## 'The Secret' by Rhonda Byrne

Name\_\_\_\_\_

- 1. Do you remember the process? (fill in the blank)
  - a. Ask
  - b. \_\_\_\_\_
  - c. Receive
- 2. What is something that you really want?
- 3. How can the 'law of attraction' help you receive it? What would you have to do?
- 4. Recall and Describe a time you asked the universe for something and received it. What was your attitude when you asked for it? Did you believe it would happen? Were you feeling it, believing it, and manifesting it?
- 5. An actress is nervous about an upcoming play. She says, "I really hope I don't forget my lines once I get on stage". Is this statement inline with the principles of the secret? If not, re-word the statement.

6. Now that you have a gratitude rock of your own, list what you feel thankful/grateful for below. What benefits do you think gratitude can have on your sobriety and mental health?