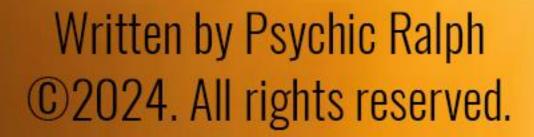
# ABUNDANCE WORKBOOK



## This Workbook explores two ways to boost your frequency and attract abundance:

- 1) Acts of kindness.
- 2) Giving gratitude.



#### From the list below, choose actions (you can do) to make the world a better place:

- Donating to charity.
- □ Volunteering.
- Being kinder to co-workers.
- □ Reaching out to a friend in need.
- □ Making more time for my loved ones.
- $\Box$  Helping the homeless.
- $\hfill\square$  Donating blood.
- □ Registering as an organ donor.
- □ Telling others about this free Workbook.
- Being more patient towards others.
- Donating clothing or furniture.
- □ Sending a care package to someone in need.
- □ Praying for those who are struggling.
- □ Sending flowers to a friend or family member.
- □ Having friends over for supper.
- Becoming a better listener.
- □ Making people laugh.
- □ Something else? \_\_\_\_\_

Giving Gratitude

This section includes six areas to give gratitude for.

Once this section is complete, please set aside 30 minutes **every morning** to express gratitude for each of these blessings.

#### **OUTER BEAUTY**

In the space below, list the physical characteristics you like about yourself. E.g. hair, eyes, smile, hands, legs, etc.

#### **INNER BEAUTY**

List the personality traits you like most about yourself. E.g. generosity, patience, sense of humor, hard-working, considerate, etc.

### **TALENTS**

Identify all your talents and skills in the space below. E.g. people skills, writing, needlepoint, languages, cooking, accounting, singing, soccer, martial arts, sewing, etc.

### ACCOMPLISHMENTS

List the achievements you're most proud of. E.g. quitting smoking, losing weight, moving to a new city, having children, leaving a toxic relationship, promotions, awards, diplomas, etc.

#### **LIFE LESSONS**

In the space below, list the most painful situations you've ever experienced. If this is difficult or triggering, please bypass this step.

Under each experience, write down the **POSITIVE** lessons you <u>learned</u> from each situation.

Next, delete the negative experience itself so all that's written below is a series of fabulous life lessons (which should be celebrated!)

#### **MISCELLANEOUS BLESSINGS**

From the list below, select the blessings that apply to you:

Being alive (life is the GREATEST gift)
Good health.
A steady income.
□ A fulfilling career.
Good friends. Please list
My children. Please list
Loving family members. Please list
My pets. Please list
A beautiful home.
Other possessions. Please list