Content - Law of Attraction

28.

SUBJECT: Anticipation

I’ve always wanted to see Hawaii, so that’s exactly what I did. I planned and saved and researched. I bought new clothes and learned about traditional customs and foods of the islands.

And let me tell you, the islands did not disappoint. I travelled to Oahu where I relaxed on the beach of Waikiki, climbed to the top of Diamond Head, toured a pineapple plantation and attended a traditional luau. I tasted poi, poke and Kahlua pig. I had the time of my life.

And here’s the point. The entire time I was planning my trip, I was excited! I was filled with anticipation, which made me happy. I’m convinced that the joy I felt during all my planning seeped into other areas of my life. Suddenly I found myself noticing all the good in my life.

That’s what happens with the Law of Attraction. You look forward to each day, and each day responds by bringing you joy.

So make a plan. Even if it’s trying a new eatery down the street. Anticipation breeds excitement. And excitement breeds happiness.