

# BECOMING MAGNETIC COURSE OUTLINE

Here is what you can expect from the lessons ahead and some of the topics we will cover.

- LEARNING TO LOVE YOURSELF FIRST & SELF CARE
- LOVING YOURSELF UNCONDITIONALLY
- BUILDING NEW BELIEFS
- CONNECTING WITH YOUR HIGHER SELF
- ATTRACTING A HIGHER PERSON
- ONLINE DATING TIPS
- STOPPING THE SEARCH
- MAGNETIZING YOUR LOVE OBJECT
- THE MIRROR, FRAILING, OUTER INTENTION AND THE ALTERNATIVES FLOW
- AMPLIFYING LOVE TO INCREASE IT

Please get a journal to write notes.

Every week you will be sent your homework assignment in advance and your page of 'Declarations'.

You can start reading the declarations now and repeat them often.

Do not start the homework questions until after you have received the lesson.

Who's ready to turn into a fiery, throbbing love magnet?!

# DECLARATIONS WEEK 1

- I love myself as I am right now.
- I have made the commitment to walk my own path.
- I only allow relationships that agree with my higher vision of myself.
- I believe in my ability to connect with a powerful, meaningful relationship.
- I focus on what I want rather than what I don't want.
- I change my relationships by evolving.
- I have let go of the belief that someone will love me in the ways I cannot love myself.
- My beliefs about reality create my experience of it.
- I am the director and producer of my life.
- People love and accept me for who I am.
- I do not take myself so seriously.
- I am a magnet for love.

# **HOMEWORK WEEK 1**

## **BURNING LIMITING BELIEFS**

Now is the time to get rid of limiting beliefs, doubts holding you back or old patterns of thinking no longer serving you. What do you need to burn before you start this journey? What do YOU feel has kept you from experiencing the love or romance you want? Write as many of these things down on individual pieces of paper sometime this week until our next session. Sit in a quiet place and individually hold each limiting belief in your hands. Think back to the first time you remember having this thought and all the times you can recall having this thought or how this belief has got in the way. Think of the times this belief has hurt you. After you have had the right amount of time with this belief, set it down and move to the next. After you have thought on all of them burn them.

Please keep the beliefs you've burned written down separately in your book to share during the next session, if you feel like doing so.

## **SELF CARE LIKE A MF**

Participate in at least 5 acts of self care this week that are out of the ordinary for you.

## **QUESTIONS**

1. How would you know if you were acting or thinking in a way that is loving to yourself.
2. How would today or tomorrow look if everything were an act of love?
3. What would your actions look like if you were loving to yourself in the following areas: your physical body, your intimate relationships, your job or career?
4. What would you do today or tomorrow to be more loving to yourself in your relationships, in your job, and with your physical body. Think of three specific actions you would take for each of these three areas.

## **READ YOUR DECLARATIONS DAILY AT MINIMUM**