



Breakthrough Coaching Newsletter

What Are You Attracting?
April 2006

Dear Subscriber

Welcome to your April edition of the Breakthrough Newsletter. How are you?

This month's issue is all about finding ways to attract the things that we want. It strikes me sometimes that, without realising it, we often make hard work of achieving our goals. What if there was a simple principle we could follow that would make it easier?

Quite some time ago now I came across the book I'm recommending this month and it was like somebody had switched the lights on for me! I've condensed the main premise down to give you a taster in this newsletter and if you're interested in learning more you could grab yourself a copy.

Do keep your feedback coming! It's always great to hear your thoughts. What would you like to see covered in your newsletter? Send me a reply to let me know....

Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

in this issue

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- What Are You Attracting?
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What Are You Attracting?



Have you ever noticed how people who do nothing but moan, get the worst luck imaginable? And how people who do nothing but worry about 'what ifs', have some pretty miserable things happen to them? Ever wondered why that might be?

Well it's often said that you get whatever you focus on most. Certainly this is the basis of the Law of Attraction, which states that every thought we have creates a vibration. (Sounds odd, I know, but bear with it!). Negative thoughts create negative feelings that lead to low frequency vibrations, whereas positive thoughts create positive feelings that produce high frequency vibrations. According to the universal Law of Attraction, like attracts like. So when we're feeling low and focusing on something negative, we attract situations that are in line with our state of mind. Thinking of examples of that, the expression 'kicked when

you're down' comes to mind!

One thing is for sure, the amount of time we spend worrying about things – paying the bills, our health, getting that promotion, wondering if we'll ever get what we want in life – is not doing us any good. Worry, fear, anger, sadness, jealousy – all create the negative vibrations that deliver the precise situations we *don't* want to our doorstep. And when we're concentrating on what we *don't* have and feeling the lack, we're almost placing an order for more of the lack.

So based on this principal, it's logical to say that the key to attracting what we want in our life, is to think positively and send out positive energy vibrations. Sounds pretty simple, but how do we actually do that?

The best place to start is by paying attention to what makes us feel good. If we can spend more of our time thinking about and doing things that make us feel really good, we're going to be sending out a really positive message. When thinking about our goals and our future, if we can imagine how great it would be to have what we want and experience the feeling as if we already had it, we'd be sending out some pretty strong positive vibes. And if like attracts like, imagine what we could be attracting!

A simple mindset change can have a huge impact. When we turn our thoughts around and start focusing only on what we want, instead of concentrating on what we don't want, a number of really important things happen. We feel more positive, the message that we're sending out gets clearer and we start to believe that it's possible to have what we want. Before we know it our positive mindset seems to help us unearth ways of making what we want a reality.

The interesting thing is, the means to having what we wanted was probably there all the time but, while we were so intently focused on *not* having what we wanted, we couldn't see it!

5 Steps to Attracting What You Want

1. Be clear about what you don't want. This might seem like a huge contradiction when we're talking about focusing on positives, but we have a natural tendency to knowing what we don't want. So let's use it. When you think about something you don't want, take notice, understand why you don't want it and quickly (so you don't waste time focusing on it) move on

Book of the Month



This month I'm recommending a great book!

Excuse Me Your Life is Waiting

by Lynn Grabhorn

This is a favourite of mine and rediscovering it on my bookshelf inspired me to write about it this month.

It was the first book of it's kind that I read and certainly the first I'd heard about the Law of Attraction. It quickly changed the way I thought about things and on reflection that's a pretty big change!

(PS: These days I usually go for audio cds with books like this - they seem to sink in better and make for far more interesting car journeys!).

[Click Here to find this book on Amazon.co.uk...](http://Amazon.co.uk...)

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to step two.

2. Work out what you do want. The quickest way to turn your negatives into positives is to flip them over and ask yourself what you want instead. Get into the habit of this and you'll notice a big difference in the way you feel and act.

3. Turn up the brightness! When you have that clear picture of what you want, really focus on it. Turn up the colour, see yourself getting what you want, imagine how you'll feel when you have it, hear what you'll be saying to yourself and really get excited! If it helps, have a picture that you can gaze at on your wall or as your screensaver and every time you see it imagine how you'll feel when you achieve it.

4. Distract yourself from the negatives. Once you've used the negatives to find your positives, don't dwell on them. When they pop up, as they do for all of us at times, find something to distract yourself with. Think about something that makes you smile, have a big stretch and shake it off, anything that will provide a happy distraction.

5. Mix with positive people. It's so much easier to really feel positive when you're with people who are as well. Negative people will drain you of your energy if you let them. So choose not to let them and spend time with people that are as positive as you are!

I often help my clients with turning their negatives into positives and creating some real tangible energy around their goals. If this might help you, do give me a call on 01303 891671. I always offer a free no obligation consultation so you can get a feel for whether you'll get what you're looking for from coaching.

[Read more about Breakthrough Coaching here....](#)

Wise Words...

"The world has the habit of making room for the man whose actions show that he knows where he is going."

Napoleon Hill

email: info@breakthroughcoaching.co.uk
phone: 01303 891671
web: <http://www.breakthroughcoaching.co.uk>

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