

- If you generally demonstrate a positive attitude and your actions follow, you'll get mostly positive results in return.
- First, you need to believe that you can achieve anything.
- You need to visualize what you want, and then you need to think and act as if you already have that in your life.
- Another principle is believing that you deserve what you want.
- Another major principle of the Law of Attraction is to keep yourself open to the universe. Maybe what you want isn't happening because there's a better path for you.
- Dr. Wayne Dyer, a famous self-help professional who believed strongly in the Law of Attraction, always recommended visualization practices at night, right before you fall asleep. When you drift off into the unconscious while images of what you are reaching for alive in your mind, you can connect what you want to what you have. You'll intend your goals into existence.
- Reciting affirmations is another way to apply the Law of Attraction to your life. Saying things out loud have a dramatic impact on your mental health and what you're putting out into the universe.
- Journaling can be an effective exercise when it comes to applying the Law of Attraction.
- Practice switching the negative to the positive.
- Create an environment that bends towards positive energy instead of negative energy. The Law of Attraction will be easy to apply when you make a conscious effort to avoid any and all negativity.
- Create a routine that helps you apply the Law of Attraction Meditate and visualize your success at the same time every day. Write in your journal, start your day with a walk so you can center yourself, and avoid people you know will breathe negative energy into your day. Stick to the routine and trust it.
- Put together a vision board to help you manifest what you want This could be a collage of images that reflect what you want, or a series of written affirmations that you post.
- Finally, resist doubt and fear Release it and turn it around as soon as you feel it approaching. Author Elizabeth Gilbert likes to imagine a harbor in her mind. When she senses negativity or doubt approaching, she sees those feelings as boats coming into the harbor. In her mind, she turns them around and forces them out of her harbor.
- “When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you.”
— Shannon L. Alder
- The Law of Attraction is all about positive thinking.
- Ask for What You Want

- Write it Down One way you can make sure to send out good vibes for the things you want is to write them all down. Think of this as setting a goal. Put the “goal” down on a piece of paper and put it somewhere you can look at on a regular basis. Each time you see this paper, spend a few minutes thinking about the things you want, and soon the universe will hear you.

- “What you feel about another person, what you think or say about another person, what you do to another person – you do to you. Give judgment and criticism and you give it to yourself. Give love and appreciation to another person or anything, and you give it to yourself.” — Rhonda Byrne, The Power