

Exercise: WHY – Your Why for Wanting Your Desires

What is the vibrational underlying reason for wanting this? Why do you want this? This is to add emotion to your desires. To help you to raise your vibration to match your desires through the feeling/emotion that you want to experience.

Some examples are: I want it because it would feel good in the having of it. I want it because it would uplift me. I want it because of the benefit that it would provide for me. I want it because I would like to radiate it outward to the boundaries of Universe so that others may be inspired by it. I want it because it just feels good to think about it. I want it because I have seen others who have it and seem happy in the having of it. I want it because I know that eventually it will come. I want it because I know that I am the creator of my own reality. I want the benefit of showing myself that I am the creator of my own reality. I want it because it is fun. I want it because I want to feel the power of me. I want it because I want to know that non-physical forces are on my side. I want it because I know it is the natural consequence of me being alive here. I want it because I was born to manifest. I want it because it brings freedom. I want it because it resonates with love. I want it because it resonates with choice. I want it because it feels abundant. I want it because it feels expansive. I want it because I am supposed to be able to Be, Do, and Have whatever I want. I want it!

There are no right or wrong answers. Just the feeling/feelings that you want to step into in your life.

Write your top 3 Why's on the *Focus on Your Why Worksheet*.