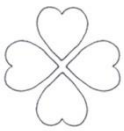
Turning your 'don't wants to do wants' Heart Based Exercise (10 minutes)



Take some time to reflect on what you are choosing for yourself not just in this moment but for the future. When you choose these things for yourself from your heart, you open up a fountain of endless love and self fulfilment. Turn your don't wants to do wants, doing so will change your energy vibration. The more focused you are on what you want the more likely it will come to you. Focus on what you don't want and you get more of the same!

Don't Wants	Do Wants
I don't want to feel unloved	I want more love
I don't want to attract the wrong kind of partner	I want to attract a loving, considerate and affectionate partner
I don't want a violent or angry partner	I want a partner who can calmly express their feelings
I don't want to feel sad and lonely	I want to be happy and fulfilled