

When the Law of Attraction Isn't Working For You... Five Things to Check First...

You can't win 'em all. Salesmen live there and everyone who has ever stretched to achieve knows this down deep, the hard way. If you're not failing at something, you're probably not doing much is a cliché statement for a reason. Failure, large and small is such a common experience that it is not even remarkable. Paradoxically, **success at the game of life** can only be achieved through failure. Ultimately, only losers can be winners.

Well, enough with the clichés. The point is, not succeeding is, for most of us, more common than achieving everything we set out to do first time out of the gate. Experience teaches achievers to persevere though. Usually when we don't achieve easily it is because we have left something out of our efforts. When the Law of Attraction is used to manifest your dreams and doesn't work as expected, it usually doesn't work for obvious reasons. At least they become obvious with 20/20 hindsight, something anyone can possess.

Be Systematic

If this describes where you have been, but you typically struggle or give up when things don't work out, here are five troubleshooting tips that usually help get things back on track. Use them regularly as a checklist to check your progress.

1. Give yourself a reality check.

A most common source of error is simply just not thinking things through before taking directed actions. Ask yourself if the goal in question was realistic given your current knowledge and circumstances. Did your expectations rely heavily on things beyond your control, like the opposition or cooperation of others? Was key information missing from your decision making process because of insufficient investigation before acting?

Often it doesn't make sense to obsess over the reasons for failures while deliberately progressing toward a valued goal. Sometimes it is as simple as not knowing what you don't know. When that is the case you don't know that you should have asked more questions, or done more research, or invested in more training before proceeding. At other times it's because you willfully ignore good advice or pertinent information.

Regardless, experience teaches that you re-evaluate, regroup, refocus and use your new experience to proceed. Occasionally, your new information may indicate that your priorities may need changing, but that is part of the process of striving to achieve. Sometimes new knowledge changes the attractiveness of an idea. How important to you is your goal?

2. Check your real incentives.

In their book, *Freakonomics: A Rogue Economist Explores the Hidden Side of Everything*, authors Steven Levitt and Stephen Dubner show how the incentives that drive people's actions are not always what they appear to be at first glance. Careful analysis of situations often reveals results that don't jive with "common sense". Sometimes, as a result, large groups of people deceive themselves about the effectiveness of certain social actions or programs. This can result in social policies that, while nobly motivated, are doomed to failure because they don't address what is actually going on.

This can happen at the individual level as well. Depending on how well we know ourselves and how honest we are with and about our motives, we can deceive ourselves about why we have acted in a certain way. For instance, if your goal is to quit smoking, you may justify your efforts by citing any number of noble goals like better health or not subjecting others to dangerous second hand smoke. In reality, what you can not admit to yourself is that you have a self-destructive addiction and need help. Your real incentive to smoke is that you are addicted to the mini rush you get each time you light up. Accepting the reality provides far more contrast between your aspirations and reality, which will provide you with more emotional power to strive toward your goal. Tell others what you must but don't deceive yourself.

3. Root out fear.

Fear, false evidence appearing real, is perhaps the most limiting of personal failings. We're talking here about the type of fear that grows out of ignorance and worry. It's irrational. This is the fear the self-development industry has been working on for so long. It seems to be an intractable foe for most people. This is so chiefly because people generally resist establishing the habits that systematically sharpen mental performance and increase their personal knowledge base -- habits like reading, writing and speaking with others. We're not talking about aimless entertainment, but purposeful activities, activities directed to achieving deliberate goals.

Habits like these put you in a far better position to deal with the bugaboos and bogeymen that haunt our irrational fears. They give you the knowledge and experience of countless others to help flush fear from our system and focus on positive action. Without fear we have more energy, more mental power and more endurance to bring to every task. This gives you the capacity to achieve more every hour, every day. Imagine where that puts you at the end of just one year. Live with fear if you want, but only because you choose.

4. Examine your actions.

For any particular thing you wish to achieve, there are certain things you need to do. For example, it's hard to sell something to someone if you don't make an appointment with them first. You can examine every action that needs to happen to achieve a goal. You can use your own experience and that of selected others to make

sure your actions are the ones that will bring success. Your increasing experience and the shared experiences of others will help you determine if some actions are counterproductive and how to adjust them. More than anything make sure that you actually perform the desired actions, all of them.

5. **Grow pure belief.**

Anyone familiar with manifesting goals relying on the Law of Attraction will tell you that doubt and what you want cannot exist together. You see, what you put out into the universe is what comes back. That's what the attraction part is about. So, if you believe you won't achieve your goal, odds are **you** won't.

Doubt is an attitude thing. Your attitude, how you choose to approach any circumstance, is one of the very few things you actually control in this life. That makes doubt your responsibility. **Only you** can delete it from your thoughts. **Only you** can focus exclusively on the positive aspects of your goals. **Only you** can attract your goal.

If items one to four are taken care of, number five is where you usually need to focus your efforts. That's not true 100% of the time, of course. The proverbial eight hundred pound gorilla in the room is what comes to mind when thinking of this problem. Everybody knows it's there but nobody wants to admit that it is there by their invitation. Get help if you need it and hunt down every last trace of doubt in your mind and throw it out.

What Does It Mean?

So why is a checklist like this needed? The ideas involved in applying the Law of Attraction are not complicated. The problem has always seemed to be that subconscious baggage people carry with them from their past gums up conscious plans. It's just part of being human. The subconscious mind contains our real beliefs regardless of what we want to think. Changing those beliefs so that our desired actions and thoughts become habits is not an easy thing for most people, most of the time. Running a checklist like this one is an effective way to root out unproductive thoughts and beliefs and help desired, conscious thoughts and actions become productive habits. Out of increasingly productive habits eventually comes success on demand.