



The Wilcox Center
for Psychotherapy and the Healing Arts

DR. JUDITH'S LAW OF ATTRACTION IN ACTION GOAL ACHIEVEMENT TIP LIST

1. Create goals that are aligned with your core values and core life intentions. This means you need to clarify and prioritize your values and intentions before setting your goals.
2. Develop clear short and long term action plans to achieve your goals.
3. Articulate clear and manageable steps with target dates for completing them.
4. State goals, action plans and steps in first person present language as if they are already happening right here, right now. The key phrase here is: "I am....." Example: I am working at the perfect job that uses all my talents and pays me \$4000 a month or more."
5. Visualize the goal happening right here, right now and then revisit your visualization regularly until you have manifested it.
6. Celebrate every goal, action plan and step you complete and simply move anything you haven't yet completed forward for completion. Avoid beating yourself for not having yet completed something and celebrate what you have completed.
7. Remember, what you think is what you create.
8. When obstacles appear along the way in the plan, see them simply as problems to be solved and create ideas and action plans to solve them.
9. View obstacles as clues that give you information on what you may need to learn, skills you may need to develop and resources you may need to attract. Move quickly from identifying the problem to generating ideas to solve it and create your goals and action plans to move forward.
10. Remember to GROW WITH THE FLOW!

Dr. Judith D. Wilcox
Copyright 2020