



Module 1

Create a Mindset for Abundance

Learning to think abundantly

In order to move into abundance, you must think abundantly.

In this module you will:

- Discover your blocks to abundance
- Learn to let go of the negatives
- Focus on the good already in your life and really feel it.



My intention for this program is to create a space where I will facilitate you to let go of lack, struggle, unworthiness, fear and worry that have kept you from abundance in business, love and finances, every area of your life. You will learn how to tell a new story of how you want your life to be, you will get clarity like you've never had and will feel confident and excited as you step towards more abundance. This or something even better for the good of all concerned.

Be the
ENERGY
you WANT
to attract

What drew you to this course? What is it that you are looking to bring into your life?

Take some time to really connect with yourself and list three things you want to bring into your life....

1. _____
2. _____
3. _____

Be the
ENERGY
you WANT
to attract

Contract to Yourself

I _____, hereby commit to completing five sessions. In addition I will take the necessary time to do the worksheets for every week, and open myself up to receive inspiration, direction and guidance.

This _____ day of _____



Discover your blocks to abundance:

Letting go of the negative is your first step in this module. But first you must discover how negative your thinking really is. Your first assignment is to begin to document the negative thoughts that come into your mind. Take a moment to write down what negative thoughts you are thinking right now:

Next get yourself a small notebook and for the next two days every time you have a negative thought, write it down. This will give you a good idea on what self-talk is going on inside your head. This is important because it affects your vibration and therefore your ability to manifest.



Learn to let go of the negative:

Are there one or more negative thoughts that come up consistently?

1. _____
2. _____
3. _____
4. _____
5. _____

Now you are going to take these thoughts and write the exact opposite.

(For example: I don't have enough money – I always have enough money)

1. _____
2. _____
3. _____
4. _____
5. _____



We are now going to take these negative thoughts and re-frame them so you are seeing and feeling the positive aspects of your life. Re-write the positive thoughts here again.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

They may seem like lies to you, because they are not a visible reality in your life yet. So we're going to go deeper with each of these until you can shift the vibration to the positive



Take each positive thought and find something in your life that currently matches is. (For example: I feel abundant! I feel abundant when I get my nails done, I feel abundant when I make a great, delicious meal for my family.) Do that with each positive thought and write it below:

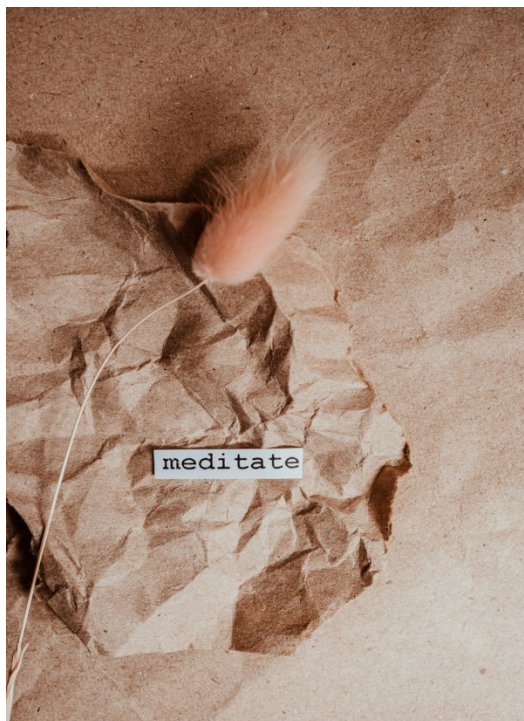
- 1. _____

- 2. _____

- 3. _____

- 4. _____

- 5. _____



Listen to the guided audio meditation EVERY day. Use headphones so you will not have any distractions. Below, write how you feel each day after your listen to the recording:
