



Ep 8: The Secret, The Magic & The Law of Attraction

What is something in your life now that you once dreamed of? (The home you're living in, a special someone or something...) Hold a deep and renewed sense of appreciation for it in your heart right now. Then write about it below. Begin with 'Thank you so very much for...' and see what flows out.

THANK
YOU

What is something that you'd love to see manifested in your life? Write about it below, adding why you'd love this and how this will make you feel.

Do the same again for something else...



Close your eyes and while focusing on your heart, say the words 'thank you'. Allow anything you're feeling grateful for that's already in your life right now to come into your mind and heart. Keep saying 'thank you' and feeling that energy in your heart for a few moments more. Write down whatever came up for you.



Close your eyes again and while focusing on your heart, say the words 'thank you' for whatever you wrote on the previous page that you'd love to have in your life, as if it's already your reality. Keep saying 'thank you' and feeling that energy in your heart for a few moments more. How did this feel?

Think of your head as having an antenna attached to it. Whatever you are thinking about carries a frequency and you are attracting back whatever you are giving out. What kinds of thoughts and emotions would you like to most love to put out into the world and receive back?





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To find out about my 4-week **High Vibe Journey** programme, go to
www.myprojectme.com/high-vibe-journey

If you haven't yet got the free **Project Me Life Wheel®** head to
www.myprojectme.com

The Project Me book is available on Amazon and all good book sellers.

Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of auto-pilot and consciously creating their lives.

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