



SEAN WILLARD

HAVE A LIFE ATTACK

Abundance Workshop: Homework Ideas

Lesson 4:

1. Declutter. Clutter makes it easy to lose track of what you do have, which can lead to feelings of scarcity. Try swapping one night a week of TV-watching every week for organizing what you own, so you can clearly SEE what you own and ENJOY it. You'll also remove the stress of dealing with items you don't love or seeing reminders of things that make you feel less-than-abundant (i.e., an old ratty pillowcase or broken drill).
2. Consume less content from others. Before you consume a new piece of social media, or spend 30 minutes on that one influencer's page, or sign up for another online course, ask yourself:
 1. Do I already have something like this?
 2. Do I really want to read/consume this?
 3. Does this person I'm following make me feel good about myself and inspire me – or not?
3. Let go of resentment and bitterness to make room for more positive emotions. Try a forgiveness practice. Think about anyone you feel has wronged you. Then, repeat the following mantra/prayer and visualize your resentment floating away and love flooding both your heart and the heart of the other person: "I'm sorry. Please forgive me. Thank you. I love you."
4. Give. Sharing the good you already have with others feels good and will only attract more good back to us.
5. Commit to giving back in one way each week. Send a colleague a gift voucher/card for coffee, volunteer for a cause you care about or donate something you no longer use to charity.