



You Find What You Are Looking For: A Two-Week Awareness Challenge

Do you ever feel like life is filled with negativity? Or that good things don't happen as often as you'd like? The truth is, we often find what we are looking for—whether it's the bad or the good. This challenge will help you sharpen your awareness and prove just how much your focus influences your reality.

Week 1: The Object Awareness Challenge

- Pick an object—it can be anything. A red car, a yellow flower, a certain brand logo, a type of bird, or even a word.
- For one week, keep track of how many times you see this object.
- You can record your findings in the Notes app on your phone or in a small journal.

👉 **Observation:** You may be surprised at how frequently the object appears, even if you've never noticed it before. This is proof that your brain prioritizes what you focus on!

Week 2: The Good Things Awareness Challenge

- Every day, write down all the good things that happen to you—big or small. A friendly smile, a good cup of coffee, a smooth commute, unexpected kindness, or a moment of laughter.
- Keep track in your Notes app or journal.

👉 **Reflection:** At the end of the week, review your list. You might be amazed at how many positive moments happened that you wouldn't have noticed before!

Final Thought: Keep It Going

This challenge isn't just for two weeks—it's a mindset shift. When you focus on good things, you'll start to attract more of them, just like a magnet attracts metal. So, don't stop after one week. Keep noticing, keep recording, and watch how your perspective on life transforms!

Are you ready to prove to yourself that what you look for, you find? Start today!