



# WHAT IS A FOCUS WHEEL?

THE FOCUS WHEEL IS A SELF-DISCOVERY TOOL. BUT RATHER THAN JUST TEACHING YOU SOMETHING ABOUT YOURSELF, IT UTILIZES THE LAW OF ATTRACTION TO TRANSFORM ANY NEGATIVE FEELINGS.

THE WHEEL CONSISTS OF A CIRCLE DIVIDED INTO 12 EQUAL PARTS. EACH PART IS MEANT TO GROW POSITIVE FEELINGS.

AT THE CENTER OF THE FOCUS WHEEL, YOU WRITE THE GOAL YOU'RE TRYING TO ACHIEVE.

## SET AN INTENTION

WHAT ARE SOME WAYS WE CAN DO THIS?

WRITE DOWN OUR INTENTION IN CLEAR AND PRESENT-TENSE LANGUAGE, SO YOU WRITE IT LIKE YOU ALREADY HAVE IT.

CONNECT WITH HOW THE INTENTION FEELS AND CULTIVATE THAT FEELING, WRITE AS MUCH DESCRIPTION AS YOU POSSIBLY CAN.

CREATE AN IMAGE OF YOUR INTENTION TO HELP GUIDE YOU, YOU GO TO REALLY FOCUS.

LOOK FOR THOUGHTS, FEELINGS, AND EXPERIENCES THAT SUPPORT OUR INTENTION.

THE FOCUS WHEEL CAN HELP YOU DISCOVER THE QUALITIES IN YOURSELF THAT WILL ATTRACT POSITIVE OUTCOMES IN EACH AREA OF YOUR LIFE.

BELOW IS A SAMPLE OF A FOCUS WHEEL OF SOMEONE WANTING TO LOSE WEIGHT.

IN THE CENTRE CIRCLE IS EXACTLY HOW THEY FEEL AND WHAT THEY LOOK LIKE

"I AM SO HAPPY IM THIS SIZE, MY WHITE JEANS FEEL FABULOUS, I LOOK GREAT

THEN AROUND THE CIRCLE YOU WRITE ALL THE TIMES YOU HAVE FELT LIKE THIS SO FOR INSTANCE.

THE DAY I WENT THE RACES IN MY LEMON SUIT

THE ORANGE ALL IN ONE I WORE FOR MY SISTERS WEDDING

BATHING IN THE SEA IN MY BLUE COSTUME

YOU GET IT ..... NOW ITS YOUR TURN, CLICK ON ANY OF THE FOCUS WHEEL SHEETS AND MANIFEST YOUR PERFECT LIFE.