

COMPANION WORKBOOK

Law of Attraction Workbook

The practical version: define your target, install your attention filter, and lock in the one action that makes it inevitable.

STONEMINDCEO

Before You Begin

This is the companion workbook for the Law of Attraction Protocol (Practical Edition) — a no-spirituality-required session that installs a clear target, an attention filter, and a daily action loop. Watch the full guided protocol first; use these pages to define your target.

In This Session, You'll Build

- One clear, measurable target
- A daily attention filter
- A repeatable action loop tied to that target

Watch the Full Protocol

The complete guided session is on YouTube now. Subscribe to StoneMindCEO and add it to your weekly planning playlist so the target stays sharp.

■ youtube.com/@StoneMindCEO

The Core Cues

No spirituality required — this is attention and action, made deliberate instead of accidental.

The Target Sentence

"I am building _____, by _____. " One outcome. Specific enough to say without thinking.

The Attention Filter

"I notice what helps me build my target. I ignore what doesn't matter." Repetition installs it, not belief.

Emotional Alignment

Certainty changes behavior — you act better, communicate more clearly, and persist longer when you feel grounded rather than anxious about the outcome.

The Action Loop

One repeatable action, daily or weekly, that makes the target inevitable — plus a Minimum Standard for bad days.

The Coincidence Effect

Not luck — trained attention meeting consistent action. It only looks like coincidence from the outside.

How to use this workbook

Write your target sentence down today, in the exact words you used in the session — the specific wording matters more than it seems like it should. Then track your one action daily below.

Your Practice Sheet

My target sentence is:

My one repeatable action is:

My Minimum Standard for a bad day is:

Each evening, in one line

- ☐ What did my attention filter surface today — a person, an idea, an opportunity?
- ☐ Did I take my one action, at least at the Minimum Standard?

21-Day Attention & Action Tracker

Mark a box every day you take your one repeatable action, even at the Minimum Standard level.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
☐	☐	☐	☐	☐	☐	☐
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
☐	☐	☐	☐	☐	☐	☐

Reminder: the filter only sharpens with a consistent target. If you change your target sentence mid-month, restart the count — it's not a penalty, it's just how the mechanism works.