

## **1. Create an Embodied Abundant Mindset**

- Read & Learn
- Discover through Reflection
- Turn-Arounds
- Practice
- Creating an Embodied Abundant Mindset
- How This Guide Works

## **2. Begin Within**

- Being Mindful
- Being Reflective
- Making Conscious Choices

## **3. Practices**

- Centering
- Mindfulness
- Thinking Versus Sensing
- Counting Breaths
- Shoulder Shrug
- Hand Squeeze
- Smile

## **4. Where You Are Now**

- Wheel of Life
- What Abundance Means to Me
- Magical Moments
- Role Models

## **5. What Gets in the Way... and Turn-arounds**

- Sabotaging Abundance
- What I Don't Like... Leads to What I Desire
- If I Had...
- Complaints & Criticisms as Indicators
- Optimism / Pessimism
- "I am..." Statements
- Rationalizations & Excuses
- Feelings of Resentment
- Our Thoughts Create Our Beliefs
- Reflective Questions
- Where You Get Hooked
- The "Yabbut" Factor
- Your Body Reveals
- Move Your Body
- Play to Win

## **6. Be the Author of Your Abundance Journey**

- Law of Cause and Effect
- Law of Vibration
- Brag a Bit!!
- Include the Senses
- Vision Story
- Experiment with Possibilities
- Decision Making
- Wait for Clarity
- Wheel of Abundance
- Faith and Belief