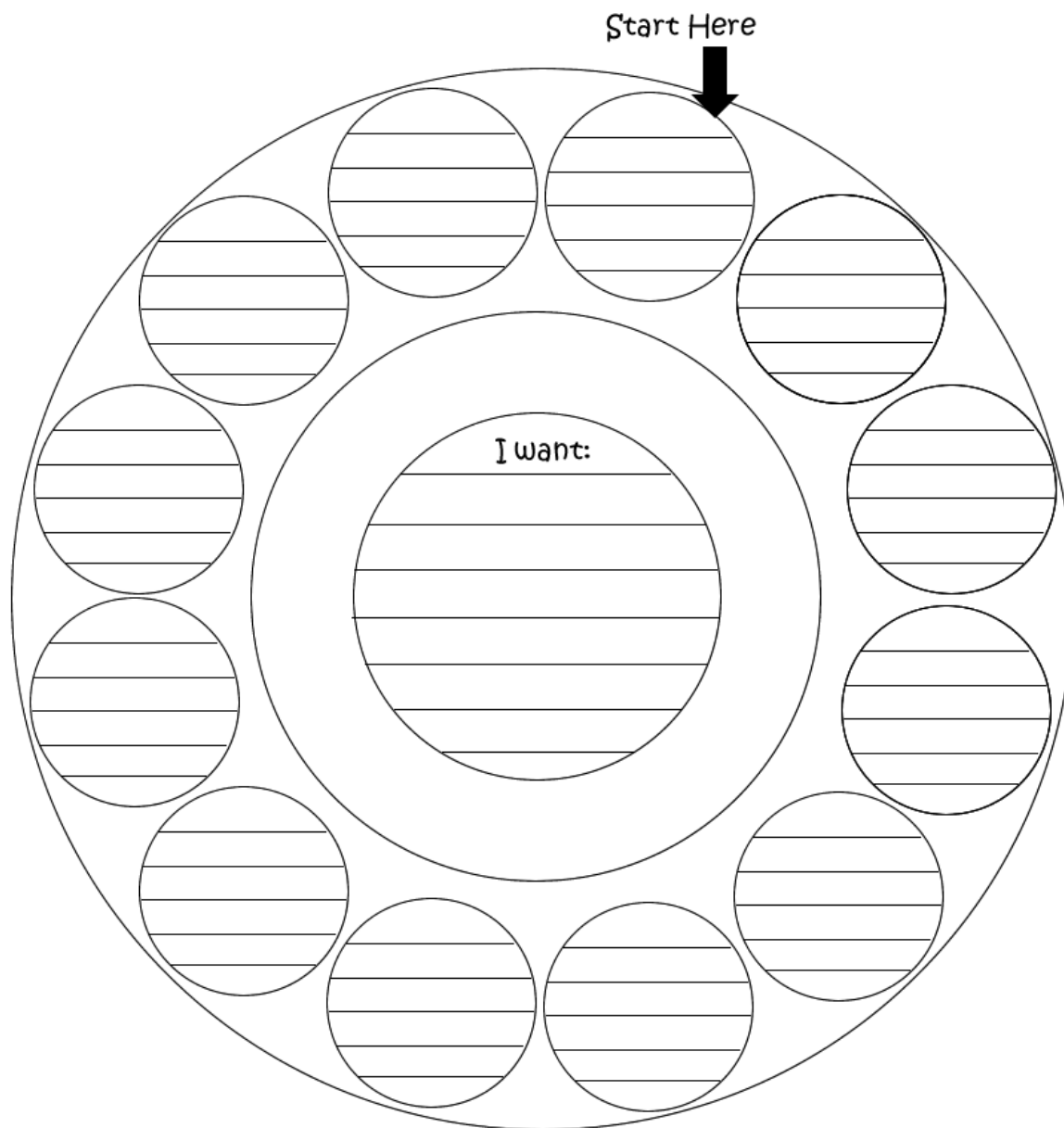


Focus Wheel Process

by Abraham-Hicks



1. Determine what you don't want
2. Based on what you don't want, determine what you do want
3. Write it in the center of the wheel
4. Find a statement that is already true that matches your desire
5. Write it on the top circle
6. Find more statements that are a match to how you already feel and write them down on the remaining 11 positions
7. Write a statement from where you are now vibrationally in the outer-middle circle

Example:

What I don't want: I don't want to be fat
What I do want: I want a lean sexy body

I am figuring it out as I go
I do like this new gym class
I love looking lean
I've lost weight before, I can do it again
I do enjoy healthy food
Etc.