



# Deanna Frazier tips

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## Attraction Principles That Work

Hello, Everyone!

Several years ago in one of my Attraction Principles workshops at CoachU my assignment was to identify a time when I was in flow. (Flow is when you are so passionate about the task at hand that you lose track of time.) I was to put myself into that time and space again and experience what was happening to me then. Then I was to create an anchor which is an affirmation you will remember such as: a body movement like squeezing your hand, pulling on a finger, or something that you can do or say that will put you back into the state of flow.

After doing the assignments I discovered that my life theme would be "Effortless Abundance." Every time I find that there is chaos or things not going smoothly I realize that the flow has stopped and I immediately remember the theme that I created. I began to post notes all over the house and use "Effortless Abundance" as a mantra throughout the day.

I just had a birthday a few weeks ago (guess which one?) and find that birthdays are a great time to rejuvenate my life theme. Take charge of finding passion in your life by creating your own life theme today!

### ***Creating a Theme for Your Life***

Creating a theme for your life comes from a process of looking forward and then looking backwards. This will ATTRACT to you what you want in business, relationships and all of your life. Here are 9 steps to creating a theme for your life.

**Write a list of everything that you achieved in the last year.** Include everything, no matter how big or small, in all areas of your life such as: your relationship(s), your work, your home life and especially things that you did for others in your life. Many times the theme that we want for our lives appears in patterns in our lives that we are unaware of.

**What would you like to add to your life this year?.** When I coach clients I ask them: "Would you like to spend more time with your children, allow more time for your relationship, be a more dedicated employee or learn a new skill?".

**Are there any issues from last year that you would like to change this year?** Some examples may be spending less time listening to or spreading gossip, cutting down on involvement with committees, watching less TV or living with less stress!.

**Choose a word that would best describe what it is that you would like to BE this year.** Some words that may help you include: To BE more - ***Peaceful, Successful, Happy, Tranquil, Loving, Kind, Generous of Spirit, or Joyful***. As you are writing, say the word over and over to yourself. Choose a word that would best describe the theme by which you want to live your life?

**How can you incorporate that theme into all areas of your life?** Relationships, children, work, finances, family, your health and your body. Take each section of your life and ask yourself what's one step you to can take to create your theme in that area..

**Is there anything about yourself that you would like to change?** This is not about personality, this is about beliefs or habits that you would like to change - would like to be more confident, less critical, have a better work ethic, to listen more, or to become more spiritual? Try and choose one that you can work on.

**What will you no longer accept from others in your life?** In order to BE truly you, you may have to look at some relationships in your life that stop you from achieving that - whether it is feelings of guilt from family, obligations from co-workers, or negative statements from others. Again, choose just one where you can take back some power into your life. Take one step at a time.

**What is one extra thing that you would like to include in your life this year?** These are not earth shattering changes. But just one or two things that you feel that you could add to your life that would make a difference such as: to read more novels, spend more time with friends or family, remember birthdays or to send thank you notes.

**What would you like to achieve this year?** My presentation called The Art of Attracting What You Want reveals this information in a fun way! What steps do you need to take to make this theme a reality?

### Contact Deanna Frazier For Speaking and Coaching!

Deanna Frazer will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.