

Sharon Bolt's

30 Day Challenge



Deliberate Creating with the Law of Attraction

Deliberate creation is about intentionally creating a mood, tone or feeling that brings ideal conditions, experiences and people to you, rather than you finding yourself in situations that you'd prefer not to have.

In order to start deliberately creating in your life you are invited to participate in our 30 Day Challenge.

Here is what to do:

For the next 30 days, every night before you go to sleep say to yourself:

"While I sleep my momentum will stop and my beliefs will be put on hold. Tomorrow I can pick up the beliefs I want to encourage and just not pick up the ones I don't want to encourage."

Appreciate the good things that have happened during the day or think about something that feels good as you drift off to sleep.

In the morning

As soon as you wake up your intention is to find anything that feels good and relax into it until the momentum increases.

Just find anything that's easy to appreciate...

- Your pillow
- The comfort of your bed
- The comfort of the room
- The ambiance of the room
- The energy of the room

Stay there until you consciously feel good, which means that momentum has began.

There's no need to reach or try for another thought, just allow more thoughts to flow naturally.

Other thoughts will begin to flow such as:

- It feels good to feel good.
- I like feeling this way.

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- I like how good it feels lying here.
- I like how wise I am to allow myself this time to relax.
- It's really smart of me to lay here and get off on the right foot today.
- I love knowing that all is well.
- I love understanding momentum.
- I love knowing the well being that surrounds me.
- I have so much well being in my life (now you're branching out a bit more).
- I'm blessed in so many ways...

These thoughts are being inspired to you, there is no need to push, force or try for them.

By keeping a pure positive thought, momentum will start giving you more thoughts like it that will take you into your vortex, which is where everything you want is.

Aim to lay there for 5 -15 minutes until you feel inspired to do something else.

You might get an impulse to get up, to do something, to eat something, to call someone.

Now watch as the day unfolds and make a note in your diary or journal about any positive things that take place. Do NOT write down or think about anything that may have happened that didn't go to plan, just keep your focus on what you want more of instead.

What to expect

The first day or two may seem a bit strange and you may not last for very long before you find yourself going down a pathway of unwanted thoughts!

No problem, just start again the next day and the next day and the next day...

When you get to week 2-3 you'll feel the ease of the day being set up for you.

This is not about you having to struggle, force or go and get what you want, it's about getting what you want to come to you with ease – how good is that?!

It's a simple, practical method.

You're going to create the vibration that attracts your ideal conditions rather than observing a situation and having a knee-jerk reaction.

We wish you great success - this is deliberate creating at its best!