



There are 3 main forces that determine what we have in our lives at any time. The creative force brings new things to us; the sustaining force keeps things around; and the releasing force removes them. These are the core thoughts that make the law of attraction work. By examining what we have now, looking at what we had before, thinking about what we want to have next and knowing what we don't want; it's easier to get clear and move forward.

The 3 Column Exercise is a simple, powerful way to answer: "What do I really want?"

A second way to do a 3 Column Exercise is to discover: "What does God really want for me/us?"

Sustain	Creative	Release