



# SEAN WILLARD

## HAVE A LIFE ATTACK

### Abundance Workshop: Homework Ideas

#### Lesson 2:

1. Set up a consistent gratitude practice. Here are a few ideas:
  1. Daily morning or evening practice. Write down 2-3 things you're grateful for every morning (or every night). 5 is great, but start with 2 and build up.
  2. Mid-day pause. Set a timer on your phone for a specific time each day to stop and find 2-3 things you're grateful for in that moment.
  3. Weekly. Choose a specific day each week to sit down and write down everything you're grateful for from the previous week and the week ahead.
2. Express your gratitude. Make a point to tell 1 person each week that you're grateful for them and why. You can write a letter, send a quick text, or even message them on social media.
3. Celebrate your successes. Create a ritual around celebrating your "wins"—no matter how small (or big!). Write down 1-3 successes, "wins," every time you do your gratitude practice. They can be "new" wins—or you can also remind yourself of things you've achieved in the past.

4. Make a point to use and enjoy what you already own. When you use what you have, you can appreciate it at a deeper level (which means you'll attract more things to appreciate!) Below you'll find a few examples but ask yourself what else you already own that you're not using to the fullest or saving for "a special occasion" (everyday is special!). Examples:
  1. Wear the shirt or dress you've tucked in your cupboard for special occasions—on a random Tuesday.
  2. Wear the "special" shoes – everyday.
  3. Take out that brand new set of gold balls on the next round you play.
  4. For the ladies, put on the fancy jewelry or lipstick –just for fun.
  5. Use the expensive serum (and stop feeling guilty about it!)