

# Law of Attraction For Women In Business



Discover Your Personal Power  
Transform Your Business by Attracting Ideal Clients  
Create an Abundantly Successful Business  
4 Part Google Hangout Series

**Certified Law of Attraction Trainer & Business Coach**



**Dana Smithers**

#1

## Understand How the Law of Attraction *Really* Works

- Learn how the **LAW OF ATTRACTION** really works and why it works 24/7 whether you know it or not
- Find out how to **RESET YOUR VIBE** or **REFRAME** your negative vibrations into high-impact positive ones
- Discover the **3 MOST DEBILITATING WORDS** you need to eliminate from your vocabulary and why
- Understand how **every vibration STARTS with a WORD** and follows a pattern to give you your results



## PART 1

Law of Attraction Definition: \_\_\_\_\_

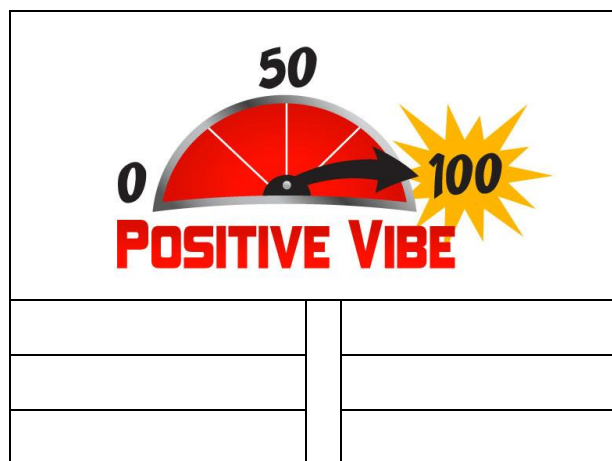
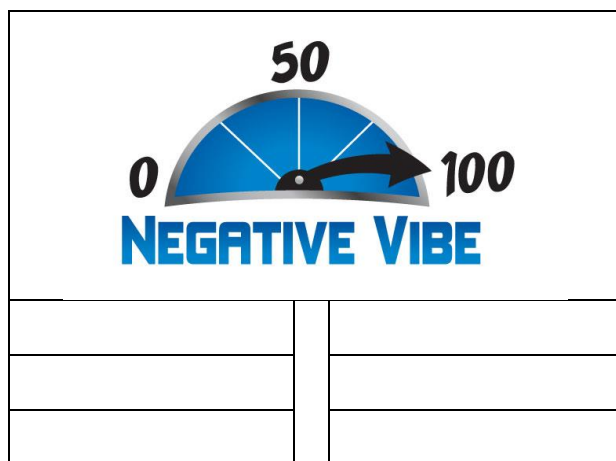
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How does Law of Attraction work?

\_\_\_\_\_ = \_\_\_\_\_  
 \_\_\_\_\_ = \_\_\_\_\_



Job Description for Law of Attraction ... \_\_\_\_\_

At every moment ... \_\_\_\_\_

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## Words / Results Relationship

1	2	3	4

### Reframing Thoughts to Get a Different Result:

No one will ever pay me what I'm worth.

**REFRAME TO POSITIVE:** \_\_\_\_\_

I'll never get all this work done for tomorrow.

**REFRAME TO POSITIVE:** \_\_\_\_\_

**RESET YOUR VIBE** from \_\_\_\_\_ to \_\_\_\_\_

Ask yourself: "So \_\_\_\_\_?"



## 3 Words to Eliminate From Your Vocabulary



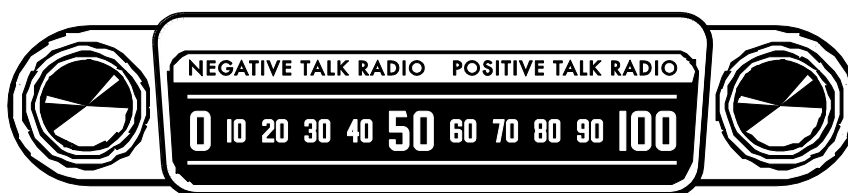

So, \_\_\_\_\_

When the words change ... \_\_\_\_\_

I can only... \_\_\_\_\_

## Relationships

### Relationships and Your Vibrational Meter



The distance between... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can I mind my own vibration?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## ASSIGNMENT – Become More Mindful

- ☐ Start becoming **MINDFUL** of what words you are using and how you feel when you use them.
- ☐ **OBSERVE** what you are attracting and what radio station you are on and what radio stations other people are on.
- ☐ Notice where you hear: **DON'T NOT NO** from yourself and others and try and eliminate these words



- ☐ Observe how many times did you have to **REFRAME** your thoughts to make positive statements
- ☐ Tabulate how many times you hit your **RESET BUTTON** in one day, one week.
- ☐ Be mindful when you go into a space – store, group of people, etc. for the first time what did you notice about the VIBES you felt? If you had been there before what did you notice? Silently ask people to **MIND YOUR OWN VIBRATION!**



## Implement a 3 Step Formula for Deliberate Attraction

- Using a "**CLARITY THROUGH CONTRAST**" process, you will become crystal clear on what you really desire
- Learn why **AFFIRMATIONS** may not be working for you and how to craft more powerful ones instead
- Explore your own '**VIBRATIONAL BUBBLE**' to see what you have in it
- Create your own '**VIBRATIONAL BUSINESS PLAN**'
- Write **DESIRE SCRIPTS** that excite you to create your own Desire Statement

## PART 2

### 3 STEP FORMULA for DELIBERATE ATTRACTION

Step 1:

Tool:

Step 2:

Tool:

Step 3:

Tool:

The speed at which \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The most important part of the formula is \_\_\_\_\_

I don't always get what I want but I always \_\_\_\_\_

\_\_\_\_\_



## Step 1: Identify My Desire - Clarity Through Contrast Worksheet

My Ideal \_\_\_\_\_

Contrast ( <i>what I don't like</i> )	Clarity ( <i>what I do like</i> )
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

When you go from 'what you **don't want**', to 'what you **do want**' the words change. When the words change, the vibration changes and you can only hold **ONE** vibration at a time.

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*When you go from 'what you **don't want**', to 'what you **do want**' the words change. When the words change, the vibration changes and you can only hold **ONE** vibration at a time.*

## Step 2: RAISE MY VIBRATION - GIVE MY DESIRE ATTENTION

### My Vibrational Bubble

<i>Includes</i>	<i>Excludes</i>
	

What am I including? \_\_\_\_\_

What am I excluding? \_\_\_\_\_

## My Vibrational Business Plan

### 1. WHAT I KNOW FOR SURE

--	--	--	--

### 2. WHAT I AM GIVING MY ATTENTION TO

--	--	--	--

### 3. ROOM FOR MORE

--	--	--	--

## Why Your Affirmations ... *May Not Be Working*

Law of Attraction responds \_\_\_\_\_

The words need to be \_\_\_\_\_

The key to making your affirmation work ...

is to **make it true for you.**

A positive affirmation may not feel true and that sends a \_\_\_\_\_

\_\_\_\_\_ which the Law of Attraction responds to.

It must be in alignment with your \_\_\_\_\_.

*You must **BELIEVE IT IS POSSIBLE.***

If a Vision Board/Attraction box

feels good then \_\_\_\_\_!



The correction... \_\_\_\_\_

There is a difference between an **Affirmation** and a **Declarative Statement**.

You can tell the difference by how you \_\_\_\_\_!

## LIMITING BELIEFS

**A BELIEF is a**

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### How to Uncover a Limiting Belief:

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*Limiting belief goes here...*

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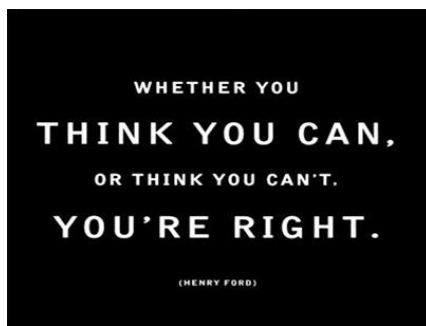
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### How to Change a Limiting Belief:

When you have a 'limiting belief or thought' that is holding you back from attracting what you want, you can change that belief by:

1. Being \_\_\_\_\_
2. Ask yourself \_\_\_\_\_
3. Look for \_\_\_\_\_
4. Find more \_\_\_\_\_



## Desire Statement Scripts

1. *I love knowing that my ideal* \_\_\_\_\_
2. *I'm excited about the thought of* \_\_\_\_\_
3. *I like the idea of* \_\_\_\_\_
4. *I love how it feels when* \_\_\_\_\_

## Desire Statement

*I'm in the process of attracting and allowing*

***My Ideal* \_\_\_\_\_ **to Manifest!****

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

***Law of Attraction is unfolding and orchestrating  
EVERYTHING that I need to DO, KNOW or HAVE ...  
Thank You Thank You Thank You***

## ASSIGNMENT – Step 2 Process for Deliberate Attraction

- ☐ **Identify your Desire** and complete My Ideal \_\_\_\_\_ to work on for this part
- ☐ Complete your '**Clarity through Contrast**' worksheet – you can do this over a few days and try and get up to 50 points. If possible do this with a partner and have them be your scribe and write down what you 'DON'T WANT' and then cross out each of these as you or your partner fill in what you 'DO WANT'
- ☐ Write out what some of your **Limiting Beliefs** are about why you can't have what you want? Beside each one write out 'who' told you that and 'feel' if you still believe it is true.
- ☐ Complete your **Desire Statements** and read them over to see if you believe what you have written. If it doesn't feel right then revisit what you have written and rework it until it does feel right. Trust your 'gut'!
- ☐ Create your own **Vibrational Business Plan**.





## Allow Your Desires to Manifest

*(The most important step and one that "The Secret" missed out on....)*

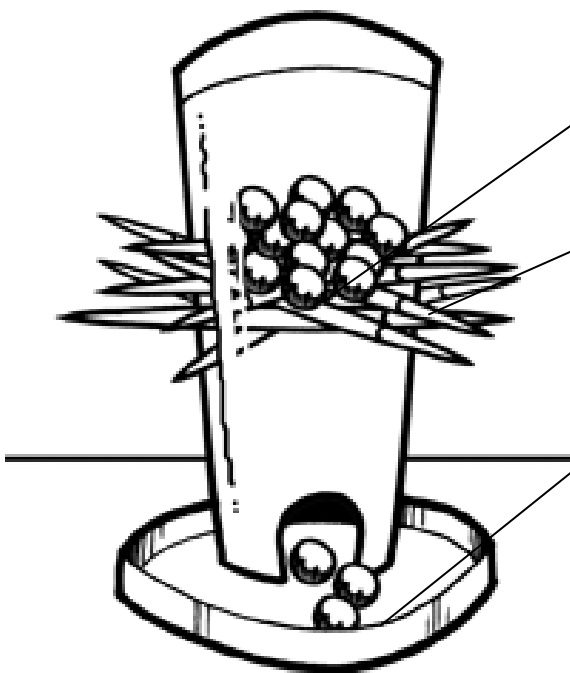
- Find out what '**ALLOWING**' really means and how to use it for manifesting
- Learn about the **3 EQUATIONS** that help you understand 'Allowing'
- Discover the **KERPLUNK GAME** to aid in understanding how to manifest more quickly
- Learn specific '**ALLOWING TOOLS + STATEMENTS**' that you can use to remove doubt and easily manifest
- Understand how the '**ACTION CYCLE**' plays a role in manifesting your desires

## Step 3: ALLOWING

What is Allowing? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Three Equations to Help Understand Allowing

1. \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_
2. \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_
3. \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_



1.

2.

3.

1. Does having strong desire make it come faster? \_\_\_\_\_

2. Does all the resistance need to be removed to manifest?

\_\_\_\_\_

## Tools to Help You Allow - Allowing Tools

### Allowing Statement Scripts

1. *Is there anyone on the planet having or doing what you want now?*
2. *If so, how many today, yesterday, tomorrow, next week, etc.*

*Make it believable & Exclude reference to yourself (use others, they, someone, etc)*

### Allowing Statements

1. \_\_\_\_\_
2. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

The best way to \_\_\_\_\_ is to:

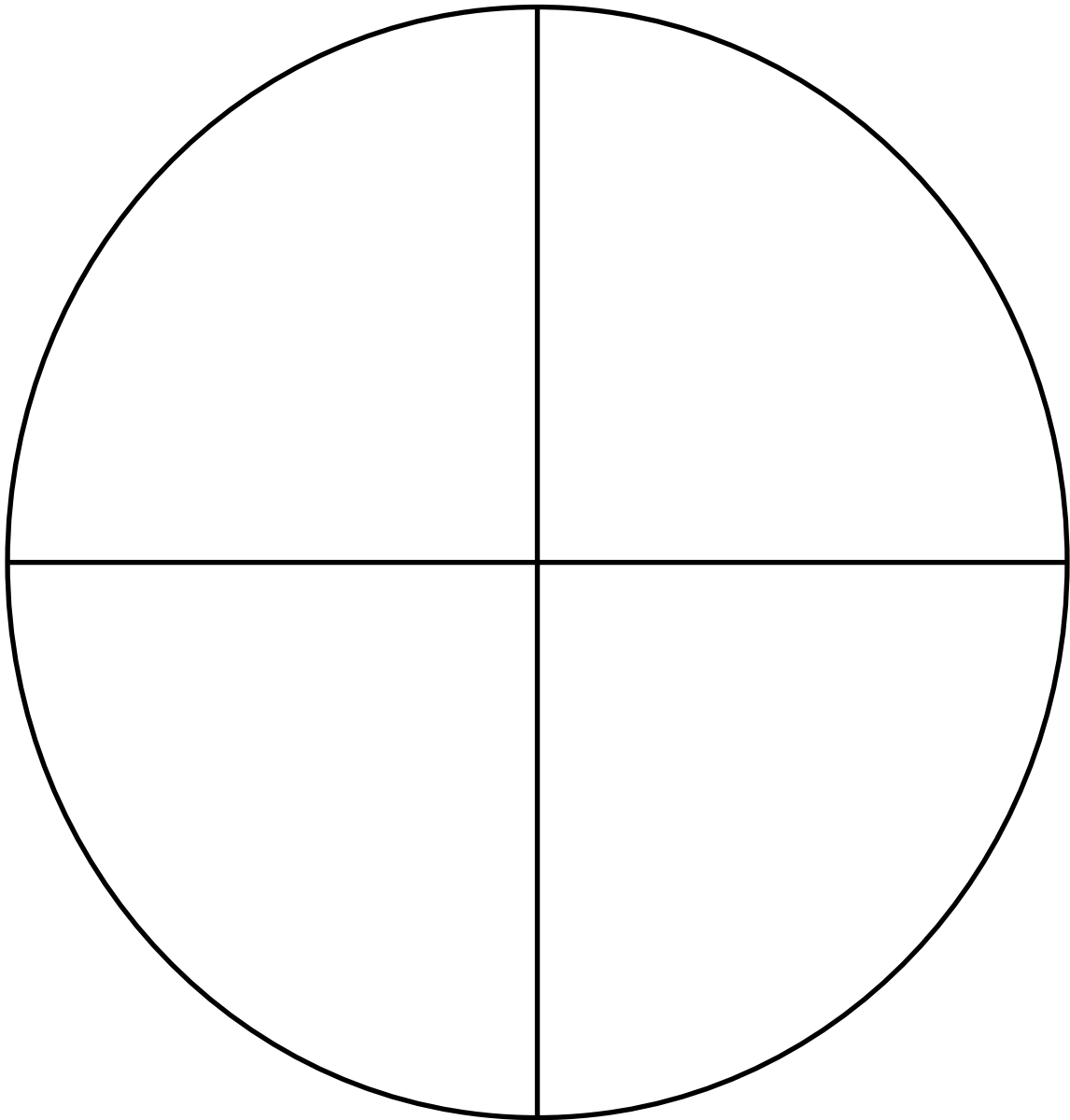
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. Say " \_\_\_\_\_ "

\_\_\_\_\_

## Moving Into ACTION

Only move into ACTION when \_\_\_\_\_

## The ACTION CYCLE



## ASSIGNMENT – Allowing for Deliberate Attraction

- ☐ Complete your **Allowing Statements** so they work for you
- ☐ Think of ways that you can **Celebrate** the ***closeness of the match***
- ☐ What have you noticed you have been **attracting** lately?
- ☐ What steps are you going to take when you move into **ACTION**?
- ☐ How did you do with eliminating or at least noticing where you used **'DON'T NOT NO'**?
- ☐ How is your **RESET VIBE BUTTON** working for you?

## #4

## How to Attract More Overall Abundance + Review Time

- **Review the key tools and techniques** that you have learned and share **what you have discovered** when you apply them
- Discover how to attract more overall **ABUNDANCE** in your life
- Learn how to use **EFT (Emotional Freedom Technique)** to help lessen your doubt any time a negative belief continues to stress you and throw you off manifesting what you really want
- Write a **future vision** for what you would like you like to be like using the '**Wouldn't It Be Nice If**' technique

And during this call you can ask me any questions about how the Law of Attraction works in my life and what I am still discovering...

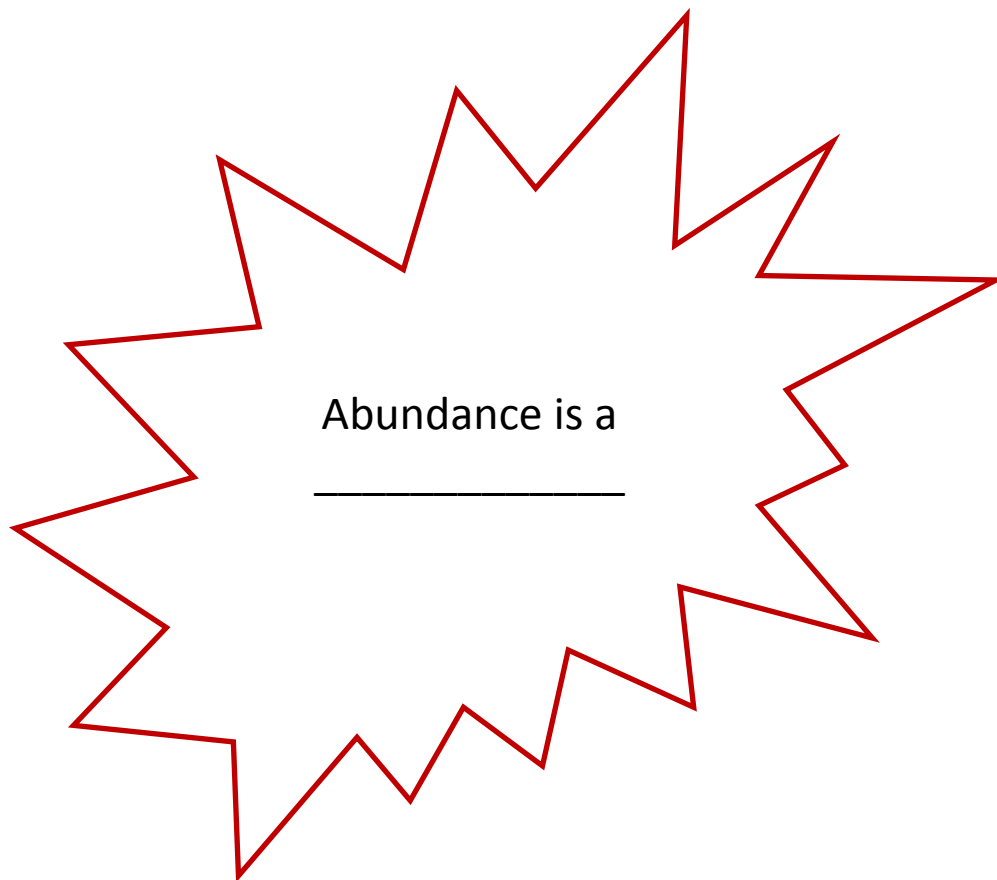
## ABUNDANCE

“Am I ever \_\_\_\_\_!”

Whatever you are getting is \_\_\_\_\_

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Dana's Quote:

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# ABUNDANCE JOURNAL

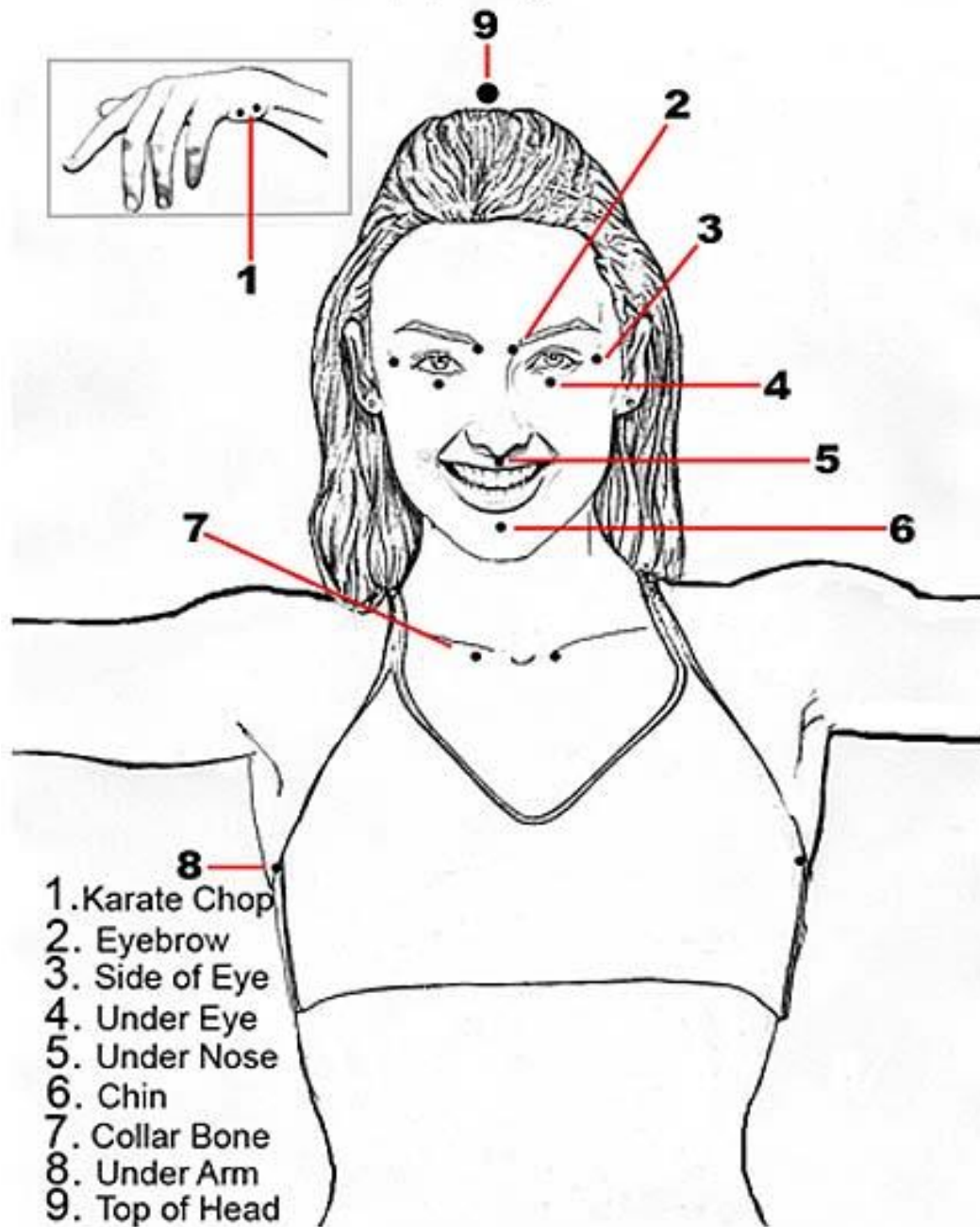
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## EFT - Emotional Freedom Technique

Tap OUT the Resistance – Tap IN the energy you want to have

### EFT Tapping Points



Dana Smithers - Law of Attraction Business Abundance Series Handouts©

[www.EmpoweredWomenInBusiness.com](http://www.EmpoweredWomenInBusiness.com) 604 836 7174 Toll Free: 1 800 590 4185

Based on Michael Losier's Book – The Law of Attraction

## The EFT Tapping Procedure — The "EFT Basic Recipe"

1. **State what the situation or memory is that you would like to lessen the energy around.**

Examples:

- a. My best client \_\_\_\_\_
- b. I'm afraid of \_\_\_\_\_
- c. I have a \_\_\_\_\_
- d. I'm feeling \_\_\_\_\_

2. **Rate the Pain or Intensity Level**

\_\_\_\_\_ is low      \_\_\_\_\_ is high

3. **Perform the Set-up Affirmation**

Fill in the blank and repeat

***"Even though \_\_\_\_\_, I deeply and profoundly love and accept myself."***

4. **Start tapping at your \_\_\_\_\_**

Continue through all \_\_\_\_\_ points

EFT Tapping Sequence – tap \_\_\_\_\_ times at each point

Perform the sequence \_\_\_\_\_ times as you \_\_\_\_\_ through all points to feel better."

5. **Rate the Pain or Intensity Level Now**

Now I feel the energy is at about \_\_\_\_\_

## WOULDN'T IT BE NICE IF...

**Just let your thoughts flow and keep saying 'wouldn't it be nice if'  
imagining that you have manifested what you want....**

[illegible]

## ASSIGNMENT – Using EFT to Change Energy Around Limiting Beliefs

- ☐ Review the **Abundance** diagram and add your ideas of what abundance is to you.
- ☐ Find an attractive looking **JOURNAL** to start recording all the **Evidence of Abundance** that you have in your life as you become a 'Proof Seeker'. Print off the Abundance Journal form if you like or chose a way that allows you to express all the Abundance that you see around you – and that you are attracting. Expressing GRATITUDE is the key!
- ☐ Practice using **EFT** whenever something comes up from you that is holding you back or making you feel less than capable of what you know you can do
- ☐ Take about 60 seconds and write out everything you can think of after you say “**Wouldn't it be nice if....**”