

# **Living the Law of Attraction: Giving You the Tools to Succeed**

## **A One-Day Intensive Workshop with Mark Andres**

### Part One: What is the Law of Attraction?

Defining the Law of Attraction  
It's All About the Vibes  
Watch Those Four Letter Words: Can't and Don't  
The Magic Question  
Exercise: Contrast for Clarity

*Break*

### Part Two: The GAGA Principle—Putting the Law of Attraction into Action

Gratitude  
Affirmations: Your Word is Your Wand  
Giving: It Is Really the Same as Receiving  
Allowing: The Key to the Treasure Chest  
Exercise: Creating Personalized Affirmations

*Lunch*

### Part Three: Making Your Life Work with the Law of Attraction

Applying the Law of Attraction to Wealth and Abundance  
Applying the Law of Attraction to Health and Body Image  
Exercise: The Pink Bubble Visualization

*Break*

### Part Four: Making Your Relationships Work with the Law of Attraction

Applying the Law of Attraction to Existing Relationships  
Applying the Law of Attraction to Create New Relationships  
Exercise: List of Positive Aspects

### Questions and Closing

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