



# SEAN WILLARD

## HAVE A LIFE ATTACK

### Abundance Workshop: Homework Ideas

#### Lesson 1:

1. Write down anything you feel is lacking in your life. What fears do you have that might be coming from a scarcity mentality? Write them down, and then write down their opposite. Use the opposites as affirmations—and try speaking them OUT LOUD to yourself for maximum results.
2. Visualization. Find a quiet and calm place where you can close your eyes and be left alone for 5-10 minutes ( for me, it's my 'red couch'. Visualize your most abundant life. Think about where you live, what you're doing for work, the type of home you own, and who is living with you. Think about how you dress, what you eat, who is involved in your day-to-day life. If money were no object, what would your ideal day look like? What would you do? Who would you see? Where would you go? Just sit in the quiet and observe; you might come up with some surprising ideas.
3. Go one step further and FEEL in your body what you're visualizing. Try to feel and sit with the good feelings that you'd have if all of this was real. (Really tap int your imagination here – this is super powerful, believe me!)
4. Define and celebrate your strengths. Think about and write down the following:
  1. What do I love to do? (Think about this both personally and professionally)
  2. What do I do exceptionally well?
  3. What do I always get complimented on or asked for help with?
  4. How do I add value to others 'lives?

5. Watch your words. When in conversation, do you downplay your strengths? Do you express a desire and then immediately list 20 reasons why you can't possibly ever achieve it or experience it? (Your inner judge loves to list the reasons why you can't possibly do that!!). Sometimes, it takes another friend or peer to notice your negative words and bring them to your attention because it's so easy for us to fall into that negative talk pattern. But turning your words around into phrases of power instead of negativity will change your life.
6. Mindfulness. Take 5 minutes per day for one week to sit quietly. What thoughts do you have in your head around abundance? Watch out for negative or scarcity-based thoughts like, "I can never have that," or "I don't have time for that," or "I shouldn't want that."