

THE *DEVELOP IRRESISTIBLE ATTRACTION* BOOK STUDY GUIDE

This book study guide was developed for those who wish to study the *Law of Attraction* (LOA) principles and methods with a group. The definition of what constitutes a group is flexible. Book clubs and spiritual growth or personal development, are several type groups that would enjoy working through the exercises in this book together. Also, a group of interested friends or neighbors would enjoy this guide.

This study guide is meant to be used in conjunction with the *Develop Irresistible Attraction* book. Each study group member should purchase their own copy of the book so they will have all the necessary exercise forms to complete. They will also have all the other necessary information contained in the book that assists them to activate the *Law of Attraction*. Each member will also need their own copy of the book to reference and refer to as they begin to manifest their dreams and goals into reality.

It is suggested that this material be covered over a 5 week period, if possible. The course will be covered in 10.5 hours. The first session will last 2.5 hours and the second through the fifth sessions will meet for 2 hours each. Meeting weekly will give the members a chance to practice manifesting their goals in between sessions.

Each study group should plan to meet on a day/evening and time that is best for the members. I have facilitated groups that met in the evening, usually from 7:00 – 9:00 p.m. I have facilitated other groups that met on Sunday mornings before the church service, or Sunday afternoons from 2:00 – 4:00 p.m. For churches or other religious organizations that have mid-week programming, Wednesday evenings have also been a popular time to meet. Your book club, personal growth, or study group may already have an established time to meet that works for you.

GROUP SIZE

The ideal size of a study group is approximately 10 – 12 people. This size generally ensures that an average of 8 people will attend each meeting. However, don't let a smaller size stop you. You may want to form a small group of 2 to 3 people to study this material. All sizes will work. You may even want to use this format to work through the book on your own.

If a large number of people from a church, or other organization want to participate at one time, it is my suggestion that you divide them into smaller study groups of 10 – 12 people each. If meeting space is a problem, study groups may want to take turns meeting in the homes of some of the members. A group leader can host a study group in their home the full five weeks, or members may rotate homes each week.

HOW TO BEGIN AND ADVERTISE A GROUP

If your church or organization has a large number of people that wish to join the book study group, you may want to recruit separate individuals for each of the roles described below and on the next page. If your organization has a smaller number of people that would like to join, the same person may want to cover all three of the roles. . If you are meeting with a small group of friends or neighbors, you may not need these roles. If your book club or study group already has established guidelines and role descriptions, feel free to use them.

For those churches and organizations that do not have a regular study group already formed, you will need a coordinator (volunteer or staff) to oversee this effort. The coordinator will want to advertise in advance by posting a flyer (see samples on pages 14 and 16 of this study guide). They will want to advertise in their newsletter and/or bulletin and any email communication that is sent to the membership. In addition, for churches or other organizations that have regular weekly events, the coordinator will want to make a public announcement and post a sign-up sheet several weeks in advance. The sign-up sheet may remain posted for several weeks, or the organization may wish to sponsor a sign-up day where people are encouraged to meet their group leaders.

ROLE DESCRIPTIONS

PROGRAM COORDINATOR (Staff or Volunteer)

- Obtain the agreement of your organization to sponsor the book study group.
- With other key staff and/or volunteers, decide on the weeks the study group will meet.
- If you expect more than 15 people to sign up, develop advertising to recruit group leaders/facilitators for the study groups. There should be a group leader for approximately every 12 people.
- From the group leaders, obtain dates and times they will be able to lead a group. You will need a date and time for 2 hours, once a week over five weeks. The first session will meet for 2.5 hours.
- Develop a flyer and announcements for the study groups and place in your newsletter, bulletin and any email or website communication that is distributed.
- Post sign-up sheets for organizations that meet weekly. For those that do not meet weekly, ask for a RSVP for registration sign up. Ask for participants: name, email and phone number. You may ask for their mailing address if you wish.
- If possible, to receive bulk discounts, you will want to order the approximate number of books you will need several weeks in advance, so

that group members may purchase them from you. If this is not possible, please have each member order their own book in advance (see page 15 of this study guide).

- Have a meeting with the group leaders and group facilitators to discuss their role (see below on pages 2 and 3).
- Have the group leaders contact each person that signs up for their group to ensure the time and location of the first meeting. This meeting may be at the organization's site, at the group leader's home, at a member's home, or at another convenient location with a reserved room.
- Follow-up with the group leaders after the weekly sessions to answer any questions and to obtain feedback.

GROUP LEADERS

- Commit once a week for the five week/session period that is chosen for the study group.
- Decide the date and time that will be most convenient for you each week to lead the study group, and give that information to the program coordinator. Decide on the location of at least the first meeting. (If the group decides to rotate homes or locations, this can be decided at the first meeting or in advance).
- Attend the meeting with the program coordinator where your role and logistics are discussed.
- Contact all the people that have signed up for your group to make sure they know the date, time and place of the first meeting. You may want to phone call and email them the first time.
- The group leader may or may not be the group facilitator who leads the discussion. You may rotate the facilitator position or another member may facilitate all the sessions (see Facilitator role).
- During the first session, the group leader may send around a sign up sheet for refreshments if the group would like them. If the group rotates homes, the host of each home may wish to provide light refreshments.

GROUP FACILITATORS

- The group facilitator is responsible for presenting the weekly session plan, leading the discussion and keeping the discussion moving. The session plans are clearly laid out and presented in five separate modules on pages 5 – 13 of this study guide. This person does not need to be a professional facilitator or teacher. They just need to be able to lead the session discussion of content and process questions.
- The group facilitator may also be the group leader or another member of the group, or the group may wish to rotate the facilitation of each lesson plan among members.

- The group facilitator will want to read the lesson outline, and process questions for their session , in advance of the study group meeting. They will also want to read in advance the sections in the book that are designated for each lesson.
- The group facilitator will want to arrive 15 minutes in advance of the group to make any preparations needed such as: arrange seating, set up flip chart (if needed), etc.

STUDY GROUP MEMBERS (agree to)

- The group members will read and complete the weekly assignment in advance.
- The group members will want to arrive on time for the meetings, complete the written exercises and participate in the discussion.
- Group members will respect and maintain the confidentiality of what is said in the group.
- Group members will encourage everyone to share in the discussion without interruption.
- If a group member chooses not to share on a specific topic, they may say “pass” and their wish will be respected and will not be questioned.
- Group members will attend all five sessions to maintain continuity within the group. However, if a group member has to miss a session, they may make it up with another group, if another group is meeting, and available, and will allow it.

CONTENT

Develop Irresistible Attraction was written based on the tremendous results the participants of my workshops have had in manifesting their dreams and goals. This book study guide has been developed based on the format of the book and workshops. To guarantee the best chance for success, you will want to follow this format without adding exercises or material from other sources or workshops.

If you have any questions, please feel free to contact me at:
cdomino@loa-lawofattraction.com.

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SESSION CONTENT AND PROCESS QUESTIONS FOR THE FIVE WEEKS

It is best if each group member buys their *Develop Irresistible Attraction* book in advance, so they may prepare for Week 1. Bulk order rates are available (see page 15 of this study guide).

Preparation for Session or Week 1: Participants should have read through page 57, and completed the 2 exercises on pages 34 – 37. For those that didn't get a chance to read ahead or complete the exercises, you can allow time in the program for them to complete Exercise 1 on page 34, and Exercise 2 on page 36.

SESSION OR WEEK 1 (2.5 HOURS) (PGS 15 – 57)

- I. **Introduction and Welcome (1 hour)**
 - A. **Arrival, Name Tags, Getting Seated (10 min)**
 - B. **Welcome** - Explain the agenda for the 5 weeks, sign-up for refreshments, and any other business items that need addressing (10 min).
 - C. **Introductions** – each participant introduces themselves and shares with others what “attracted” them to this book study group, and any experience they’ve had with the *Law of Attraction* (15 min).
 - D. **What is the Law of Attraction (LOA)? (pgs 25-26) (20 min)**
 - 1. Divide the bulleted items on page 26 among the group members. Each member will read and lead a short discussion on their bullet.
 - E. **Semantics** - note that participants may have a diversity of words they use for anything spiritual, and everyone’s words should be respected. It should also be noted that this technique will work just as well for those with no particular faith tradition.
- Break – (5 min)**

II. Looking Back to Move Forward (1.5 hours)

- A. Inventory of Influence – Written Exercise Number 1 (33-35) (25 min).**
1. Review description of the exercise (33-34).
 2. Allow those members who have not completed the form to do so now (34-35).
 3. **Process Questions for Exercise 1**
 - a. Did the people or things that shaped your values change over time? If so, why?
 - b. Are your values still similar to those of your parents or the people who raised you? Explain.
- B. Self-talk - Key Written Exercise Number 2 (36-37) (30 min)**
1. Review description of the exercise (36-37).
 2. Allow those members who have not completed the form to do so now (36-37).
 3. Allow all participants to share positives their parents told them, then go around and allow them to share negatives their parents told them. Then, participants should share positive things they say about themselves, and then negative.
 4. **Process Questions for Exercise 2**
 - a. Did any of your **positive** self talk match that of your parents or guardians? If so, how?
 - b. Did any of your **negative** self talk match that of your parents or guardians? If so, how?
 - c. Did you find any parental scripts in your self talk e.g. “you have to work hard for a living?”
 - d. Did you find you have a difficult time in the areas of your life where your parents or guardians told you negative things about yourself? How is your own self talk in those areas?
 - e. Do you find you have had success in the areas of your life where your parents or guardians gave you positive feedback about yourself? How is your own self talk in those areas?
- C. Guidelines for Self-talk and How to Develop Specific, Measurable, Behavioral, Positive Affirmations (43-57) (30 min)**
- D. Homework –** Participants should list the 3 top goals they would like to work on and word them as best they can according to the Guidelines (in II. C.) into specific,

measurable, behavioral, positive affirmations. **READ PAGES 61 – 79. For specific goal areas read 141-172.** Assign 5 – 8 volunteers to review and present each of the 5 Steps during Sessions 2 – 5, OR, the Group Facilitator may want to present all 5. Step 4 may have 3 volunteers to cover Parts A, B, and C **(5 min).**

- E. **NOTE:** If anyone wants to join the group during Week 2, they should complete Exercises 1 and 2 and the readings for sessions 1 and 2 before attending Session pr Week 2.

SESSION OR WEEK 2

(2 HOURS) (PGS 61-79)
(PGS 141-172)

III. Five Easy Steps to Achieving your Desired Goals FAST – Key Written Exercise Number 3

- A. **Arrival, Getting Seating, Welcome (10 min)**
- B. **Cover Overview of the 5 Steps** – May want to have the 5 volunteers read each of the 5 steps **(61-62) (5 min).**
- C. **Steps 1 – 3 Detailed**
- STEP 1 List Desires/Goals – (63-65) (35 min).**
- a. **Description** - Volunteer 1 or Group Leader explains Step 1. Additional examples of goal affirmations divided by topic area are located in the back of the book **(141-172).**
1. Money goal affirmations - Chapter 18 **(143).**
 2. Relationship goal affirmations – Chapter 19 **(147).**
 3. Career goal affirmations – Chapter 20 **(159).**
 4. Health goal affirmations – Chapter 21 **(167).**
- b. **Complete Worksheet** - Then group members list their top 3 goals as specific, measurable, behavioral affirmations on the Exercise 3 Worksheet on **(page 101).** You may make copies of the worksheet if you do not wish to write in your book. Some members may have their goal affirmations already written out and can refine them during this time.
- c. **Share Goal** - Each group member is asked to share aloud their top goal affirmation so that the group may assist them with the wording.

Break (10 min)

STEP 2 List any Desires that You Have Already Accomplished in Your Life (67-68) (25 min).

- a. **Description** - Volunteer 2 or Group Facilitator will describe this step (67-68).
- b. **Complete Worksheet** - Group members will list their desired accomplishments they are proud of on the Exercise 3 Worksheet on (page 102).
- c. **Share Desired Accomplishment** - Each group member is asked to share aloud their desired accomplishment, and compare it to what their parents told them both positive and negative in Exercise 2. Also, they should compare their accomplishments to their own positive and negative self talk. The purpose of this exercise is to teach group members they have already been manifesting in areas of their life they have felt positive about and either removed, or had no blocks.

STEP 3 List any Doubts/Boulders/Energy Blocks to Getting Your Desires/Goals (69-79) (30 min).

- a. **Description** - Volunteer 3 or Group Facilitator should cover the guidelines in this section. How to identify boulders (energy blocks) in your everyday talk. How to turn your doubts/boulders into positive affirmations to remove them (69-79).
 - b. **Complete Worksheet** - Group members will list any doubts/boulders/energy blocks to getting their desired goals listed in Step 1. Then they should turn these energy blocks into a positive affirmation and list these on the Exercise 3 Worksheet on (page 102). The affirmations for energy blocks can be specific and measurable or global. See (pages 180-182) for examples of globally written affirmations.
 - c. **Share Energy Blocks and Affirmations**- Each group member is asked to share aloud their energy blocks and the affirmations they have developed for their blocks. The group may assist them with the wording their affirmations.
- C. Homework –Read (pages 81 – 100) (5 min).** Group members may begin completing the Exercise 3 Worksheet on (page 103). Group members should begin repeating, several times a day, their goal affirmations, and their affirmations for any energy blocks. They will also want to notice their self talk and practice positive self talk. Read (pages 107-108) about synchronicities. Some group members will begin noticing synchronicities this week as the energy begins to move. These can be subtle, so they should watch carefully for them. Some members may actually manifest a goal by Session 3 and this will be very exciting.

SESSION OR WEEK 3

(2 HOURS) (pages 81-100)

- A. **Arrival, Welcome (10 min)**
- B. **Review Synchronicities and Manifestations** - some of the group members would have already had synchronicities as the energy begins to move, and some may have manifested a goal. Go around the room and let members share any synchronicities or manifestations they have experienced (20 min).

Step 4 - Sensorialize Your Desires and Get the Energy Moving (81-100).

Step 4.A. Create a Vacuum or Space for Your Desire (25 min).

- a. **Description** - Volunteer 4 or 4 A, or the Group Facilitator reviews 4.A. (81-86).
- b. **Complete Worksheet** – group members should list how they plan to create a vacuum to meet their desired goals on the Exercise 3 Worksheet (page 103).
- c. **Share Plans for Creating a Vacuum** - group members should share with the group how they plan to create a vacuum to meet their desired goals.

Break (10 min)

Step 4.B. Invoking the Law of Forgiveness (30 min).

- a. **Description** - Volunteer 4 or 4 B. or the Group Facilitator reviews 4.B., and the Guidelines of Forgiveness (87- 93).
- b. **Complete Worksheet** – group members should list the first three people they plan to forgive (can use initials) on the Exercise 3 Worksheet (page 103).
- c. **Share Experiences with Using Forgiveness in the Past** group members should share with the group any experiences they have had with using forgiveness in the past.

Step 4.C. Sensorializing – Making Your Desires Real to Your Senses (25 min)

- a. **Description** - Volunteer 4 or 4 C. or the Group Facilitator reviews 4.C., the learning styles, and how they can be used to assist with manifesting desired goals (95-100).
- b. **Complete Worksheet** – group members should list how they plan to make their desired goals real to their senses on the Exercise 3 Worksheet (page 103).

- c. **Share their learning type and what strategies that will be used** – some groups may use a combination of learning types.
- C. **Homework: Read (pages 105-115)** Complete as much of the forms on **pages 110 – 115** as possible. Make a treasure map or collage placing pictures and words from magazines pasted on poster board that demonstrate a visual representation of your goals. Bring to Session 4 to share with the class.

SESSION OR WEEK 4

(2 HOURS) (PGS 105-115)

- A. **Arrival, Welcome (10 min)**
- B. **Review Synchronicities and Manifestations** - more group members than last week would have experienced synchronicities as the energy begins to move, and some may have manifested a goal. Go around the room and let members share any synchronicities or manifestations they have experienced **(20 min)**.
- C. **Share Treasure Maps/Collages** - members that made these will share them with the group and explain how they represent their goals **(20 min)**.

Step 5 Develop Your LOA Action Plan for Manifesting Your Desired Goals into Your Life – Key Written Exercise Number 4.

- a. **Description** Volunteer 5, or the Group Facilitator reviews Step 5. and the guidelines for completing the Exercise 4 Worksheet **(105-109)**. **(10 min)**.

Break (10 min)

- b. **Complete Worksheet** – group members should complete a separate worksheet for each of their 3 goals **(110-115)**. Soft instrumental music can be played during the exercise which may involve a lot of writing **(15 min)**.
- c. **Group members share the action plan for their goals**– can break up into groups according to goal types (money, relationships, career, and health) and share action plans. Then, come back together to share with the whole group. **Or**, stay in a big group the whole time. An emphasis should be placed on the “**Action Step**” part of the plan. This is strategies and activities the group members will actively engage in to obtain their goals **(30 min)**.

- C. Homework - Read (pages 117-142) (5 min)** about reworking your LOA plan when necessary and how to keep the energy/synergies flowing. You may wish to divide the 8 process questions listed under week 5 between the group members. Each group member will present that section and lead the discussion for their process question, OR, the Group Facilitator can cover all of them.

SESSION OR WEEK 5 **(2 HOURS) (PGS 117-142)**

IV. Keep the Energy/Synergies Flowing

A. Arrival, Welcome (10 min)

- B. Review Synchronicities and Manifestations -** more group members than last week would have experienced synchronicities as the energy begins to move, and some may have manifested a goal. Go around the room and let members share any synchronicities or manifestations they have experienced **(30 min)**.

C. Exercises for Keeping the Energy Flowing (121-142) (40 min).

**a. Process Questions
1 – 4 (20 min)**

1. What are some of your favorite activities for increasing your vibrations and keeping the energies flowing **(121-123)?**
2. What fun and amusing exercises have you tried to “play with the energy”? What were the results? What are other fun and amusing exercises you can think of in addition to those listed in the book **(125-130)?**
3. What strategies will you use to remain motivated and work on your LOA plan everyday **(131)?**
4. In what ways do you show gratitude in your daily life, to God, self and others **(133-134)?**

Break (10 min)

**a. Process Questions Continued
5 – 8 (20 min)**

5. Have you ever kept a gratitude journal? For how long? What impact did it have on your life (133-134)?
6. Have you ever experienced questions regarding your worthiness? If so, when do you think your feelings of unworthiness began, and why (134-137)?
7. When you read the poem on pages 136-137, what does it say to you?
8. How will you use the LOA process to handle your worries (137-139)?

C. Reworking Your LOA Plan when Needed (117-118) (15 min)

There are some students that manifest very quickly. Why? They are ready and can easily remove the blocks in that area of their life, or their goal is new, they have no blocks, but this is the first time they've worked on the goal. For others, removing the blocks is a process that closely follows along with their personal and spiritual growth.

I have had people recently that didn't see any manifestation activity in 3 -6 or more months, then suddenly, they got back with the program, removed an energy block, and "bam" -- they manifested. Sometimes we can't see the more stubborn blocks until they finally surface, then we can recognize them, and are ready to let them go. If you keep working the LOA program, they will surface. This is a journey. When you actively work the program, you will not be in six months where you are today in terms of your spiritual and personal growth. Sometimes we either can't recognize a block, or we are not ready to let it go until we experience growth.

Also, remember an issue in one area of your life can block your goals in another area. Your lack of forgiveness over a relationship can block your business and money goals. One of my students had been looking for a job for several years after she was laid off. When she confronted her eating addiction and removed refined sugar from her life, she had two calls that very day with job offers.

One of my students worked on his blocks for an entire year, and when all were removed, manifested a goal that he had been working on for ten years. How did he do it? He kept coming to LOA workshops, attending LOA follow-ups, had a private LOA session, faithfully said his affirmations, read positive books, and attended other positive personal

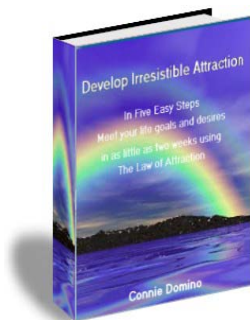
development workshops and meetings on a regular basis. Every week, he attended some type of positive personal and spiritual development meeting, service or workshop. He really wanted that goal and was willing to do anything positive that it took to obtain it, and he got it!

**V. Wrap-up, Questions, Evaluation,
Bibliography (183-195) (15 min)**

Answer any questions. You may use verbal or a written evaluation form, and review the recommended books on the starter list. Your group may wish to keep in touch to support each other in your manifesting. You may wish to touch base as often as you feel necessary to support this process.

You have embarked upon an exciting journey involving conscious manifestation. Email me if I can assist you in any way. Also, let me know of all your exciting manifestations.

Blessings Galore!
Connie Domino
www.loa-lawofattraction.com



Develop Irresistible Attraction

By Connie Domino

\$14.95

Stop struggling to achieve success & happiness ... learn how to ATTRACT people, things & opportunities you want in your life! In this book, learn the secrets to becoming Irresistibly Attractive. We're always attracting "stuff" into our lives, so why not use the *Law of Attraction* to attract the "stuff" we really want and enjoy?

LEARN how in five simple steps to achieve in as little as two weeks such dreams as ..

- More Money
- New Romantic Relationships
- Improved Family Relationships
- New Jobs
- Job Promotions
- Increased Sales
- More Customers
- Make the Life you Dream about a Reality!

Sometimes our thinking, feelings and strategies only need fine tuning a fraction of an inch for our grandest goals and dreams to come true. Through the familiar structure of goal setting, Connie Domino teaches you the all important "How" to word your goals. She'll show you how to fine tune your thinking, feelings and self-talk for very quick results.

***Develop Irresistible Attraction* can be ordered at:**

Website: www.loa-lawofattraction.com (Pay Pal)
Email: cdomino22@aol.com
US Mail: 13200 Strickland Road Suite 114-169 Raleigh, NC 27613
Fax: 919-571-8769
Phone: 919-783-8036

The price per book is \$14.95, plus \$3.00 for shipping and handling.
Checks and money orders should be made payable to Connie Domino.

Ask about our discount for groups and bookstores.

The book can also be ordered on www.amazon.com , or at your local bookstore.

Irresistible Attraction Book Study Group

Based on the "Law of Attraction"

Stop struggling to achieve success & happiness.... Learn how to ATTRACT people, things & opportunities you want in your life!

Join us for 5 fun interactive book study sessions to learn the "secrets" to becoming Irresistibly Attractive. We're always attracting "stuff" into our lives, so why not use the "Law of Attraction" to attract the "stuff" we really want and enjoy?

LEARN how in 5 simple steps and then put those steps into action with others who'll support your dreams.

LEARN how participants from previous groups have achieved after only 2 weeks such Dreams as:

- New Romantic Relationships
- New Jobs and Job Promotions
- More Money, Increased Sales, etc.

Organization's Name:

Dates:

Time:

Program Coordinator:

Contact Numbers:

Location:

The book, *Develop Irresistible Attraction* may be ordered from: www.loa-lawofattraction.com, www.amazon.com, or from your local bookstore.

About the Author

Connie Domino, BSN, MPH, RN



Connie is an author, trainer, speaker, public health educator and registered nurse. She has seventeen years experience in business, health promotion and wellness education. Connie owns a successful consulting business providing education, training, grant writing and program coordination for agencies, organizations, and businesses. She provides education and training programs on a variety of topics for women, youth, parents, teachers and other professionals. She also has training and experience as a support group facilitator, educational counselor, personal coach, and motivational speaker. She received her B.S. in Nursing from Florida State University and a Master of Public Health from the University of North Carolina at Chapel Hill. She lives in Raleigh, NC with her husband and two children.