

HOW TO BECOME THE ONE LIFE CHASES

4 shifts to feel wanted, desired and in control.

Most people chase because they think more effort creates more control. But the moment your peace depends on a reply, a person, money, an opportunity or an outcome, **you have already given the power away.**

Magnetism begins when you can want something deeply without needing it to happen.

WANT IT. DO NOT NEED IT.

01 SEE THE CHASE

Catch the moment you start checking, proving, pushing, forcing or overthinking.

Say: **I am chasing right now.**

The moment you can see it, you stop being fully owned by it.

02 DROP THE NEED

Ask: **If I knew I would be completely okay either way, how would I feel right now?**

Want it. Do not need it.

This is where your power starts coming back.

03 RETURN TO POWER

Relax your jaw. Drop your shoulders. Slow your breathing.

Choose: **Calm. Confident. In control.**

Stay there until your body feels the shift.

04 BECOME THE CHOOSER

Stop asking: **How do I make them choose me?**

Ask: **Do I choose this?**

Then act from that state.

THE FLIP

BECOME THE ONE BEING CHASED.

You stop leaking neediness. You stop begging life to cooperate. You move like someone who knows their worth, stays centered and chooses too.

MAGNETIC STATE

Train this until calm, confidence and control become your default.

\$37 ONE TIME