

# 30 DAY COUNTDOWN TO ABUNDANCE

Use this to develop a more abundant mindset in one specific area or across all areas of your life (spiritual, emotional, physical, relationships, career, business, community).

Each day, count down: five external blessings, four internal blessings, three positive results, two negative results and one result you'll create tomorrow.

## Five External Blessings I Received Today ....

- 5.
- 4.
- 3.
- 2.
- 1.

## Four Internal Blessings I Created Today ....

- 4.
- 3.
- 2.
- 1.

## Three Results I Created Today That I Wanted ....

- 3.
- 2.
- 1.

## Two Results I Created Today That I Didn't Want ....

- 2.
- 1.

## One Result I'm Committed To Create Tomorrow....

- 1.

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Here are explanations and examples for you to reference:

## **Five External Blessings:**

5 things you're grateful for that are external (provided for you)

Example: "Clean drinking water"

## **Four Internal Blessings:**

4 things you're grateful for that are internal (provided by you)

Example: "Compassion for myself"

## **Three Positive Results:**

3 wins of the day that you created

Example: "I followed my calendar exactly for 2 time slots"

## **Two Negative Results:**

2 unproductive fails, meaning fails that don't move the needle;

Example: "I didn't produce a blog today."

Notice what produced these results (without getting bogged down in shame, guilt, or disappointment)

Write the unintentional models that created these results.

Write the intentional models you want to create different results.

## **One Result for Tomorrow:**

1 commitment you have for tomorrow

A high level commitment you make today to how you want to show up the next day

Example: "Show up as the CEO of my company and execute on the vision of the company through the strategies I created"