

*Begin doing  
what you want to do  
NOW.*

*We are not living in eternity.  
We have only this moment,  
sparkling like a star  
in our hand—  
and melting like a  
Snowflake.*  
- Marie Beyon Ray



H♥artivations™ Mini-Poster - "Words and Art that Speak to the Heart"

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## How to Use Your H♥artivations™ Mini-Poster

This quote really brings home the power of living in the present moment—not yesterday or tomorrow, but TODAY, and RIGHT NOW!

See yourself in the hub of the snowflake and assign a different part of your life to each of the ovals that surround it, such as Health, Family/Friends, Work, Wealth, Relationships, Travel, Spiritual, Giving Back, Entertainment, etc. We are all as unique as snowflakes, so make these categories relevant to *your* life and how you would like to enhance it. Choose one area that appeals to you the most right now and focus on it with the intent of doing one action that you can take today...now...to enhance that area of your life. Notice the way the snowflake branches out and realize that every action you take, no matter how small, extends outward and expands.

The idea here is not to overwhelm yourself with changing these six areas of your life, but to embrace the philosophy of the Law of Attraction that says that focusing on anything—even for as little as 17 seconds—expands it and generates “inspired” action.

For the next five days go to the next area, focus on it and do one small thing to enhance it, progressing all the way around the center of the hub. On the seventh day, take notice of any changes that have occurred and give thanks for them and then re-start the whole process the following day.

***Note: All of Heart Projects’ Manifesting® products feature 17 beads that will help you to focus and direct your thoughts in this exercise. Please visit our website at: [www.Manifesting.us](http://www.Manifesting.us).***