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# How to Get What You Want

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Understanding  
the Law of  
Attraction

# Introduction

*“What the mind of man can conceive and believe, the mind of man can achieve.”*

- **Napoleon Hill**



There is no secret to becoming happy and successful. Right?

Well, it depends on who you ask. For some people, it seems as though everything they do is destined for success. They cruise through their lives like they wrote their own destiny with the confidence that only a writer can have in a fictional world they created.

For others, it's the exact opposite. Everything they do fails, and they never get what they want. They are the poor antagonist of their own story.

So what gives? Why is the human experience of existence so divided? What do the successful people who seem to have everything do right and what do less successful people do wrong?

There is no easy answer to this question and at face value, it seems as though the only differentiating factor is luck. But there might be something you've missed.

This guide will talk about manifesting your destiny and why it can reap incredible benefits for you and everyone around you. It will try to help you understand the law of attraction, why it's important, how to use it, and why you should care.

Most importantly though, this guide will try to show you how amazing you are and how significant a change you can bring in your life with the simplest of steps. It will try to make you believe the impossible and if all goes well, it just might succeed.

## The law of attraction

**“The universe is chance; our life is what our thoughts make it.”**

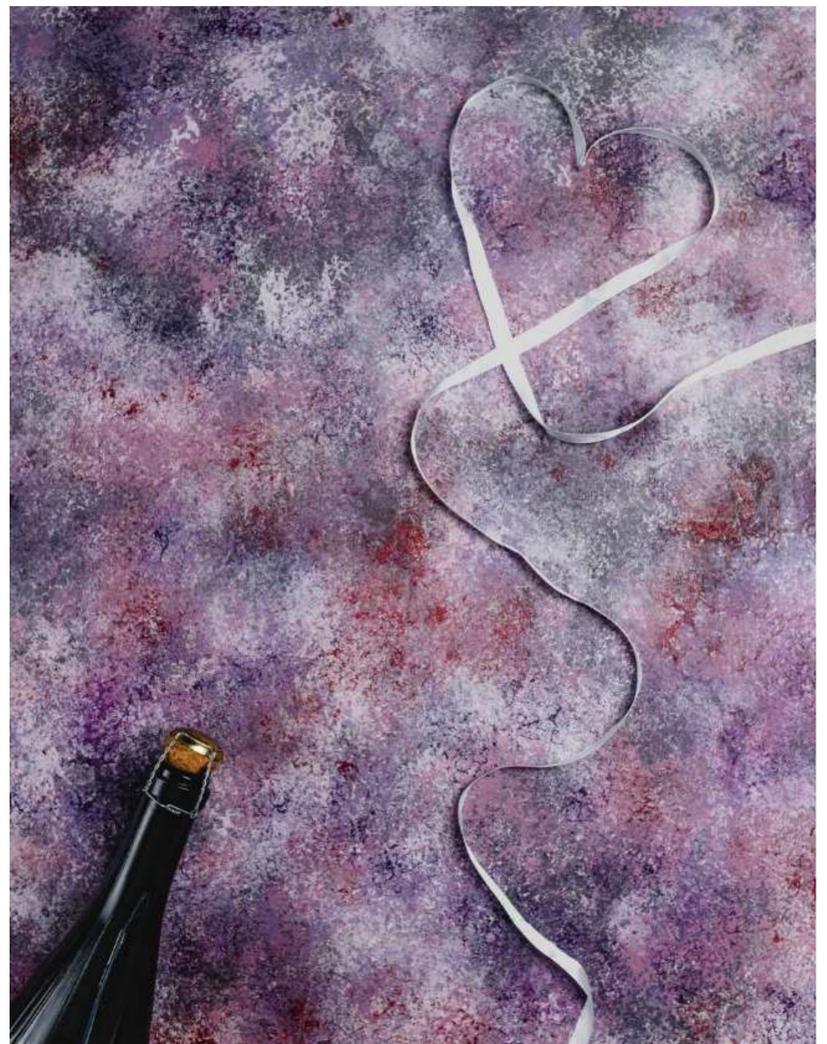
- Marcus Aurelius

You’ve probably heard of the law of attraction before as it’s gaining quite a lot of traction nowadays. It’s safe to assume that you probably didn’t give it much thought though and waved it off as just another fad concept hippies would cling to. Don’t worry. We’ll help you dissect the theory and will give you all the facts you need to make an informed decision on what to believe.

In simple terms, the law of attraction is a principle that states that you will attract into your life whatever you focus on. Whatever thing you direct your energy and attention to will come back to you. Good or bad.

The history of the law of attraction is not new by any means and the concept has been around for centuries. There is a good chance it was used by some of the greatest minds throughout history. In the incredibly popular book ‘The Secret’ by Rhonda Byrne (a must-read if you’re interested in this topic btw) evidence is shown that the law of attraction was used by incredible people like Beethoven, Einstein, and even Jesus Christ if you can believe it!

This is because the law of attraction is always at work, whether you’re aware of it or not. You create your own reality and whatever you focus on consciously or subconsciously is what you ultimately are pushed towards achieving or realizing.



This isn’t as simple as this of course (we would all be billionaires if it was) and there are definitely caveats you should be aware of. Before that though let’s take a deeper look at how the law of attraction actually operates.

### Why it works

There are two distinct ways you can go about trying to understand why the law of attraction works and if its claims are legitimate or just some hocus pocus. The two explanations are:

- . The spiritual explanation
- . The scientific explanation

Let’s take a look at both approaches in a little more detail.

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## The spiritual

The traditional understanding that many people believe about the law of attraction is that it works by aligning God or the Universe with our wishes. We are all made of energy and this energy operates at different frequencies. This frequency of energy can be changed or altered with positive thoughts and affirmations.

By using thoughts like gratitude and contentment to change our energy frequency, the law of attraction brings positive things into our lives. What we attract depends on where and how we focus our attention.

## The scientific

If you're skeptical about all this energy jargon, there is another explanation that might satisfy your curiosity.

The scientific explanation for the law of attraction takes a more deliberate, logical approach. By focusing on attaining a new reality and by believing that it is possible for us to achieve it, we tend to take more risks, explore more opportunities, and open ourselves to new possibilities. Similarly, when we don't believe we can achieve any of these things, we tend to let opportunities pass by and never work as hard as we should.

When we believe we don't deserve good things, we behave in ways that sabotage our chances of happiness. Just altering our self-talk and the way we look at life can help us reverse the negative patterns we see and experience and create more positive, healthy ones.

One good thing leads to another and chances are very high that a downward spiral will shift to an upward ascent.

## Social Proof

Besides the evidence presented in the book 'The Secret', there are reams of evidence that confirm the law of attraction, through traditional and nontraditional methods.

Anecdotally, millions of people have reported on the benefits they've experienced after actively adapting the law of attraction in their lives.

This checks out scientifically too. The basis of the law of attraction is positivity and optimism and is the underlying principle that defines everything else. Research on optimism shows that optimists enjoy better health, greater happiness, and more success. One of the foundations of therapeutic treatments like counseling is to change negative self-talk into positive self-talk. It's the closest thing to a free miracle that we have.

## Caveats

Skeptics will always disagree with these things, but not everything they say is wrong and the reality is that the law of attraction might be amazing, but it still isn't the end all be all when it comes to crafting and creating the life of your dreams.

Dreams without action are just an illusion and this fact does not change no matter how positively you think. If your beliefs are not inciting action in your life and causing you to work hard to get to your goals, then unfortunately you will not get to where you want to go.

The law of attraction might make it easier to put things in perspective, but it is by no means a free ride to getting everything you want. Nothing in life is that easy and if you think it is then you're in for a rude awakening.

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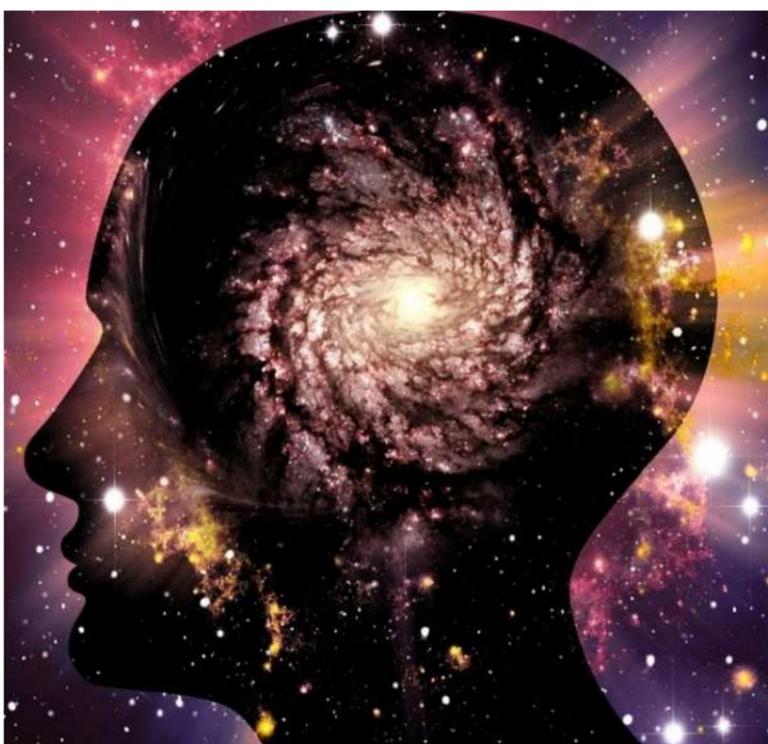
## Tips

Another very valid point is that the law of attraction boasts a lot of the same benefits as just adopting a positive, optimistic mindset. It gives it a structure of course and helps get rid of the ambiguity and vagueness of the general, "just be happy" advice but it still works within the same parameters and constraints.

Most critically though, if you make the law of attraction the ONLY determinant of every good or bad thing that happens to you, there is a good chance that you might start blaming yourself for the negative things that happen in your life.

Unfortunately, escaping negativity and mishaps is just a part of the human experience. People close to you will die, there will be accidents, sicknesses, and other things that are completely out of your control.

We can't change these realities, but we CAN change our responses to them. In this vein, the law of attraction can provide the optimism and proactive attitude that helps make us resilient in the face of difficult circumstances. But it can't eliminate them. No matter how hard we try.



Now that we have a good understanding of the ins and outs of the law of attraction, how it works, and its importance, here are some tips for you to take advantage of this powerful tool TODAY.

1. Make small steps every day. Commit to a 1% daily change and overtime you will see unbelievable progress. Use the Daily Empowerment PDF included in your purchase as a starting point to your journey. Use the affirmations provided to start understanding how to redirect your thoughts and start thinking in a certain way.
2. Stay in touch with who you really are through a daily journal or therapy. Don't change your personality but rather focus on changing your attitude and thoughts. Your uniqueness makes you the person you are and losing that is not good.
3. Focus on manifesting one thing at a time. Don't distract yourself with 100 things and get sidetracked. It's tempting to start off with several things you want but keep it simple. Especially in the beginning.
4. Do at least one thing that makes you feel blissful every day. Don't try too hard to fake being happy. Make the process easier by actually being positive and optimistic. A great place to start is by doing and practicing the things that you love. When you follow your passions, it makes you happy whatever it may be.
5. Get rid of the negative people or thoughts in your life. Your journey is already difficult as is and you don't need extra baggage weighing you down.

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6. Pursue everything you do with your full emotional and positive energy. Give 100% of your effort and you will receive incredible results.

7. Find a song that makes you feel good and listen to it every day. This ties into the 'be happy' point we made. Listening to your favorite song or songs puts you in a happy state and in your journey of harnessing the law of attraction, this is incredibly important.

8. Plan every day and stay committed to the process. Don't just wing it. Plan exactly when you're going to meditate, when you're going to repeat your affirmations, exercise, etc. It takes time to build habits and if you don't make these things a part of your life, you will eventually stop doing them.

9. Take breaks as often as you need them. Don't burn out. It's easy to get excited and work more than you're used to especially in the beginning but avoid doing this. Stick to your schedule and don't overwork. It'll only do you harm in the long run.

10. Make wish lists either on your phone or on post-it notes with what you want written down. Then stick these in various places around your home like your bathroom mirror etc. This will help remind you of your affirmations and what you want to achieve and having them in strategic places like the bathroom will help you get an incredible start to your day.

11. Spend 5 minutes every daydreaming about what you want to achieve. You can do this with your favorite music or just with the quiet serenity of nature. It's best to do this in the morning when you wake up along with your other affirmations. This will help eliminate distractions and will help you focus more.

12. Visualize what you want making its way towards you. An easy way to do this is to visualize yourself opening your hands and everything you want falling into them. There are other mental exercises you can try but this is a great one to start off with.

13. Say THANK YOU often. To yourself and your loved ones. Be grateful. Gratitude drives happiness and no matter how hard you try at the other tips, if you're ungrateful or dissatisfied with what you have, being happy will only ever be a pipe dream. Always keep things in perspective and never forget how incredible your life is right now and how amazing it's going to be in the future.

If you'd like to dive deeper into the Law of Attraction, manifestation, visualization, spiritual enlightenment and a host of other personal development topics then the **Growth Hackers Club** might be of interest to you.

You can learn more about the Growth Hackers Club [here](#).