

**The
Joyful Creator
*Presents:***

**Change Your Life
in 30 Days
*Workbook***

**By:
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Welcome

Welcome to the Joyful Creator's 30 day workbook. This workbook has been designed to assist you in creating your dream life. It is based on the Universal Laws; the Law of Attraction, the Law of Deliberate Creation, and the Law of Allowing, and the teachings of Abraham-Hicks. Your thoughts create your reality and the more you focus on what you want, the faster you will see results in your life. Research shows that those people who participate in a daily routine are three times more likely to stay on their program than those who participate in four, five, or six days a week. Therefore, making a commitment to use your workbook daily will help you immensely in staying focused and creating lasting changes. Be easy on yourself. If you miss a day, just pick up where you left off, but do make every effort to follow through with your routine. This workbook is simple to follow and will take approximately 30 minutes day. The time can be split up if necessary, but setting aside a block of time in the morning before starting your day is ideal. You deserve, and are worthy of, every wonderful thing life has to offer. Allow yourself to explore and pursue your dreams.

Preparation

- 1.** Purchase a notebook or journal that you can write down your thoughts, insights, and desires.
- 2.** Establish a specific date to start the workbook. Complete one page of the workbook each day. Day one will be the first day, and so on.
- 3.** Read the daily quote and repeat the affirmation throughout the day.
- 4.** Meditate for 15 minutes. Meditation is a powerful process to help you release resistance. If you are new to meditation, or have a hard time quieting your mind, I highly recommend Getting into the Vortex Guided Meditations CD by Abraham-Hicks.
- 5.** Visualization is another powerful process that uses your imagination to create your life. The Universe responds to your thoughts and the visualization will activate the Law of Attraction.
- 6.** EFT (Emotional Freedom Technique), also known as tapping, is the best tool available to release resistance. It is a simple, yet powerful technique that is easy to learn and can be used on everything! Visit www.law-of-attraction-resource-guide.com to learn how to do EFT.
- 7.** Appreciation and love are the same thing. Offering appreciation daily raises your vibration and activates the Universe to bring to you more things to appreciate and love.
- 8.** Deliberately setting your intentions for the day in the morning is an act of deliberate creation. Your day will go much more smoothly if you make this part of your daily routine.
- 9.** If you want support or a deeper experience, I offer Freedom Coaching and EFT Coaching. Visit my website for details: www.law-of-attraction-resource-guide.com.
- 10.** Remember to have fun and be easy on yourself!

DAY 1

Date: _____

Understand and apply the three basic Universal Laws.

If you will come to understand and apply these three basic Laws [Law of Attraction, Law of Deliberate Creation, Law of Allowing], you will have an understanding of how your Universe functions. You will have an understanding of how everything that comes into your experience comes. You will recognize that you are the inviter, the creator, and the attractor of all things that come to you; and you will, indeed, then have deliberate control of your own life experience. And, in all of that, you will then, and only then, feel free--for freedom comes from an understanding of how you get what you get.

~ Abraham-Hicks

1. Daily affirmation: I am the creator of my life. I have deliberate control over my own life experience.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Be a selective sifter.

As your dominant intent is to attract only that which you desire, you will become a more selective sifter. You will become a more selective attractor. You will become a more selective noticer. In the beginning, you will still notice that you are attracting some of that which is not to your liking because you will have set forth some momentum from thoughts and beliefs that have been before this time. But, in time, once Well-Being has been your dominant intention at the beginning of every day for 30 to 60 days, you will begin to notice that there is very little that is in your life experience that is not to your liking--for the momentum, your thought, will have carried you beyond what is now occurring.

~ Abraham-Hicks

1. Daily affirmation: I am a selective sifter. I only attract to me that which I desire.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Your thoughts have magic power

The Law of Attraction and its magnetic power reaches out into the Universe and attracts other thoughts that are vibrationally like it...and brings that to you.

~ Abraham-Hicks

1. Daily affirmation: My thoughts are powerful and magnetic. I only attract experiences that bring me joy.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

You are the sculptor of your life.

The variety of your life experience gives you the clay from which you will mold your life experience, and merely observing it as it is, without getting a hold of it and deliberately molding it to match your desires, is not satisfying--and it is not what you had in mind when you made the decision to come into this time-space reality.

~ Abraham-Hicks

1. Daily affirmation: I am the sculptor of my life. I deliberately mold it to match my desires.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

You are the creator of your own truth.

It is not important whether it is true or not, but whether or not you want to experience the truth of it in your experience. Anything focused upon long enough must become truth! It is law!

~ Abraham-Hicks

1. Daily affirmation: I create and live my own truth.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

DAY 6

Date: _____

You can create positive change.

In order to effect true positive change in your experience, you must disregard how things are--as well as how others are seeing you--and give more of your attention to the way you prefer things to be. With practice, you will change your point of attraction and will experience a substantial change in your life experience.

~ Abraham-Hicks

1. Daily affirmation: I create positive change in my life. I only give my attention to the things I want to experience.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Make deliberate choices about your thoughts.

By staying focused on a subject of your choosing, your point of attraction on that topic will become much more powerful than if your mind moves from subject to subject. There is tremendous power in focusing.

~ Abraham-Hicks

1. Daily affirmation: I deliberately choose my thoughts. I have focus and clarity.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

DAY 8

Date: _____

You are the sole creator of your experience.

There is not a list of things that are right and a list of things that are wrong--there is only that which aligns with your true intent and purpose, and that which does not. You may trust your guidance that comes forth from within you to help you know when you are in alignment with your state of natural Well-Being.

~ Abraham-Hicks

1. Daily affirmation: I am the sole creator of my life experience. I align with my true intent and purpose.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

There is a difference between wanting and needing.

When you are focusing on what you want, your Inner Being offers you positive emotion. When you are focusing upon what you need, your Inner Being offers you negative emotion because you are not focused upon what you want. You are focused upon the lack of what you want--and your Inner Being knows that that which you give thought to is that which you attract. Your Inner Being knows that you do not want the lack; your Inner Being knows you want what you want, and your Inner Being is offering you guidance so that you will know the difference.

~ Abraham-Hicks

1. Daily affirmation: I stay focused on what I want and listen for the guidance of my Inner Being.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

DAY 10

Date: _____

Stay focused on what you want.

If you focus upon whatever you want, you will attract whatever you want. If you focus upon the lack of whatever you want, you will attract more of the lack.

~ Abraham-Hicks

1. Daily affirmation: I am focused and clear about what I want and attract it easily into my life.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

DAY 11

Date: _____

Your Inner Being communicates through emotion.

Your broader Non-Physical part of you communicates with you, and has done so from the day you emerged into this physical body. That communication comes in many varieties--but all of you are receiving the basic communication that comes forth, in the form of your emotion.

~ Abraham-Hicks

1. Daily affirmation: I am open to and aware of the communication from my Inner Being.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

DAY 12

Date: _____

You can trust your guidance from within.

Many people have set their own intuitive guidance aside, replacing it with the opinions of parents, teachers, experts, or leaders in a variety of disciplines. But the more you look to others for their guidance, the more removed you become from your own wise counsel.

~ Abraham-Hicks

1. Daily affirmation: I trust my intuition to guide me. I am my own wise counsel.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

You can monitor your feelings instead of your thoughts.

If you will pay attention to the way that you are feeling, then a monitoring of your thoughts is not so necessary. Whenever you are feeling good, know that you are, in that moment, speaking, thinking, or acting in accordance with your intentions--and know that whenever you are feeling bad, you are not aligned with your intentions.

~ Abraham-Hicks

1. Daily affirmation: I pay attention to my emotions. My feelings are my indicator of my alignment.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Your emotions feel good or they feel bad.

Every emotion that you feel is, without exception, communication from your Inner Being letting you know, in the moment the appropriateness of whatever you are thinking, speaking, or acting. In other words, as you think a thought that is not in vibrational harmony with your overall intent, your Inner Being will offer you negative emotion.

~ Abraham-Hicks

1. Daily affirmation: I listen to my Inner Guidance and rejoice at all that I am able to hear.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

You attract thoughts in vibrational harmony.

Thoughts that are vibrationally similar to one another are drawn magnetically to one another through the powerful Law of Attraction; people who feel a certain way are drawn to one another, magnetically, through this Law; indeed, the very thoughts that you think are drawn one unto the other until what was once a very small or insignificant and not-so-powerful thought may--because of your focus upon it--grow to be very powerful.

~ Abraham-Hicks

1. Daily affirmation: I only choose thoughts that are in vibrational harmony with my desires.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

You are emitting vibrational signals.

As you explore the variety and contrast of your own life experience, natural preferences relating to the way you would like things to be are vibrationally emitted from you in the form of vibrational signals (similar to electronic signals). You are literally beaming these signals forward into your future experience.

~ Abraham-Hicks

1. Daily affirmation: I choose to feel good and only emit positive vibrational signals.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

You can increase your magnetic power.

The thoughts that you think without bringing forth the feeling of strong emotion are not of great magnetic power. In other words, while every thought that you think has creative potential, or magnetic attraction potential, the thoughts that are thought in combination with the feeling of strong emotion are the most powerful.

~ Abraham-Hicks

1. Daily affirmation: My positive thoughts are powerful and magnetic. I rejoice in their attraction potential.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

You can make it happen more quickly.

You can speed the creation of something simply by giving it more attention--the Law of Attraction takes care of the rest and brings to you the essence of the subject of your thought.

~ Abraham-Hicks

1. Daily affirmation: I choose to stay focused on what feels good to allow my creations to manifest quickly.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Let your desire grow stronger.

Attention to any subject will cause it to grow stronger, and the emotion will therefore increase as well. When you think about what you want and you continue to add details to the picture, those thoughts grow stronger. But when you think about something that you desire but then think about it not yet coming...and then you think about how much fun it will be to have it, but then remember that it costs a great deal of money and you cannot yet afford it...that back-and-forth thinking dilutes your passion and slows down the power of your thoughts.

~ Abraham-Hicks

1. Daily affirmation: I focus only on my desires and allow my thoughts about it to grow stronger and more passionate.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Change your pattern of thinking.

You are negatively influenced by two major hindrances: One is the influence of others; the other is the influence of your own old habits..You have developed patterns of thinking, so you can easily fall into those old habitual patterns rather than think the new thought that is in harmony with the new desire. It is a matter of deliberately utilizing a little strength, or as you say, willpower, and refocusing your attention in a new direction.

~ Abraham-Hicks

1. Daily affirmation: I release old patterns of thinking and refocus my attention in anew direction.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

DAY 21

Date: _____

Release counterproductive beliefs.

Beliefs are very powerful, and they are slow to change, but they can be changed. As you continue to reach for better and better-feeling thoughts, you will find them and activate them, and the Law of Attraction will respond to them, and in time, your new life will reflect those changes in thought.

~ Abraham-Hicks

1. Daily affirmation: I am releasing old beliefs that no longer serve me. I choose new beliefs that empower me.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

DAY 22

Date: _____

Disregard the past.

Rather than trying so hard to erase the past, focus on the present. Give thought to what you now want.

~ Abraham-Hicks

1. Daily affirmation: I release the past with love. I am free to move forward to a new life of my choosing.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Your point of power is right now..

You are offering your vibration of thought in your present, and it is this present-thought vibration that the Law of Attraction is always responding to; therefore, your power to create is now.

~ Abraham-Hicks

1. Daily affirmation: I embrace the present and am creating my future now.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Only look for what you want.

We would suggest to you that you make a decision--a decision that no matter what you are doing in this day, no matter who you are interacting with, no matter where you are, that your dominant intent to be to look for those things that you want to see. And as that is your dominant intent, by the Law of Attraction, you will attract only those things that you want to attract, and you will see only those things that you want to see.

~ Abraham-Hicks

1. Daily affirmation: My dominant intent is to only look for things I want to see and attract the essence of it to me.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Imagine your desired reality.

Imagination is the mixing and massaging of thoughts into various combinations...By imagination, we mean deliberately bringing desired components together in your mind to create a desired scenario.

~ Abraham-Hicks

1. Daily affirmation: I create my life through my imagination. I choose scenarios that are pleasing and joyful.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Take inspired action.

Action that is inspired from aligned thought is joyful action. Action that is offered from a place of contradicted thought is hard work that is not satisfying and does not yield good results.

~ Abraham-Hicks

1. Daily affirmation: My power is in my thoughts. I choose to take inspired action when it feels joyful.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

You have a buffer of time.

The buffer of time provides you with much opportunity to be very clear about how desirable the thought feels to you...If you were in a dimension where you were instantly manifesting, you would be spending more of your time trying to get rid of your mistakes (as many of you are now doing anyway) than you would in creating the things you want.

~ Abraham-Hicks

1. Daily affirmation: I appreciate having time to clarify the details of my creations and am eager to see how my life unfolds.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Only seek solutions.

When you are looking for a solution, you are feeling positive emotion--but when you are looking at a problem, you are feeling negative emotion.

~ Abraham-Hicks

1. Daily affirmation: I focus my thoughts on positive solutions.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Live the art of allowing.

Rather than trying to get the world to do all the same thing, or to do the things that you like, it is a much better plan to put yourself in the position of accepting that everyone has the right to be, do, or have whatever they want; and that you, through the power of your thoughts, will attract unto you only that which is in harmony with you.

~ Abraham-Hicks

1. Daily affirmation: I choose to live the art of allowing. I allow others to be who they are and I only attract that which is in harmony with me.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Date: _____

Your dream life is waiting for you.

Your hopes and dreams and intentions and ideas for improvement are held for you in a sort of Vibrational Escrow; and that escrow account, if you will, is held for you, tended for you, and nurtured for you, waiting for your withdrawal from it. Not only is it being held for you, but the larger part of you has already become it and is constantly and eternally calling the physical part of you toward it.

~ Abraham-Hicks

1. Daily affirmation: I am creating my dream life. Every day I am becoming more of a vibrational match to it.

2. Meditation for 15 min. _____

3. Visualization 2 minutes _____

4. Use EFT to tap out any resistance 5 minutes _____

5. I appreciate:

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6. Intentions for the day

Congratulations!

You made it through the first 30 days of your new life! By now you should be feeling differently, thinking differently, and seeing things around you differently. But don't stop now. Keep going! Continue the daily processes. Turning your life around takes time.

If you want to continue your journey with someone who will support and guide you, I offer Freedom Coaching to help you discover the joyful life that awaits you!

My passion and desire is to ~

- Provide a nurturing, supportive environment in which your true self can unfold.
- Offer support in understanding and applying the laws of attractions in your life.
- Help you to create freedom as you learn not to be trapped by your own creations.
- Assist you in releasing your limiting beliefs and negative self talk so you can move forward in creating the life of your dreams.
- Give you empowering tools to deliberately find and maintain your vibrational balance.
- Help you to learn new ways to transcend struggles in your life and develop soul qualities such as peace, clarity, love, and joy.
- Guide you in expanding your consciousness and awareness so you can experience increased knowledge and deeper wisdom.
- Help you master the art of allowing so you can catch up to what your Inner Being is calling you towards.

Visit <http://www.law-of-attraction-resource-guide.com/freedom-coaching> for more details.

The basis of your life is freedom,

The Purpose of your life is joy.

~Abraham Hicks

Christa Smith ~ www.law-of-attraction-resource-guide.com