

# Focus Journey

(Based on the Focus Wheel Process by Abraham-Hicks)

What I don't want:

How I feel now:

How good I feel about what I want:

12345678910

(1 = terrible 10 = great)

2

3

4

5

Start Here 1

19

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21

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17

What I do want:

How I feel now:

How good I feel about what I want:

12345678910

(1 = terrible 10 = great)

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