

PATHWAY TO ABUNDANCE GUIDE

Live your true worth



Lemi Ren

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INTRODUCTION

By reading this e-book you've taken the first step towards creating the life you want. If you are reading this book, five things are certain:

- 1. You know you can do more with your life*
- 2. You feel a pull towards doing more*
- 3. You want a life filled with abundance*
- 4. You know that you are destined for more*
- 5. You are willing to do what it takes to succeed*

Abundance is for everyone, we all deserve to live a life filled with success and joy. Unfortunately, not all of us know this is possible. We don't acknowledge this fact, because we spend a lot of time thinking about what we don't have.

In addition to the time we spend focusing on what we have and don't have, we also pay attention to the voice inside our

head. Our inner-voice generate thoughts and questions similar to these:

- *Why can't I do more?*
- *Why is that person more successful than I am?*
- *I'm not good enough*
- *I'm not smart enough*
- *If only . . .*

Does any of these thoughts sound familiar? They should, they are typical thoughts of someone who want more from life and don't know where to start.

START RIGHT HERE

Use this book as a stepping-stone towards changing your life. Read the text, follow the examples, and do the exercises. This book is meant to inspire taking the steps needed to create the life you want.

"Action Changes Things"

REBOOT YOUR MINDSET

Are you one of the 92% who've set goals and never achieved them? With a percentage so high, you have to wonder what's holding so many of us back. What about the 8% who do achieve their goals? What are they doing that's different?

One common factor those who succeed share is a success-focused mindset. Their positive mindset not only guide their thoughts, but it directly affects their actions.

Another major difference between those who attain success, and those that don't, is how failure is viewed. Successful people view failure as a learning experience. They willingly use defining moments to inspire further action.

When you have a negative mindset, failure is used as a reason to not move forward. Compare your failures to some of the greatest such as Michael Jordon, or Steve Jobs, who've failed, yet find it within themselves to succeed regardless of their shortcomings

Do you need a mindset reboot? Take the quiz below and see if you need to re-think the patterns of your thoughts.

Check the column that tells the extent to which you agree or disagree with the statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. <i>Can you change your intelligence?</i>				
2. <i>To a large extent you can change how intelligent you are.</i>				
3. <i>You are who you are and you can't change it.</i>				
4. <i>Certain things about you are changeable.</i>				
5. <i>Anyone can learn another language.</i>				
6. <i>Sports is not your thing. It's for the few.</i>				
7. <i>Math is easier for certain cultures and if you are a male.</i>				
8. <i>The longer you work at something to better you get.</i>				
9. <i>You can change a lot no matter who you are.</i>				
10. <i>I hate trying new things.</i>				
11. <i>There are good people and bad, people can't change.</i>				
12. <i>I welcome feedback from others who have my best interest at heart.</i>				
13. <i>Feedback from others make me feel inadequate</i>				
14. <i>It's possible to learn, but your intelligence stays the same.</i>				
15. <i>When you are smart you don't have to work hard.</i>				

Circle the number in the box that matches each answer.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. ability mindset – fixed	0	1	2	3
2. ability mindset – growth	0	1	2	3
3. ability mindset – growth	0	1	2	3
4. personality/character mindset – fixed	0	1	2	3
5. personality/character mindset – growth	0	1	2	3
6. ability mindset – growth	0	1	2	3
7. ability mindset – fixed	0	1	2	3
8. ability mindset – fixed	0	1	2	3
9. ability mindset – growth	0	1	2	3
10. personality/character mindset - growth	0	1	2	3
11. ability mindset – fixed	0	1	2	3
12. personality/character mindset – fixed	0	1	2	3
13. ability mindset –growth	0	1	2	3
14. ability mindset – fixed	0	1	2	3
15. ability mindset – growth	0	1	2	3
Total				
Grand Total				

CIRCLE THE NUMBER IN THE BOX THAT MATCHES THE ANSWER IN THE FIRST PART OF THE QUIZ.

Scoring

Growth Questions

1. Strongly agree – 3 points
2. Agree – 2 points
3. Disagree – 1 points
4. Strongly disagree – 0 point

Fixed Questions

1. Strongly agree – 0 point
2. Agree – 1 points
3. Disagree – 2 points
4. Strongly disagree – 3 points

Strong Growth Mindset = 60-45 points

Growth Mindset with some Fixed ideas = 44-34 points

Fixed Mindset with some Growth ideas= 33-21 points

Strong Fixed Mindset= 20-0 points

Adapted from:

<http://www.classroom20.com/forum/topics/motivating-students-with>

HOW TO USE THIS GUIDE

Before beginning the exercises that follows, purchase a notebook. Each question will require careful thought before answering and opportunities to reflect.

In this book, you will find four daily activities to practice. Their purpose is to help you adapt an abundant mindset. At the end of each exercise you will find an action plan. Use the plan to incorporate that activity into your daily life.

You will also find four weeks of core exercises. The purpose of each exercise is to further build your abundance mindset. Each exercise will be explained and followed by a task to be completed over the span of a week.

Read one exercise per week, then take time to do the task that follows. Remember each exercise is intended to incite change.

You will be tempted to move forward quickly, it's suggested that you follow the exercise and work one week to the next.

Truly reflect on the task given. Make sure your mind is clear and your reflections are as deep and as personal as possible.



WHEN TO DO THE EXERCISES

You are in control of when to read the exercises and follow the tasks. It is recommended that you choose a quiet time, at any point throughout your day to read and reflect.

Focus on the exercises and tasks, don't allow yourself to procrastinate or make excuses. Your hard work will pay off when you complete the exercises and tasks given.

WHAT TO EXPECT MOVING FORWARD

As you progress through the guide, keep in mind the exercise may feel uncomfortable. The process of change is never easy, that is why you may need to reboot your mindset. It is a core component for change.

Change is never easy, even as we watch others successfully pursue their goals. Still, you should take heart, the strategies mentioned throughout this guide will help you move your life forward and get the success you deserve.

Also keep in mind, It's good that the exercises are difficult to complete. Good because you are in the process of discovering more about yourself and learning new things. This process will undoubtedly lead to a different and better you.

SO WHAT SHOULD YOU EXPECT MOVING FORWARD?

- *Expect that you will have to commit to these exercises for the next four weeks.*
- *You will need to be flexible when completing the exercises. Don't give up too easily, especially if they may seem difficult. Remember anything worth having doesn't come easily.*
- *Realize focus will be key to completing the exercises. For many of us, the last time you had to complete a project was in school. You may no longer be in school, but it's just as important to focus, to experience the true benefits.*

You can also expect that you will doubt your decision to commit to the exercises. You may expect them to be a cinch, and may feel overwhelmed when they are not. Offset feeling bewildered by reminding yourself why you wanted to commit. In addition, consider the reasons below why you should move forward.

- *No more excuses*
- *You are stronger than you know*
- *You want to have an abundant life*

- *You choose not to be indecisive*
- *No more procrastination*
- *Release any fears you may have*

If reminding yourself of the reason why is not enough. Ask yourself two key questions:

- 1. What are your intentions?*
- 2. What do you hope to get from this book?*

Finally, expect to write your mission statement. Writing a mission statement serves two purpose. You can use it as a tangible reminder why you're reading this guide and committing to its exercises. In addition, armed with your statement you will further illuminate where you are now, and where you would like to be. Clarity will help you now and in the exercise for week two. Here is a sample statement below. Use it to write a preliminary statement. You will have a chance to write a more in-depth statement as you progress through the guide.

PERSONAL MISSION STATEMENT SAMPLE

Description

Liz Miller is a certified inline skating Level II instructor. As such, she aims to help people with everything with regard to the sport of inline skating. She does so through her website, Get Rolling, which contains information such as getting started with inline skating, shopping tips, getting skating lessons, and also skating books and articles people can read up on.

Mission Statement

I am a committed recreational skater's advocate. I will do everything in my power to ensure that novices achieve the most positive first experience possible. This means encouraging them to buy the best equipment they can afford and to learn the basic skills, especially how to use the heel brake. To fight skate bans due to congested popular trails, I will help more experienced skaters build their speed and hill skills so they can train on a wider variety of trails without the risk of alienating other users. I will continue to encourage all skaters to improve their skills so they can adopt a well-rounded inline lifestyle.

ABOUT THE DAILY ACTIVITIES

The activities mentioned in the next section of this guide is design to reinforce conscious habits that are lasting. These activities are action-oriented. Which means they are meant to inspire actionable steps towards your objectives.

Use these activities to further your mission. The best way to do this is through continuous practice and persistence.

Two of these activities will require you to connect with your inner-self. It's only through continuous practice will you be able to benefit from them.

DAILY ACTIVITY 1: WAKE UP EARLY

One of the most common traits among successful people is a tendency to wake up early. These individuals choose to start their day at the crack of dawn because they will reap the benefits of being an early riser.

The benefits of rising early is multi-faceted. The first thing you notice when getting up early is the quietness. it's the perfect time to reflect, meditate and think.

Another reason to rise early is the time you gain. Consider this, waking up just an hour early can give you fifteen additional days per year to get things done. Think of the days you lose when you stay in bed longer than necessary.

Most people who try to wake up early find themselves wondering what to do with the extra time. So here is a sample of activities you can do each morning.

Cultivate a positive mental environment - by listening to motivational podcasts,

Write in your journal - or read about other people's lives and how they lived life to its fullest.

Workout – The best time of the day to work your body is first thing in the morning. Go for a jog, take an early morning yoga class. Work your mind and your body to reach your full potential.

Strategize your day – Make a plan for fulfilling your day. Review your calendar, make a list of task you want to complete. Know what your day will look like and the things you need to accomplish to make it successful.

ACTION PLAN

In a notebook or journal, create a 4-step plan for waking up early.

- 1. Start with your alarm clock. If you need one, put it as far from your bed as possible. When it goes off in the morning you will physically have to get up to turn it off.*
- 2. Create a plan of what you will do when you wake up.*
- 3. Prepare the night before and remember your "Why."*
- 4. Improve your routine by analyzing your process.*

DAILY ACTIVITY 2: INSPIRATIONS

The goal of finding daily inspirations is solely for the purpose of self-development.

When we practice regular self-development, we are more likely to increase our awareness, which will boost our self-worth and help to recognize things you are good at.

The activities mention below are only examples. Use them to cultivate activities to fit your lifestyle.

Learn something new	Whether it's to read a book on a topic of interest, or take a class at your local community college. Engage your brain by filling it with information that will benefit you.
Exercise	Daily strenuous activities not only benefit our bodies, but it directly affects our mind.
Listen to music	An excellent tool to relax your mind, and engage your soul. It doesn't matter what kind of music you listen to, as long as it's something you enjoy.
Volunteer	There isn't a better feeling than the one you get when you realize you've helped someone less fortunate.

<p>Nourish your body</p>	<p>Our attitude and reaction to food affects us mentally as well as physically. When we make healthy food choices, it not only benefit us physically, but we express gratitude for the body we were born with.</p>
<p>Learn to say no</p>	<p>The act of saying “No” even when it’s uncomfortable is one of the most persuasive steps you can take in your personal growth process.</p> <p>Just remember you are not responsible for others people’s boundaries. What’s more, successful people know how to say “No.”</p>
<p>Ask for what you need</p>	<p>It’s difficult to ask for what you want, especially if it’s not something you are accustom to. It’s important to reach beyond what’s difficult because it’s a necessary part of life.</p> <p>When asking, ask with commitment, without fear and with awareness.</p>
<p>Follow your bliss</p>	<p>What does it mean to follow your bliss?</p>

	<p>The simple answer is happiness. When we choose to seek out satisfaction and fulfillment in life, you cannot help but to live abundantly.</p>
<p>Practice affirmations</p>	<p>Affirmations are not just to manifest a specific goal. Their true purpose is to encourage gratitude and positive self-development</p> <p>There are many benefits to practicing daily affirmations. Two of them: awareness of thoughts, and to gather perspective.</p>
<p>Review your goals daily</p>	<p>The purpose of reviewing your goals daily is to not lose sight of the goals you set. In addition, here are two reason why daily review is a must.</p> <ul style="list-style-type: none"> • <i>Reading your goals daily provide motivation</i> • <i>Helps to see your progress, which equals happiness</i>

ACTION PLAN

Use the inspirational ideas mentioned above to cultivate your own interpretation of self-development

DAILY ACTIVITY 3: GRATITUDE

Gratitude is the act of being thankful and appreciative of what you have in life. When practiced continuously, gratitude has the capability to alter your life in so many ways. It is essential to a well-lived.

Generally, people tend to not practice gratitude. We are simply not focused on what we already have, or what it is to be grateful. When we practice gratitude however, we feel better about our life as a whole. What's more, we are generally more optimistic.

Gratitude happens in stages. When practiced, you will find yourself in one of three:

- ❖ ***Recognition***
- ❖ ***Acknowledgement***
- ❖ ***Appreciation***

Ten ways to practice gratitude daily

- 1. Keep a gratitude journal and add to it daily*
- 2. Perform acts of kindness daily*

3. *Volunteer*
4. *Spend quality time with family and friends*
5. *Offset negative thoughts with a positive mind-set*
6. *Live in the moment, don't worry about the past or the future*
7. *Embrace challenges, view them as opportunity for growth*
8. *Acknowledge love for someone daily*
9. *Nurture the relationships you have with friends*
10. *Smile as often as possible*

ACTION PLAN

Use your notebook/journal to recognize all the things you should be grateful for in life.

DAILY ACTIVITY 4: REFLECTION

Reflection is the process of contemplating one's ideals. It's also used as a tool to help stay in the moment, to view life with more resolve.

When you reflect, it's OK if your mind drifts towards feelings, thoughts and emotions you would normally withhold. Hold onto those feelings, and use reflection as a tool to make conclusive changes in your life.

Taking the time to sit back and reflect is one of the keys to success. The benefit of reflection isn't something seen immediately. When practiced, continuously, you will notice that you think more clearly, you are less reactive and more capable of getting things done.

Try to reflect first thing in the morning or last thing at night. Think about your life as it is. Think about your day and what you've accomplished, or simply reflect on your life and what you have to be thankful for.

Other reasons to reflect:

- *Use the time to evaluate what's important to you*
- *Analyze your goals and the progress you've made*
- *Use reflection to help you think more proactively*
- *Evaluate your relationship with others*

- *Use it to avoid discord in your life*

However, and whenever you choose to reflect, remember it's is a tool capable of bringing positive changes into your life.

ACTION PLAN

Consider using your journal when reflecting. Write down your thoughts and feelings. Use what you've written as a reference to guide your decisions and to acknowledge outcomes.

ABOUT THE CORE WEEKLY EXERCISES

In addition to your daily activities, you will also complete a weekly task for the next four weeks. The tasks has two purpose

Through these exercise, you will begin to **develop habits** that will guide you towards your goals.

In addition to developing concrete habits, you should begin to have **a shift in mindset**. As the exercise and task flow into your life, your way of thinking will shift from scarcity, to abundance.

As mentioned previously, don't jump ahead through the exercises. Complete one weekly and build the foundation needed for growth, change and abundance.

Keep in mind, you have the power to thrive. This book and these exercises are meant to incite action, to create your pathway to abundance.

WEEK ONE: MOVE THE MOUNTAIN

Move the mountain is an acronym for removing obstacles from your life. Before you can begin to welcome abundance into your life, it's important to clean house. By cleaning house, I mean remove all obstacles blocking your path to the success and happiness you deserve.

In this first week, spend the time to unfold obstacles standing in your way, below are examples. The examples are meant to provoke thought, to help you think of personal road blocks standing in your way.

- *Not knowing your "Why"*
- *Not holding yourself accountable*
- *Fear*
- *Anger or resentment*
- *Self-doubt*
- *Not letting go of the past*
- *Expecting perfection*
- *Blame*
- *Unrealistic expectations*
- *Unresolved relationships*

- *Family stress*
- *Procrastination*
- *Bad relationships*
- *Expecting easy*

Begin the process of moving the mountain by using your notebook. In the notebook, make a list of all your impediments. Once you've taken the time to thoroughly and honestly contemplate your roadblocks, now it's time to begin the process of removing them.

Spend the next seven day's making some hard decisions. Using the examples above, let's say fear is one of your road blocks. Ask yourself these pertinent questions:

1. *Why am I afraid?*
2. *What am I going to do about it?*
3. *How will I offset my fears?*

Perhaps you will decide therapy is what's needed. Or, you've decided you need to face what you fear head-on.

The key to this exercise is proactive action.

You cannot welcome abundance into your life if you have a mountain standing in your way.

MOVE THE MOUNTAIN LIST

1

2

3

4

5

6

7

8

9

10

OBSTACLE

SOLUTION

WEEK TWO: DEFINE YOUR PURPOSE

In order to understand the importance of this exercise, it's essential to know what abundance isn't. Abundance isn't:

- ❖ *Being unsure of yourself*
- ❖ *Living aimlessly*
- ❖ *Feeling as if your life has no direction*
- ❖ *Not being clear what your purpose in life is*

One way to be sure of yourself, to not live with uncertainty and directionless, is to clarify your purpose.

It's important to know we all have a purpose, we don't always acknowledge it, but it's there waiting for us to shed a light onto it. One way to find true abundance is to recognize you have a purpose and to move towards it with eagerness.

There's nothing more fulfilling than to have personal insight about who you are as a person. To have clarity regarding your life's mission.

What most of us tend to do is haphazardly move through life without connecting with our inner-self and who we truly are.

Fortunately, you are not one of the many, but the few. You are willing to know your purpose and use it to guide you towards the successful life you deserve.

Remember the mission statement you wrote? Your mission statement will serve as a valuable resource or tool for this coming week. Define it further by using the answers to the questions below.

In this second week, your goal is to establish your purpose. It's another way to know yourself; to know who you are as an individual. Connect with your inner-self by asking key questions such as the ones mentioned below.

Again, armed with your Journal or notebook, approach this exercise as a fact finding mission about yourself. The more you know, the better you understand, the more transparent you will be about yourself.

- ❖ *What are your passions?*
- ❖ *What are your strengths?*
- ❖ *What are your core values or beliefs?*
- ❖ *What are your goals?*
- ❖ *What issues are important to you?*

- ❖ *Do you have a bucket list, if so what's on it?*
- ❖ *If money wasn't an issue, how would you live?*
- ❖ *How would you want to be remembered?*

Use the above questions or ones you've constructed to further understand your purpose. During the week, allot time for each question. Again, use your notebook or journal to document your answers. At the end of the week you should have a more concise mission statement and well on your way to knowing your purpose.

WEEK THREE: DEFINE YOUR INTENTIONS

Your intentions are the beginning of everything you want from life. With it, you can accomplish all your needs, whether for money love or anything in between.

Unlike setting goals, your intentions have no deadline, nor do they need to be tangible. Still, every goal you've accomplished started with an intention. A trip to the grocery store, a new job, it all started like a seed plant in the earth to grow.

You may wonder, why would intention be important? It's necessary because without clear intentions, you will drift aimlessly from one situation to the next. Eventually, your life becomes about avoidance, instead of advancement.

Another way to understand the need for clearer intentions is to consider that it gives you purpose. A person without intention is a person without true purpose.

We cannot live abundantly if we don't illustrate what we want. It's time to stop living haphazardly and begin to live on purpose.

For the third week, set aside quality time to contemplate. Follow these three steps to discover your intentions.

1. **Be specific** – Use your note book to write down your intentions. Be as detailed as possible.
2. **Think it and believe it** – Every day, spend time to really think about what you want. Don't just contemplate, believe what you want, you will get.
3. **Question your motives** – Why do you want what you want? Remember what you wanted yesterday, may not be what you want today or tomorrow.

WEEK FOUR: GROW YOUR ROOTS

**Ask for help not because you are weak,
but because you want to remain strong –**

Les Brown

The above quote represents what this week's exercise is about. Whether we realize it or not, in the span of our lifetime, we all have had to use the resources available to us to fulfill big and small dreams.

We depend on our parents to show us how to become responsible adults. We depend on our spouse or partner to support our objectives. It doesn't matter what we do, it is nearly impossible to do it alone. There is always someone or something prodding us towards our objectives.

Yes, pursuing aspirations starts with you. Once you begin the process, whom do you need to talk with? What do you need to meet that objective?

The fact is, we need the support; we seek it out when we set any objective. Unfortunately, this is not something we are aware of. We do not realize or acknowledge the support needed to build our lives.

This week's exercise, is two-fold. First it's important to become aware of what's needed to make your goals a reality. Then focus on what's needed to build an abundant life. One thing is clear, you can't do it alone.

Start this exercise by first moving your intentions to tangible goals. Once your goals are established, list each one and the resources you need to make them a reality.

GOAL, ROOTS, INTENTIONS



INTENTION

GOAL

ROOTS

INTENTION

GOAL

ROOTS

INTENTION

GOAL

ROOTS

SHIFT

Shifting to an abundance mindset takes work. The rewards you gain are well worth the effort. When you cultivate abundance into your life, you are enhancing your career success, relationships, and building skills you can use in every aspect of your life.

If you've reached this point in this book then you are well on the way to bolstering your intentions to live a prosperous, abundant life.

The goal moving forward, is to continuously move from a mindset of scarcity to one of abundance. By following the exercises throughout this guide, you are well on the way.

In addition, here are steps you should incorporate daily to continue to encourage abundance and change your mindset from scarcity to prosperity.

Organize your life and home

One way to nurture abundance is to organize your life and home. When we spend the time going through our possessions, two things happen: We realize how much we already have, and we are willing to clean house (remember week one.) By cleaning house, we organize what we have,

get rid of what we don't want, and make room for the thing we actually need.

Stop comparing

A scarcity mindset is comparing what you have and don't have with others. An abundance mindset is comparing yourself to "You."

It's not easy to not compare yourself, especially with today's continuous use of social media and advertisements we see everywhere. If these are affecting your life, then consider lessening their use. Instead, focus on your inner-self and what you can do to improve.

Be proactive, not reactive

Don't wait for things to happen, strategically plan your future and create a blueprint for the long-term.

Embrace change

When you have an abundant mindset, you know change is part of life. Change can be difficult, but dwell on the fact that change leads to better outcomes.

See your missteps as lesson learned, not failures

There will be missteps. It wouldn't be normal if everything was perfect. When these events happen, don't lose hope, see them as lessons learned. It's through these lessons we grow and move towards the abundance we deserve.

Don't believe hardship is permanent

It cannot be said enough times, nothing is permanent. Is what happening to you scary? Definitely, but always remember that life has its ups and downs. Also remember the misfortune happening now may take your breath away, but breathe and know this too shall pass.

Change your thoughts, change your life

- ❖ *I can't do this*
- ❖ *I don't have the money*
- ❖ *I'm not smart*
- ❖ *If only*

These are thoughts of scarcity. When we start to believe them, they become our reality. It's ok to have the occasional negative thought, just remember to not engage them. Most importantly, don't put them into words, because your words will become your reality.

Give

With a scarcity mindset the thought of giving is inconceivable. You may ask yourself how can you give when you are in need. Giving of yourself, your time and your spirit doesn't involve money, although giving money is certainly noble. It cost nothing to give what you can, when you can and how you can. If all you have to offer is a smile and kind words, then give what you can.

CONGRATULATION!

You've read to the end and hopefully completed the daily activities and weekly exercises. Not only have you complete the tasks, but you've learned that you can change. Where you are in life is not set in stone, you can change path if that is your wish.

You are well on your way to living the life you've always wanted. This is true because you care enough about yourself and you know you deserve to have an abundant life.

Over the past four weeks, you learned a great deal about abundance and how to welcome it into your life. One of the bi-products or value of completing the exercises is your mission statement. With it you now have clarity and purpose.

I hope the exercises and daily activities were of value to you. You were able to use them to strengthen your life, to grow beyond what you even imagined.

Continue to use this guide as a resource. Finally, remember life is short, live it abundantly and believe in its endless possibilities.

RECOMMENDED READING

CLICK THE BOOK OR VISIT AMAZON.COM TO PURCHASE.

