

I create abundance

I create abundance.

My life is joyous and full. I think positive. I motivate myself to take worthwhile risks by thinking about what I have to gain instead of what I have to lose. I smile and look for the advantages in each situation.

I give generously. I share my time, money, and talents. I support worthy causes and help my neighbors.

I cultivate gratitude. I count my blessings and tell others how much they enrich my life. I keep a gratitude journal that reminds me to give thanks for my health, meaningful work, and healthy relationships.

I surround myself with support. I reach out to family and friends when I am struggling.

I appreciate simple pleasures. I enjoy playing games with my children as I drive them to school. I savor the sandwich or soup I eat for lunch.

I monitor my self-talk. I choose words that energize me and make me try harder.

I focus on growth. I continue learning and

picking up more skills. I practice new methods that make me a more effective parent and a more productive employee.

I follow my purpose. I clarify my priorities and goals. I devote my time and thoughts to the projects that add more value to my life and help build the kind of legacy that I want to create.

Today, I live more abundantly. I open my heart to love and laughter. I use my strengths and skills to fulfill my potential and serve others.

Self-Reflection Questions:

1. How do I define abundance?
2. What can I do in the morning to prepare for an abundant day?
3. How does thinking abundantly change my experiences?