



SEAN WILLARD

HAVE A LIFE ATTACK

Abundance Workshop: Homework Ideas

Lesson 3:

1. Choose a “slow down” day each week. Pick a day each week when you’ll actively remind yourself to savor each moment. Alternatively, you can decide that you’ll savor a specific moment each day—like your morning coffee, for example. (I do this every morning on my walk – stop and enjoy my coffee..slowly..)
2. Do more work that brings you joy! Each quarter, make a point to remove 1 activity you don’t love from your regular To Do List (you can choose to eliminate it or delegate it) AND add 1 activity you DO love in its place. (Example: Swap “admin” for “weekly gym class”)
3. Stop taking your daily pleasures for granted. What things do you do everyday that others might yearn for, but you take for granted? Maybe it’s not waking up to an alarm, maybe it’s eating whatever you want for lunch, maybe it’s having time to work out during the day. Write these things down. Then, think about what you have the ability to do and cherish that you’re not currently doing or cherishing. What do you already have the opportunity to add to your life to bring you more joy? For example, if you create your own schedule but still find yourself working weekends, can you start making sure you DON’T work weekends?
4. Cure ‘*comparisonitis*’ with love. Practice sending love to the next person you see who gets something you want. Practice getting excited for them. And practice reminding yourself that if you’re seeing someone succeed at what you want, that’s because it’s also available for you—because the Universe is abundant like that!