



# ABUNDANCE CONSCIOUSNESS WORKSHOP



# Mind Body Education

## Abundance Consciousness Workshop

- Exploring **abundance**
- Moving beyond meeting your needs to **fulfilling your desires**
- Creating a **beautiful** relationship with money
- Defining your **individual vision** of abundance
- Starting to honour and appreciate the **value** you have to give
- Feeling comfortable **receiving more**
- Exploring **holistic abundance** across multiple areas of your life
- Develop a circle of **abundance-conscious friends**
- Overcoming the **fear** of abundance and lack
- Staying motivated and keep **making progress**
- Making **the energy** of abundance your normal state of being
- Entering into contracts with abundance **growth experiences**
- Become an uplifter and **help others** enjoy more abundance

## Exploring abundance

**Activity:** What does abundance mean to you?

Make a list of all the things it means to have abundance.

Consider every aspect of your life and write down what abundance would look like when it was active in each area.

## Moving beyond meeting your needs to fulfilling your desires

**Activity:** Spend some time really exploring your desires.

What do you really want?

Think about how you want your life to be.

Make a list of the desires you want to bring into your reality.

Consider every area of your life.

Create a checklist.

## Creating a beautiful relationship with money

**Activity:** Make a list of the beliefs you have around money.

These may be beliefs you have inherited from your family of origin, your culture, teachers throughout your education, society, the media, partners and friends.

Be ruthless in dragging up any negative thoughts you have about money.

Is money hard to come by?

Are rich people all crooks?

Does money cause corruption?

What negative and limiting ideas are hiding in your subconscious mind about money?

**Activity:** Make a list of the *good things* money can do in the right hands.

While it is an important responsibility of those who do have money to give back to society in some way, your list should not be all about how you could help others. That would reflect a belief that *you* are not deserving yourself.

Think about all the things you could do if you had an abundance of money.

Think about how that abundance of money would improve your life.

What would change for you if you had an abundance of money?

**Activity:** Explore your relationship with money.

Try to remember your first experiences with money.

Can you recall any early memories about your first introduction to money?

What did you think of money when you were a child?

How did money treat you? Was it elusive and difficult to get hold of, or did it flow into your life with ease, bringing a sense of comfort?

Was the idea of an abundance of money normal for you?

What was your relationship money like through your teens?

What sorts of things did you do to attract money when you were young?

When did you really start needing to be able to depend on money to show up for you?

Did money show up for you when you needed it? Did you feel safe and secure in the knowledge that there would always be plenty? Or did you develop a fear of lack and worry that there would not be enough money to meet your needs?

Think about your relationship with money as if it had been a person in your life, and consider how you would describe that relationship. Have you felt like an equal in the relationship, or has one of you been more powerful while the other was more submissive and dependant?

**Activity:** Make a plan to change your relationship with money.  
Make a list of the new qualities you want to bring into that relationship.

**NOTE:** If you have a problematic relationship with any other aspect of abundance (like health, love or creativity, for example), repeat the last two activities with that aspect of your life too.

### Defining your personal vision of abundance

**Activity:** In a table with three columns, make a list of the things you will now begin to attract into your life to fulfil your personal vision of abundance.

Now create a new mindset for each thing, based on the plan you made about changing your relationship with that thing.

Then add in something practical you can do to attract that thing into your life on a physical level.

For example:

<b>The thing</b> Call it by its name and be precise.	<b>The mental plan</b> Create an Affirmation	<b>The practical plan</b> Create a task list
\$5,000 personal income every month.	I welcome financial abundance into my life. There is plenty for everyone, and I deserve to have everything I desire.	Start running workshop twice a week. OR – write an eBook about my topic of passion – Or whatever the thing is that will help you open the door to a more abundant income.
To feel energetic, strong and healthy, at my preferred weight of 65 kg.	I love my body, and I am now attracting the beautiful, healthy, strong and energetic body I deserve. I am changing my physical vibration to one of good health and fitness.	Make a plan to change the things in your life that you discovered when you were exploring your relationship with your health. Make a loving and gentle plan to improve your health and fitness.

## **Starting to honour and appreciate the value you have to give**

**Activity:** Make a list of all the reasons you deserve to receive abundance. Consider what you have to offer that assists others in living more abundantly. Think about the value in what you do and why you choose to do what you do.

**Activity:** Create an affirmation that pays homage to what it is you do.

**Activity:** Create a statement about the benefits of what you do that you could use as a motto or catchphrase.

## **Feeling comfortable receiving more**

**Activity:** Think about how it will feel to be receiving more abundance in your life. You will need to start being more aware of how you respond to abundance when it shows up for you. Sometimes we can push new opportunities that offer abundance away before considering them because of our old mindsets and belief systems.

Create a plan for how you will greet and consider every opportunity that presents itself to you. Decide how you will show gratitude for new opportunities and how you welcome abundance. Practice that plan every day.

## **Develop a circle of abundance-conscious friends**

**Activity:** Start taking notice of the words and energy about abundance (or lack) the people you spend time with share with you. Start to cultivate a group of friends or associates that are also focused on attracting abundance into their lives. Think about how you might do this and take action to make it a reality as soon as possible. Surround yourself with the vibe of abundance.

## **Overcoming the fear of abundance and of lack**

**Activity:** Take some time each day to meditate specifically on clearing away any fear around your own worthiness to receive abundance and any worries about lack. During this meditation, see or feel yourself being held very safely and firmly in the loving arms of life. Connect with the idea that life wants to give good things to you. Develop an expectation that good things are always knocking at your door, and there is always way more abundance and prosperity in your life than you need. You just need to trust and tune into the vibration of receiving it.

## **Staying motivated and keep making progress**

**Activity:** Create a plan for participating in abundance and prosperity attracting activities every single day. Your plan could include meditation, affirmations, journaling about abundance, planning practical activities to attract your desires.

## **Making the energy of abundance your normal state of being**

**Activity:** Talk about abundance and normalise conversations about attracting abundance. Make being an abundance magnet something that you simply are! Look out for abundance – big and small – and be sure to welcome it every time it visits you.

**Activity:** Practice gratitude and start counting your blessings every day.

## **Making contracts with abundance growth experiences**

**Activity:** Start consciously choosing the opportunities you want to act upon. With every idea you have, social invitation, business proposal or offer you receive, decide if giving your time and energy to this opportunity will take you closer to your desires around abundance. If you feel a sense of excitement, then you should take that opportunity. In choosing to take on any opportunity – agree to go to an event, take on a project, meet someone, or whatever it may be – enter into a contract with that opportunity. Make a conscious and deliberate agreement with that opportunity in the form of a pledge and commit to seeing that opportunity through.

## **Become an uplifter and help others enjoy more abundance**

**Activity:** Find ways to make your focus about leading by example. It is not your job to help, rescue, protect or save anyone else on earth. That is not any one's job! We can all only save ourselves. You can tell when you see someone in a group who is dedicated to the idea of helping to rescue others by the looks of disempowerment on the faces of the others.

The best way you can help others is to be a positive role model by focusing on making your own life magnificent!

It is a truly wonderful thing to make your living by sharing powerful tools, positive skills and valuable information with other people, but you must do that because you love doing it. Not because you want or need to help others. You must be selfish in your work and do it only because you absolutely delight in doing it. Do nothing you do not love. As a result, you will attract infinite abundance into your life, and many other people will have the opportunity to grow, heal and become abundant themselves because of the example you give.

Prosperous, wealthy, healthy abundant people do what they love. They are not slaves to some career or cause. They do not believe you must work hard to make good money. They do believe they deserve to follow after all the joys in life which attract them. They are motivated by passion and excitement. They trust the process of life.

## **Keep going**

Keep developing your abundance mindset. Make it who you are – A creator of abundance. You can find some great books on the subject at <https://www.goodreads.com/shelf/show/abundance>