ANNESTING A NEW INTICOM

PHYSICAL APPEARANCE

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In your own words, describe how you want to see yourself. Talk
about how you want your body to look, your hair to look, your style
to look, your smile to look and more. Give detail as if you're
explaining the new you to a person who hasn't met you. Put the
emphasis on the positive parts of yourself. Give details on what you
want to change the most. Script as if you have already made these
changes.
changes.
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When you look in the mirror, what do you see? What does the new
you look like to yourself? When you look in the mirror, how do you
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see yourself? How does the new you make you feel? Are you more
confident? Are you happier? Do you smile more? Give as much
detail as possible.

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Let's use gratitude to attract your new appearance. Fill the following sheets with the following with sentences that you would like to be accurate in the near future. For example, "I'm grateful fomy new [insert thing here]." "I'm grateful that people are noticing
my new [insert thing here]" "I'm grateful that I am so
now." Read these sentences out loud when you're done.

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You're getting dressed to go out with friends, what is the first dramatic change that they will notice?
Describe in detail what's it's like now to get ready. What changes did you have to make to adjust to the new you?
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If you could snap your fingers and become the new you right now. What would you look like at this moment?	

You ran into an old friend while running errands. They tell you how
great you look! They asked what all did you do to look how you
look now. What would be your response? Script from the beginning
of the encounter all the way to the end. What was the whole
conversation about. Script as if you already look like the dream
version of yourself.
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The law of attraction works best with the law of action and the law of expectation. You have a to-do list. Create a list of everything that you need to do to get to where you want to be.
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You're going out for a really nice dinner. What does your attire		
look like? Script your entire process of getting ready.		

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You're going to the store to get everything you need fo uphold you new appearance. List out and describe everything that's on your list and why you need it.				

Evolving into your best self requires self love. Talk about everything
that you love about yourself. You can talk about your favorite things
about your looks, your personality, your mannerisms, your
intelligence, accomplishments, and more. Praise yourself like you
have never praised yourself before.
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How do you want others to perceive you? Self acceptance is the
most important but you may appreciate it if others accept you as
well. Script a scene where you are acknowledged by your peers
and it made you feel good. Walk into a room and everyone's eyes
are on you in awe. Script from a point of view where you already
look like the dream version of yourself and others have noticed you
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Now, get into a good feeling place and visualize everything you just scripted. It's recommended that you do this right before bed. Visualize your appearance, your personality, meeting new people, your peers loving your new look, receiving a ton of attention, and more! Rewrite your story and watch the universe does for you. Have fun with it! The law of attraction is supposed to F U N.

Keep in mind that in order to receive a new appearance, you have to take action as well. Start with the main thing that you would like to change and go from there.

Tell the universe, "I am everything that I want to be and more. I love all of the changes that I have made to myself. My favorite change that I have done is ______. I love how I look and more. I love my hair because _____. I love my skin because _____. I love my figure because _____. I am unique because _____. I love my smile because _____. I love my style because _____.

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