

*Living the Law of Attraction...*

*4 Steps to Creating the Life you Desire...*

# 4 Steps to Creating the Life You Desire

A guide by Ellie Walsh

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# *Living the Law of Attraction...*

## *4 Steps to Creating the Life you Desire...*

### **Introduction**

**The life you are living right now today – is the life you have created**

Some of you are living much of what you want – so those words will be soothing to you....

Some of you are already really annoyed with me! You might be thinking – is she crazy I certainly did not want my life to be looking like it is.....

And some of you are kind of in-between – thinking well my life is OK but there is lots more that I want.....

Either way – look at your life – and be aware that you have created it. Don't be mad if your creations don't look like you want them to.... **The first step here is to realize your Power!**

I know if you have things in your life that you don't want – you certainly did not create that discord on purpose – nevertheless – we all create our lives by our vibrations...

**Our thoughts create our vibrations.... Emotions – feelings... is our indicator of the type of vibrations we are creating....**

We have anywhere from 50,000 to 70,000 thoughts per day! Most of those thoughts are repetitive – and we aren't very aware of them.... . They are random thoughts – old thoughts – they are playing in the background like old worn out tapes!

If you are living the life of your dreams – then I would say your thoughts are serving you well.... But – if the life of your dreams has eluded you – you can know it is because of those thoughts running around in your head.... They aren't serving you well –

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The 4 Steps to Creating the Life you Desire will show you...how to change those thoughts – how to reprogram your thoughts into thoughts that serve your dreams. Thoughts that make you feel good – thoughts that will deliver to you the life of your dreams!

If you follow these steps for 30 days – I know you will have a shift in your vibration. So – go get yourself a notebook..... and **Let's Get Started.....**

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### Step 1: Embrace & Exclaim Your Power

**The first step is recognizing and embracing your power. You are an extremely powerful being – your thoughts are creating your life.... It is time to understand and embrace that power.**

**So – Look at your life - Embrace and Exclaim – I Created This!!**

Yes look at it all:

- The good things – You Created those!
- The not so good things – You Created those!
- The absolutely crappy things – You Created those!

The not so good things and the down right crappy things – the only reason they have appeared is because you did not understand how you create. So step back a little – try to be objective and look at those things – even though they may be crappy – you have to admit – you must be a powerful being to have created these!

Yes – go ahead and laugh at them!! Laugh because now you see how powerful you are and now you will be able to direct this power into the Life You Desire!!

*"There are no mistakes.....only Discoveries!" ~ Ellie Walsh*

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Embrace and Exclaim your creations everyday – When you get that perfect parking spot – Claim your Creation! When you spill coffee on your desk – claim that creation!

↩ Claim your power everyday – record them in your notebook -- as you do this – you will become more aware of how powerful you are.

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### Step 2: Appreciate

**Right now... where ever you are – look around you and find something to appreciate.**

You might be able to appreciate your entire surroundings – or you might be in a place that you aren't so thrilled with... But there is something or lots of things right now in your environment to appreciate ...

So do it – appreciate the color – or the smell – or the scenery – or the person – whatever – Write it down –

All day long you can appreciate....

- ✓ people
- ✓ situations
- ✓ scenery
- ✓ things

Jot these things down on a daily basis ---

Stretch yourself – look for more and more things to appreciate....

If you don't like a co-worker – is there anything about that person that you could appreciate? Maybe you appreciate that they don't interact with you often – That's good write it down!

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When you look at anything that you don't like – look for something within that to appreciate.

↩ The more you appreciate – the more you will find to appreciate.... You are now laying the groundwork for those 70,000 thoughts that run around in your head.... You are making new thoughts – thoughts that will serve you....

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### Step 3: Feel Good

**“The most important thing for today is that I Feel Good!”**

➤ Write that down --- Say it out loud!

Your feelings are the indicator of your vibrations – whatever you are feeling – that is the vibration you are emitting to the Universe. Law of Attraction – “Like attract Like” – is responding to your vibrations – not your words – your vibrations!

So if you are emitting vibrations of anger –  
LOA will bring to you more things that cause anger...

If you are emitting vibrations of appreciation of feeling good –  
LOA will bring you more things that give you good feelings.....

***It really is that Simple!***

The first thing to do every morning when you open your eyes is to make that statement...

**“The most important thing for today is that I Feel Good!”**

Say – Think – Believe it – OK if you don't believe it – Say it enough until you do!

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Write it down in your notebook – put it on sticky notes and place them everywhere... On your refrigerator – your mirror – your computer – your car dashboard – everywhere!

*"I don't need a  
reason to be  
Happy.....  
Happy is a  
Lifestyle" ~  
Ellie Walsh*

*How can I feel good when crappy things go on during the day?*

That statement is going to diffuse those crappy things. Remember – you create your life – you embrace that and exclaim that –

So when something happens that annoys you – you need to make that statement – “the most important thing for today is that I Feel Good – OK this isn’t a big deal – somehow I created this – even though so and so got in my way ... Ohhh OK – I guess I created that too. I don’t need to get upset about this – it isn’t a big deal – I can deal with this and still Feel Good!”

Isn’t that true? If you have to deal with a bad situation who says you have to be in a bad mood while you deal with it? And isn’t true – if you were able to diffuse your feelings around it – wouldn’t you be able to handle the situation much better?!

That statement is Gold ... **“The most important thing for today is that I Feel Good!”**

Put that one on sticky notes too!

Now I know – your mate thinks the most important thing is that you make sure she/he feels good – Your boss wants you to remember the most important thing is that he/she feels good – so does your mother – your friends – your neighbor.....

As a matter of fact – You might even believe it is your job to make these other people feel good... Well it isn’t!!

Feeling Good is an inside job! It is up to each and every one of us.... And when we feel good – that means we are having thoughts that resonate with us and we send off signals / vibrations of “feel good” and the Universe – Law of Attraction – then brings us situations to match those signals!!

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If you get nothing else out of this book – get that statement –  
**“The most important thing for today is that I Feel Good!”**

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### Step 4: What Do You Want?

**Start thinking, writing, talking about the things you want....  
the things you desire...**

Do you want:

- More money?
- A loving relationship?
- A new house?
- A new career?

Write these down in your notebook – you can be general or specific. There are some things that you probably know exactly what you want. Maybe it's a new red C Class Sport Mercedes. Go ahead and write it down....

Other things you might not be so sure of.....

Many time people say – “I don't really know what I want” – That is fairly common for 2 reasons;

- 1) We stopped thinking about what we wanted – because it hurt too much when we didn't get it.
- 2) We are afraid to get too specific about what we want – because what if we change our minds?

Let me reassure you – everyday you know – whether you are aware of it or not – what you want – because you know what you don't want! So – if you find yourself short on money – you want more money!

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You may not like your job – which means you want a different job – but right now you might not know exactly what type job you are wanting....

We don't need to be so specific at this time – what is important is when you write what you want you write it in the appreciation / excited mode.....

- I am appreciating that a new career is on its way to me.
- I'm thrilled that a new car is on its way to me.
- I am excited that a new red C Class Sports Mercedes is on its way to me....

When you do this – if you start to get those voices in your head that tell you this is never going to happen .....

Here is an easier way to go about this –

First realize the Universe absolutely knows what you want – it hears your desires everyday. It knows exactly what you desire on every subject in your life.....

So any topic that starts your committee members rambling about how you can't get it....

Write this instead.....

- "I am thrilled that the Universe is delivering to me all of my desires"

As the days go by – you will change these things – you'll amend some of them – you'll add to the list – and as things are happening you will be able to cross some things off your list – because they will have manifested for you! 😊

While writing this list – you must remember all of the above steps – your Power – Appreciating, Feeling Good – the list needs to incorporate these.

That's it..... I could end here – as it really is that easy. If you do this everyday for the next 30 days you will be amazed at how your life will change.

**Yes that easy and that quickly!**

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Do these simple steps first thing in the morning – as you open your eyes – declare step 3 – that the most important thing for this day is that you feel good! Then start appreciating everything you can throughout your day. Recognize all your creations and claim your power!

If you are determined to have this work for you – you will raise your awareness level. You will start to notice things to appreciate that you never even gave a second thought to.

You will find yourself in a better mood day by day. Your co-workers might not recognize you – your friends and family might think you went cookoo!

As the days go by you will even appreciate it when someone cuts you off in traffic! How can I say that? Well I remember it happening to me – I got cut off – I started to get annoyed but since my awareness level was so tuned into my power and appreciation – instead of staying annoyed I chuckled – I said out loud – OK – I created this then I told that driver that I appreciated that at least they didn't hit me.... And then I was laughing!

When you get sidetracked – don't make a big deal about – Just remind yourself – Oh I must have forgotten – the most important thing for this day is that I feel good!

*But what if I have to do something I don't like to do?*

Hmmm well since the most important thing for the day is to feel good – you will have to find a way to appreciate what you are doing. Sound hard? It isn't – just appreciate that once you get it done – it will be done!

Don't complicate this – Keep it very simple –

- Decide that the most important thing is to **Feel Good**.
- Find things to **Appreciate** everywhere you look.
- Acknowledge your **Personal Power**.
- Write your **Desires**.

*"I don't need to know how or when....I just need to Know"  
~ Ellie Walsh*

There is one flaw with this method – no it isn't with the method – it is with us humans! Humans have such a tendency to complicate things – we have some crazy belief that if it isn't difficult to do – if it doesn't make us uncomfortable – then it probably doesn't work.....

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As Abraham says – “If it feels good – it is good and if it feels bad – it is bad” Living life is not supposed to be difficult! Someone made that up – with those crazy sayings like – no pain – no gain – that is absurd!

I’ve done both – I tried the hard, gut wrenching pain methods – and I got very little gain. Truthfully the only thing I got out of it was feeling worse about myself because then I thought I can’t even make my life better!

When my life partner suddenly transitioned – I was desperate to feel better. I had just started to learn about Abraham and the Law of Attraction. So I used this simple method – I declared the most important thing was to feel good and I constantly looked for things to appreciate.

Was it easy? Well – I can say it didn’t come naturally to me – especially in that situation – but I stayed with it – and my life changed dramatically!

What do you have to lose? Do this for 30 days – First thing in the morning make your feel good declaration, exclaim your power and then look around and appreciate.

Get those sticky notes – Feel Good - Appreciate – Power – Desires. Put them on your computer, your mirrors, your refrigerator, your TV, the dashboard of your car, in your wallet, in your drawers, on your nightstand.....

OK, friend, try it for 30 days – and let me know what transpires.....

If you have questions / comments – visit me at the website – <http://LivingTheLawOfAttraction.com> - you can place your questions within any of the articles I post or contact me at the contact page. I will respond.....



Ellie Walsh is an LOA Coach in upstate New York who helps clients understand and utilize the Law of Attraction in their daily lives. She is also the founder of the website Living the Law of Attraction, which is updated often with useful tips and information on using LOA. To contact Ellie or to sign up for “LOA Tips & News” visit the website – <http://LivingTheLawOfAttraction.com>

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