

TOTKAY

# Attract What *You Want*

## Be the Queen of Your Destiny

A practical guide to asking for more in love and making room for the life you want.

# Give your wish a real shape

"I want to feel special" is a real desire. It's also easy for two people to hear it and imagine entirely different things. He pictures buying flowers. You picture him remembering the night of your first open mic and getting there before your name is called.

### NAME THE SCENE

Think of an ordinary Tuesday where your wish has come true. Where are you? What can you actually see or hear? "He makes an effort" might become "Sometimes he suggests a day, makes the reservation and sends me the time."

### FIND THE PART THAT MATTERS

Maybe the reservation could be a picnic. What you really want is the relief of letting someone else take a turn. Knowing that gives you more than one good outcome.

### SAY THE SMALLEST TRUE VERSION

"I'd love for you to plan our next date." A complete, ordinary sentence is enough. You can save the whole history of why it matters for a conversation when you both have time.

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*For a goal of your own, try the same move. "I want to feel creative again" could look like one Wednesday evening at a pottery wheel.*

# Give the wish one minute

Before you open six tabs or ask three friends what to say, try a quick rehearsal. Set a one-minute timer if that makes it easier. Keep one real wish in mind.

### FIRST 20 SECONDS · PICTURE ONE DETAIL

Imagine getting ready for the breakfast you want. You hear the clink of two cups above the noise of the grill. What makes you smile? For Tessa, it's introducing someone to a place she loves.

### NEXT 20 SECONDS · FIND YOUR PART

Wind the scene back to the moment you can influence. Hear yourself saying where you'd like to meet. If the words sound fancy in your head, say them like a voice note to a friend.

### LAST 20 SECONDS · GIVE IT SOMEWHERE TO GO

Open the message, put the class date in your calendar, or write down the question you want to ask in person. Choose one move you can make before the day is over.

*You may picture a wonderful yes and get a no. You'll still know what you were willing to ask for. That knowledge is yours to take into the next room.*