

# My Attraction Log

Date/Time	<b>What Are You <i>Experiencing</i> At This Moment?</b>  (i.e., what is going on <i>around</i> you?)	<b>How Do You <i>Feel</i> At This Moment?</b>  (i.e., what is going on <i>inside</i> you — good / not?)	<b>Are You <i>Pleased</i> With Your Experience At This Moment?</b>  (Yes / No)