

BRING YOUR DESIRES INTO REALITY

ON THE PATH TO ABUNDANCE



Empower yourself with tools and techniques to attract abundance.



Understand that abundance is of holistic nature and includes wealth, health, relationships, and personal fulfillment.



Redefine what abundance means to you personally.





Are you an action taker?

These rituals and practices support you to manifest abundance in various aspects of your life.

Morning Affirmations:

Start your day with positive affirmations about abundance, success, and prosperity.

Visualization Meditation: Dedicate time daily to visualize your goals and desires as if they have already manifested.

Gratitude Journal: Regularly write down things you're grateful for, focusing on both material and non-material aspects.

Financial Visualization: Picture yourself making sound financial decisions and managing your resources wisely.

Financial Planning: Create a detailed financial plan and set clear financial goals for the short-term and long-term. Use your planning.

Law of Attraction Practices: Utilize techniques like scripting, vision boards, or manifestation rituals to align your energy with abundance.

Mindfulness and Presence: Stay present in the moment, appreciating what you have now, and reducing anxiety about the future.

Invest in Learning: Constantly invest in your knowledge and skills to increase your value in the marketplace.





Healthy Lifestyle: Maintain a healthy lifestyle, as physical well-being contributes to mental clarity and focus.

Generosity: Practice generosity by giving to others, whether through time, resources, or knowledge.

Networking: Build and nurture positive relationships, as connections can open doors to opportunities.

Set Intentions: Clearly set your intentions for the day, week, and beyond to guide your actions towards abundance.

Limiting Belief Challenge: Identify and challenge limiting beliefs that hinder your prosperity. Replace them with empowering beliefs.

Affiliate with Success: Surround yourself with people who inspire and motivate you towards success.

Regular Reflection: Reflect on your achievements regularly, celebrating both big and small wins.

Create Abundance Mindset Habits: Cultivate habits that reinforce an abundance mindset, such as positive self-talk and constructive thinking.



Goal Setting: Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) to give direction to your efforts.

Adaptability: Embrace change and be adaptable to new opportunities that can lead to abundance.


Energy Management: Conserve and channel your energy into productive activities, avoiding energy-draining situations.

Self-Care Routine: Develop a self-care routine that includes activities that nourish your body, mind, and spirit.

Step 1: Pick three practises that you like

Step 2: Implement them consistently during 33 days

Step 3: Observe how your reality changes!




Remember Rumi's famous quote:

You are not a drop in the ocean.

You are the entire ocean in a drop.





*You are not a drop in the ocean.
You are the entire ocean in a drop.*

Rumi



Hey there!

This *free* guide is sponsored by the weekly You Tube broadcast *The Well - dip into your soul* by Margaret Sap | YC More

Hi! My name is Margaret and I help 'non-creative' people to get in creative shape and igniting the life force of conscious creative living.

Subscribe to The Well on You Tube for weekly insights.

Doing Life Happier is very possible!
You've got this!

More info here.



YC MORE
intentional creativity®