

# Self Healing Invitation: Abundance

## Assess Your Abundance Mindset

What do you need to believe to bring more abundance into your life?

What energy do you need to be in to bring in this abundance?

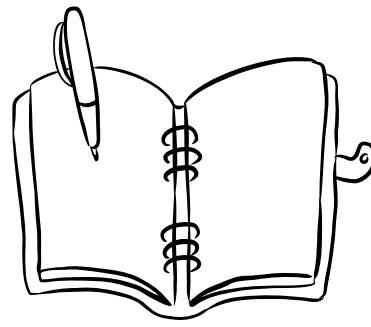
How often do you focus on what's lacking rather than what you already have?

In what areas of your life do you feel a sense of abundance already (e.g., relationships, health, time, money)?

## Create your abundance journal

Over the next seven days, dedicate five minutes each evening to journal about the abundance in your life.

Use the following prompts:



Today, I noticed abundance in my life when

I allowed abundance into my life today by

One thing I did to create more abundance today was

# Simple exercises that create an energy of abundance



## Start a positivity jar.

Fill a jar with one positive thought or idea a day. At the end of the month, read them back to yourself and sit in gratitude with them. Recall why you wrote them down. Set an intention to practice living in this way. Come back to this practice when you need to uplevel your vibe.

## Tap into your senses.

Pay attention to your senses with the small stuff, like the smell when you walk into a bakery, the sight of a flower blooming at the first sign of spring, the sounds of children laughing, the feel of your pet's soft fur, or the smell of a hand soap when washing your hands. Be open to the opportunity for these small joys to fill your heart and soul.

## Visualize

Thoughts turn to things. So, when you're not happy in your current situation, just sit with your eyes closed and visualize where you want to be. Create a delicious scene, and let the dream just go where it may. When you focus your thoughts on what you desire, again and again, you are creating your reality. Keep your thoughts on this happy person, place, or thing, and watch a version of it come into your life. Feel the joy of having it already. Then anticipate its arrival because it's already here for you.

## Connect

Connect with loved ones regularly or reach out to friends with whom you can have meaningful conversations that are inspiring, uplifting, and insightful. Feeling connected to others fosters a sense of belonging and community, which contributes to a deeper sense of joy and fulfillment.

## Get creative

Get creative with a do-it-yourself craft project. Whether it's painting, knitting, or making homemade candles, channeling your creativity into a hands-on project can be fun and fulfilling and give you a feeling of accomplishment.

### **Volunteer**

Choose a local charity that speaks to your heart and dedicate some time to volunteer. Whether it's serving meals at a soup kitchen, walking dogs at a local animal shelter, or tutoring students, giving back to your community can bring a sense of purpose and joy.

### **Cook or bake**

Spend an afternoon experimenting in the kitchen and trying out new recipes. Have fun browsing your favorite cookbooks or searching on Pinterest. Cooking or baking can be a therapeutic and rewarding activity, and you get to enjoy the fruits of your labor afterward.

### **Venture outdoors**

Hiking, biking, camping, or kayaking are all activities where you can be outdoors and explore new territories. Challenge yourself to engage in a new activity you've never tried, making sure it is safe, and don't forget to bring supplies like water, trail mix, and sunscreen. New adventures outside can feel both liberating and exciting while getting a dose of Vitamin D and some serious emotional grounding.

### **Have a picnic**

Pack a lunch or dinner spread, grab your family, friends, or just yourself, and head to your local park. Just enjoy being outdoors in the fresh air, sunshine, and the simple pleasure of dining outdoors.

### **Create a vision board.**

Cut out pictures or words from magazines that represent how you want to feel and what you want your future life to look like. Write your own future bio. Put it on a corkboard and focus on it every day for at least a few minutes. Close your eyes and feel it real. Get excited. Make it your reality by telling yourself, "I claim this for myself. Therefore, it is done."

**EMBRACE  
ABUNDANCE**