

# ABUNDANCE WORKBOOK



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

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

## *Acts of Kindness*

**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.
- Helping the homeless.
- 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**

Please leave this blank for now. During the retreat, we'll hold a workshop to help you examine your relationship with "failure." After this workshop, please list all the life lessons you've gained:

# 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 \_\_\_\_\_
- A supportive partner or spouse. Please list
- Kind neighbors. Please list
- Teachers, mentors or others who've inspired me. Please list
- Hobbies or activities I enjoy. Please list
- Beautiful places I can visit. Please list
- My opportunities, goals and dreams. Please list
- The rights and freedoms my current citizenship affords to me.
- My mobility.
- A reliable vehicle or transportation.