

Abundance

DAILY AFFIRMATIONS

- I simply need to look around to see all the abundance in my life.
- I am grateful that I am so divinely blessed.
- I become overwhelmed with joy as I think of all the riches that surround me. I notice the wealth of colors in the fall leaves and realize that they are a symbol and a reminder of how eternally blessed I am. I am truly fortunate.
- I use my sense of smell to connect with the sweet aromas of a Thanksgiving feast. It conjures up thoughts of gratitude for food, family, and friends.
- I am so happy. I am filled with joy. What an abundant life I am living!
- I look around in awe of all the resources that I have.
- I have true friends. I am surrounded by a supportive family. I am connected to a greater community of like-minded people.
- I have such an abundance of clothes, food, and useful items that I can easily share with others. I have so much to give away. It makes me feel happy to do charitable acts of service.
- I feel beyond blessed when I start to count my blessings.
- As I get into a state of gratitude, my abundance increases ten-fold. My heart wells up with compassion and charity as I realize how abundant my life has become.
- Today, I feel truly grateful for the abundance that continuously surrounds me.

ABUNDANCE SELF-REFLECTION QUESTIONS

What 10 things can I be grateful for today?

Who is a blessing in my life?

How can I be a blessing in other people's lives today?