

FOUNDATIONS DAY EIGHT ASSIGNMENT

Describe a time when you wanted something but what you actually got was even better than what you originally wanted or expected.

Why did you want the original thing?

Why was what you actually received even better?

Describe a time when you wanted something but what you got was not exactly what you wanted.

Why did you want the original thing?

Why was what you actually received not as “good?”

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Describe the feeling of having something turn out better than you expected.

What could you do to generate that feeling without an outside condition?

Complete this sentence:

I want _____ because it would make me feel _____
(object, or experience) *(emotion)*

Why would this thing make you feel this emotion?

When you think about this thing, do you think about the lack of it and then feel bad, or about having it and feel good?

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Which of these thoughts-and subsequent emotion-do you believe would attract this into your experience?

Which pair would be attracted to each other according to the Law of Attraction?

- a. a police officer and a bank robber
- b. a day shift nurse and a night shift nurse
- c. a strict teacher and a disinterested student
- d. a tap dancer and a ballerina
- e. none of the above
- f. all of the above

Notes
