

Zoe's Conscious Creation Checklist

- ☞ Conscious creation is a way of life. You must embrace it with total BELIEF and ENTHUSIASM.
- ☞ If you really feel healthy, wealthy or successful, or whatever you want to be, you will be. So act as if you already are.
- ☞ Goals based on kindness and love for yourself and others have a much better chance of success than those that are fear-based. Similarly if they're based on cooperation rather than competition.
- ☞ Start each day with affirmations. These can be very specific if you want but, to give the universe as much scope as possible to fulfil them, LOOSE is better. Focus more on your ultimate aim or objective, the WHAT, and less on exactly HOW or WHEN you'll get there.
- ☞ Phrase affirmations in the present rather than future tense i.e. I AM a successful novelist, not I will be. And focus them positively on what you want, not negatively on what you don't want.
- ☞ Combine affirmations with visualisations. Make these as real and vivid as possible. And don't just SEE yourself in the situation you desire, really FEEL yourself in it as well. Focus on how the achievement of your goal feels to others too.
- ☞ When negative thoughts arise just dismiss them with CANCEL, and switch to more positive thoughts instead.
- ☞ If things don't go quite as you intended see it as feedback, not failure.
- ☞ Finally, never forget to express gratitude for what you already have.