

A sunset over a body of water. The sky is filled with horizontal bands of color, ranging from light blue at the top to deep orange and red near the horizon. The water below is dark and textured. A solid teal band is overlaid at the bottom of the image, containing the text.

# Milk the feeling

Worksheet

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Universal law holds that the quickest way to create your dreams is to start **feeling** like they are already yours. This worksheet will help you cultivate the feeling of having your desires.

**Step One:** Think of something you deeply desire. It could be more abundance, a soulmate, a change of career, travel, fitter body or new friends.

**Step Two:** How would it FEEL to have what you dream of? What emotions will you feel when you experience it? Think of as many as you can.

**Step Three:** Choose four positive emotions that you are looking forward to experiencing after you have your manifestation, and list them in the boxes below. For example: abundant, fulfilled, free, beautiful, adventurous, creative, generous, of service, playful, wise, loving.

**Step Four:** Describe 3 examples from any other part of your life, past memory, or situation where you have EXPERIENCED that emotion. See *the examples on the last page*.

**Step Five:** Print out your list and use it whenever you need help getting into the “feeling” of already having your desires. For example, you could read it before bed, or use it before sitting down to do a visualisation exercise.

**MY DESIRE IS....**

**POSITIVE EMOTION:**

DESCRIBE 3 examples from your life or past of FEELING this emotion:

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## Milk the feeling: example

**I desire:** To be a successful life coach working on a laptop anywhere in the world.

**Positive emotions I would feel:** Freedom, Helpful, Adventurous, Abundant.

### POSITIVE EMOTION: ABUNDANT

DESCRIBE 3 examples from your life or past of FEELING this emotion:

Waking up at that beautiful hotel with the fresh sheets and ocean view...

Toasting champagne with my lover to celebrate the New Year...

### POSITIVE EMOTION: FREEDOM

DESCRIBE 3 examples from your life or past of FEELING this emotion:

Working on my laptop at a cafe in Newtown with a cappuccino...

When I do yoga and read in the park on a Sunday with no time limits...

### POSITIVE EMOTION: HELPFUL

DESCRIBE 3 examples from your life or past of FEELING this emotion:

Supporting my friend Julia through her breakup and how much it helped her...

Sharing a helpful story or quote to my peers in philosophy class...