

PROMPT BOOK ABUNDANCE



WEEK ONE

What does abundance mean to you? Write down your own definition, or mind map it.

Complete this sentence at least five times: *there is only so much/so many...*

What does this show you about where you don't feel abundant?

How abundant are you in different areas of your life? e.g. career/friendship/love/money/health/fun/adventure/home

Choose an area in which you already feel abundant and write down why? How does this feel in your body?

Choose an area of your life in which struggle to feel abundant. How does this feel in your body?

WEEK TWO

What are you believing about what is possible for you in terms of abundance – no judgement!

Where do you still believe there are limits?

How can you remind yourself more of the abundance you already have in your life?

Choose one of your favourite senses e.g. sound and write for five minutes on all of the memories you have of it. Close your eyes and breathe in the feeling.

Repeat as often as you like with different senses.

Continue this practice night – or right now – make a list of the magic moments in your day, things which made you smile.

WEEK THREE

Think back to your list from week one and choose an area in which you really want to welcome more abundance.

Continue last week's practice by writing down what you're grateful for, in this area.

If you want to welcome money, make a list of things you are grateful for which have cost money, if you'd like to welcome more love write about the love you've already experienced.

What might be possible for you in this area now?

Where are you still resisting possibility?

WEEK FOUR

What has shifted from the beginning of the month?
Celebrate it!

AND What do you still believe isn't possible for you in terms of abundance?

Where does this belief come from? .

Challenge these stories by writing them down, reading them out, then burning or ripping them up.

Now, write a new story or affirmation. For example, when I was working on money I used: *I will always have more than I need.* I'm not telling myself that I'm going to be a millionaire overnight, but I am sending a message I can get behind!

Write this out ten times and see how it feels. If you are resisting it try different words.