



Here's a checklist for creating and using the Abraham Hicks Focus Wheel, designed to guide you through the process step by step:

- Identify Your Desire: Clearly define what you want to achieve or manifest.
- Recognize Contrasting Feelings: Acknowledge any negative emotions related to your desire.
- Formulate Your Intention Statement: Write a positive affirmation that represents your desired outcome.
- Draw the Focus Wheel: Create a large circle on a piece of paper, dividing it into segments (usually 8-10).
- Center of the Wheel: Write your intention statement in the middle of the wheel.
- Select a Positive Aspect: Choose a positive belief that supports your desire and feels true.
- Fill Each Segment: In each segment around the wheel, write statements that reinforce your positive aspect and intention.
- Visualize and Feel: Spend time visualizing your desire as already fulfilled, feeling the associated positive emotions.
- Read Your Wheel Daily: Read aloud the statements on your Focus Wheel daily, focusing on the feeling of each.
- Adjust as Needed: As you evolve, feel free to update and adjust your Focus Wheel to reflect your current desires and feelings.

This checklist is designed to help you complete your Focus Wheel with clarity and purpose, aligning your vibration with your desires for effective manifestation.

Let's create a step-by-step example of using the Focus Wheel for career growth:

Identify Your Desire: "I want to advance to a senior position in my field."

Recognize Contrasting Feelings: "I feel unqualified and anxious about more responsibilities."

Formulate Your Intention Statement: "I am confidently growing into a senior role suited to my skills."

Draw the Focus Wheel: On a piece of paper, draw a circle and divide it into 8 segments.

Center of the Wheel: Write your intention statement in the center.

Select a Positive Aspect: "I have successfully managed projects and received positive feedback from peers."

### **Fill Each Segment:**

"I am improving my skills every day."

"I handle responsibilities competently."

"Colleagues respect and support my professional growth."

"I am attracting opportunities for advancement."

"I am ready to take on new challenges."

"My contributions are valuable and recognized."

"I thrive in roles that require leadership."

"I am a continuous learner and adapt easily."

Visualize and Feel: Imagine yourself performing confidently in the senior role, receiving accolades for your leadership.

Read Your Wheel Daily: Every morning or evening, read each statement aloud, feeling confidence and readiness for advancement.

Adjust as Needed: Update your Focus Wheel as you evolve, celebrating achievements and setting new growth goals.

This example guides you through the Focus Wheel process with a focus on career advancement, from identifying desires to embodying the confidence needed for growth.

Here's a step-by-step example of using the Focus Wheel for Health and Fitness goals:

Identify Your Desire: "I want to achieve a healthier lifestyle and improve my fitness level."

Recognize Contrasting Feelings: "I often feel too tired or unmotivated to exercise and make healthier food choices."

Formulate Your Intention Statement: "I am embracing a vibrant, healthy lifestyle with energy and enthusiasm."

Draw the Focus Wheel: Sketch a large circle on paper, dividing it into 8-10 segments.

Center of the Wheel: Place your intention statement in the middle.

Select a Positive Aspect: "I feel great when I complete a workout and choose healthy meals."

### **Fill Each Segment with Supporting Beliefs:**

"I find joy in exercising and being active."

"Healthy foods are delicious and make me feel good."

"Every day, I'm getting stronger and more fit."

"I prioritize my health and well-being every day."

"I enjoy discovering new ways to stay active."

"My body responds positively to healthy habits."

"I'm inspired by my progress and committed to my journey."

"I have the energy and motivation to achieve my fitness goals."

Visualize and Feel: Picture yourself living your healthiest life—exercising regularly, eating well, and feeling energetic.

Read Your Wheel Daily: Each day, read your Focus Wheel, focusing on the sensations of health and vitality.

Adjust as Needed: As your fitness journey progresses, update your Focus Wheel to reflect new goals or achievements.

This process helps in manifesting health and fitness goals by reinforcing positive beliefs and intentions, guiding you towards your desired outcomes.

When focusing on enhancing relationships or finding love, using the Focus Wheel can guide positive transformation. Here's how to apply it:

Identify Your Desire: "I want to attract a loving, committed partnership."

Recognize Contrasting Feelings: "I feel lonely or doubtful about finding the right partner."

Formulate Your Intention Statement: "I am deserving and open to a loving, joyful relationship."

Draw the Focus Wheel: Create a circle on paper and divide it into segments.

Center of the Wheel: Write your intention in the middle.

Select a Positive Aspect: "I feel loved and supported by friends and family."

### **Fill Each Segment with Supporting Beliefs:**

"I attract loving, kind people into my life."

"My heart is open to love, and I radiate warmth."

"I share genuine connections with those around me."

"I communicate my needs and desires clearly and lovingly."

"I am confident and worthy of a healthy relationship."

"I find joy and love in everyday interactions."

"I am a magnet for positive, loving energy."

"I trust the universe to bring my true love to me at the right time."

Visualize and Feel: Imagine the relationship you desire, feeling the love and connection deeply.

Read Your Wheel Daily: Focus on each affirmation, feeling its truth and energy.

Adjust as Needed: Update your Focus Wheel as your feelings evolve or as you draw closer to your relationship goals.

This method helps focus your energy on attracting love and enhancing relationships through positive thought and intention.