

# Into the Flow

## Cultivate Your Creative Essence with Liesel Rigsby

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### **Writing Invitation #3 – Creating Your Life from the Inside Out**

In Lesson 4 we are going to take a deeper look into creation and manifestation. We'll explore how the Law of Attraction really works and how to use it in your favor.

1. Make a list of the top 5 things you want to manifest or create in your life right now. Be specific in the outcome you'd like to see. For example, "To be in a healthy, loving relationship by the end of this year."

2. For each outcome, make a list of the feelings that you'd expect to have once you experienced that outcome. For example if the goal is to create \$10,000 a month in extra income, what's the felt sense that would give you? Would it give you the feeling of freedom, support, joy, etc.? How would you *feel* once you had achieved that creation?

3. Now make a list of all of the feelings you wrote down. Is there any overlap between the felt sense and the various goals? Is there a theme showing up for you? Rank the feelings in order of personal importance.

4. Imagine if each feeling had a color or a texture or a sensation in your body... Describe it as best you can for each one.