



SEAN WILLARD

HAVE A LIFE ATTACK

ABUNDANCE  
WORKSHOP:  
MORE FLOW,  
MORE MONEY,  
MORE FUN!

Lesson 3: Cultivate Joy for Epic Expansion  
& Growth

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Learning Objective: How to maintain an abundant mindset.

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When you hear someone described as “abundant” what do you imagine? Someone concerned about what people think? A person who is only thinking about the bottom line? Or do you imagine someone who is open to new possibilities and lets their spirit free?

\*Please note this is NOT for resale or giveaway.



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The biggest mistake many people make when attracting abundance is to play it safe. You don't need to take unnecessary risks to attract abundance and some precautions and planning are necessary but **worry and anxiety are not**.

**You can become more expansive and abundant by letting go of fear and anxiety and embracing your true potential.** The first step is to cultivate an appreciation of who you are and what you have. As we discussed in Lesson 2, this involves doing a gratitude practice every day to turn appreciation into a habit.

## STEP ONE: ATTRACTING ABUNDANCE THROUGH FUN

In our daily lives, we tend to stuff our schedules with errands, activities, and plenty of things we may not be excited about doing. Some of these things are necessary and some are not. Why do we do them, then? Often, so we can get more things or become better or achieve more.

What if we ditched some of these extra activities, preoccupations, and thoughts and learned to appreciate who we are and what we own? What if we embrace the here and now? **Taking time every day in the morning, afternoon, and evening to think of at least five things we are grateful for, big or small; tangible or spiritual; will enable us to love ourselves and our lives.**

These things can be as simple as a tasty, shiny, and warm apple right from the tree or that friend who understands who we are and is always there for you. **Unfortunately, people often do not learn to appreciate what they have until they have suffered some crisis and survived.** Don't wait for an emergency to love what you have. Learn to appreciate who you are in the present moment.

Developing this "attitude of gratitude" and the ability to be mindful of the present moment will give you a **greater sense of identity and clarity.** You will be more open to and notice opportunities that you may have overlooked before.

Also, because of your more open and aware state of mind, you will likely attract opportunities brought to you by people who feel good around you and approach you with assistance. The good energy you will create from a relaxed and positive attitude can also cause opportunities to open up.

Make sure these opportunities, however, are not the type that will limit you. Focus on opportunities that will be fun and not just productive or respectable. If these opportunities are business-related, be sure they complement your business plan and vision. If they are personal opportunities for fun, be sure they are with people you enjoy being around.



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Yes, that is correct. **Fun.** The word “fun” is often not used in the context of adult life. We think of childhood as the time to have fun. Once we reach a certain age, it is time to put “fun” in a box and save it for weekends and holidays. We may think that once we have grown up, “fun” has no place in our lives when there are things we have to achieve and a salary we have to bring home.

Believe it or not, you can have fun and live an abundant life at the same time. **One of the most effective ways to achieve abundance is to have fun.** There is a Chinese adage, *“Do what you love, and you will never have to work a day in your life.”*

Think about Steve Jobs, Bill Gates, Oprah Winfrey. All of them are household names associated with product lines people respect and brands that have staying power. Did they achieve abundance by toeing the line?

**They each had a passion and built their life around it.** Even if they had not made millions or billions, they most likely would have continued doing what they are famous for today because they loved it. **They had fun innovating, talking to new and interesting people and sharing their insights.**

They insisted on fun, or expansiveness or creativity, whatever term you prefer. It wasn’t enough to go to work every day and do the same ordinary tasks day in and day out, year after year. Fun and growth go hand in hand. **Fun involves thinking outside of the box, going beyond limits, creating something no one has seen before.**

The late Beatle John Lennon wrote, *“Life is what happens to you when you’re busy making other plans.”* When he wrote one of his brilliant songs, it is unlikely he woke up that morning with an exact plan of what he was going to write each time. Most artists work through inspiration. This means focusing on how what you do makes you feel, the fun of it rather than a specific outcome.

As children we are told about the importance of delaying gratification. Eat your dinner and only then will you get dessert. Work hard this week and we’ll go to the beach on Saturday. It is good to work towards goals and to reward effort.

However, **one thing people often forget is that working to reach that goal is part of the fun!** The fun is not just when the team wins the trophy, but playing the game, even training towards the goal—it is all part of the same game and games are meant to be fun.



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## STEP TWO: ADDING FUN TO YOUR ROUTINE

So how can you bring the fun of playing the game of life into every day? How can your days seem like a creative process rather than just a routine? The key is to not be so focused on your goal that you forget to be present in the moment and to find things to appreciate and enjoy along the way.

Many people talk about whether the destination or the journey is more important. The truth is, for an abundant life, both the journey and the destination are fulfilling! There is no reason to choose. **You can enjoy all of it – that is the secret to an abundant life!** Taking a journey that will be rewarding but finding plenty of treasures along the way. You can find these treasures by opening your mind, becoming aware and creating a sense of fun and adventure.

So how do you create these special “feel good” moments in the middle of your day? **Here are some suggestions:**

- Take regular “gratitude breaks”.
- Do more of the work that brings you joy.
- Allow yourself opportunities to play.
- Think about what pivots you can make (aka daydream).
- Try something you have been wanting to do.

**The first step** can be done while you are getting a cup of coffee, in the middle of a task when you need a breather, or during a work break. You can close your eyes or leave them open. Take a few deep breaths and think about at least five things that you are grateful for. Anything that comes to mind is worth focusing on. If you want to, you can write them down think about them later.

**The next thing** you can do to generate more “feel good” moments in your life is to do more of the work that brings you joy. Many people feel stuck doing the same things over and over. Even those who are self-employed can get stuck in a rut by doing the same things in the same way.

**Write down** what you love the most about your job and what tasks you like the least. Think about ways you can spend more time doing those things that are on the top of your list and discover ways to delegate the other tasks. For instance, if you love doing podcasts but think social media marketing is a drag, outsource the latter so you can spend more time on the essential, creative work you love.



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Look at your list and make it work (and play!) for you. **Remove one item from the list that you don't like doing.** Figure out how to delegate, outsource, or possibly eliminate it. Add an activity you love to your list. Do this periodically and see how it changes the way you feel about your day-to-day life.

It may seem scary at first to take things off the list. You may wonder if you can go without having to do things you felt were required for so long. In some cases, you may find that you will have to add things again.

However, most people who do this exercise are amazed at the number of things they can outsource and eliminate. Every task you can eliminate or outsource is like a weight off your shoulders and a step toward abundance.

**Turn work into play.** This doesn't mean you have to install a mini basketball hoop above your desk (although you can and use foam balls!). It can mean making changes in your routine and your way of doing things. Don't be afraid to introduce a bit of frivolity. Fun is an important component in the abundance mindset. Thinking out of the box is fun and can lead to abundance.

We all have certain things that we have wanted to do but felt we didn't have the time, money, or were concerned about taking the chance. These unfulfilled plans often come back to haunt us, particularly if we feel that we are stuck in a rut. **Part of incorporating a sense of fun into your life is to take a chance and doing things you have put off.**

Procrastination often occurs due to pressure. People may put off cleaning their garage if they dread doing it (and, as we have discovered, you can delegate this task too!) When we procrastinate about things we want to do, the pressure we feel is the fear of failure.

However, once you have learned to appreciate the things you already have and have a deep sense of who you are, you can be more ready to take risks, because the consequences of not succeeding do not seem so disastrous. Since your sense of self does not depend on success but on who you essentially are, your dignity can withstand not succeeding the first time around.

So go ahead and pursue those things that you have always wanted to try. Perhaps you want to write a book or have a book tour to revive interest in a book you have already written. As long as the chances you are taking are within reason, they are worth pursuing if it means allowing your dreams to take you to new heights and bring abundance to your life.



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Commit yourself to doing one thing this week that you enjoy but have been putting off. It may be a gym class or coffee with a friend. Getting out of the habit of procrastinating can be done in baby steps with smaller things and can build to pursuing major goals you have been wanting to get around to for years.

### STEP THREE: TAKE A RISK TO ACHIEVE A GOAL

When you take a chance and explore new possibilities, you will learn something, regardless of the result. One thing you will learn is what you are capable of. You will gain an enhanced appreciation of yourself and your current resources. Perhaps the first attempt may not go as planned. Still, you at least know the terrain and are aware of your capabilities.

If your attempt is successful, of course, you will have greater self-confidence and gratitude for your present resources. Before you made the attempt, you had a feeling you could do it. After achieving your goal, you now know what you can do and can certainly appreciate that what you have is enough to create success and more importantly, a feeling of abundance.

Reaching out for something new and exciting is wonderful and it expands your vision of where you can go. At the same time, it is still important to bring some of the focus back to your present life, what you own, and what currently brings you joy.

Achievement can become a burdensome habit. When you try something new it should be to add excitement, a sense of fun, and to enhance your life. However, sometimes achieving things can be addictive and self-imposed pressure can result that will zap the enjoyment out of your daily life.

It is important to make sure that after you have achieved a major goal that you bring the attention back to yourself and your life as well as the personal qualities you have that allowed you to reach that goal. Cherish all of these elements! Don't be in a rush to achieve the next goal. Relax and enjoy this moment. This isn't resting on your laurels; **this is putting the focus of your life back where it should be--on living!**



## STEP FOUR: APPRECIATE INDIVIDUAL MOMENTS

So how do you put the focus back on your life and avoid racing from one goal post to the next? Try these tips:

- Slow down and enjoy your day-to-day activities.
- Focus on the present moment. (Wherever you are, be there!)
- Think about what you have that not everyone else has.

Have you heard the term “**hurry sickness?**” It has reached epidemic proportions in the modern world. Many of us feel we can’t slow down even if we wanted to. People often expect immediate responses to their WhatsApp messages. Our digital reality allows us to do things more quickly and easily than ever before. We can’t possibly unplug – even on the weekends – for fear of missing out on something. Does this sound familiar?

This type of constant hurriedness can create more challenges because it has also raised the expectations of others. Our clients may want answers faster than ever or prompt replies to emails – even on the weekends or vacations. Rather than reduce stress, so-called “convenience” can ramp up the pressure.

As an aside, we discussed earlier what you can do about tasks you don’t want to do, like answering those emails and chats right away (delegate to an assistant or automate the tasks!), but the point that is being emphasized is that the fast pace of life is almost unavoidable.

**You need to take a stand and reclaim your life from hurry sickness** and social pressure to always account for where you are or what you are thinking. Reclaim your thoughts, your space, and your presence in the here and now by slowing down and savoring the moment.

You might associate savoring the moment when you take a nice, long, shower, taking a walk through the vineyards or enjoy being pampered with a back massage, but you don’t have to wait for occasions like these to savor the moment. Even washing dishes, walking the dog, and watering the garden can be moments that you can pay attention to and extract value from.

You may ask “What is there to savor about washing dishes or watering the garden?” The truth is, if you can savor these mundane activities, you can find even more wonder in an obviously pleasurable activity. **Cultivating a habit of stillness and focus on the present moment will make foods taste better, fragrances more pleasant, and images more vivid.**



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You may have heard of mindfulness meditation. **Savoring the moment** is remarkably similar, except that it is not necessarily a systematic practice. It involves nothing more than **focusing your attention entirely on what you are doing or experiencing at that moment**. You don't need to push out thoughts; just focus on something and the extra thoughts will fall away.

Think of it like focusing a camera on something and the surrounding objects become blurry. When you have to pay attention during a lecture or need to listen to a friend's story, you are focusing and can do this in any situation.

All you have to do is try it. When you wash your hands, pick out tomatoes in the store, or dust off your laptop, you can pay attention to these activities and **develop the habit of savoring your life instead of letting precious moments and experiences pass you by**.

You don't need equipment or to sit in a darkened room and shut your eyes to learn to be mindful of the present moment, but you can try actual meditation. Find a podcast or a blog that will guide you in the process of meditation and do it daily. Or you can just add some touches that can make your daily life more pleasant, such as a nice chair in the garden or hammock under the tree:)

When you learn to appreciate individual moments, you will become more grateful to be yourself and to be living your life. This opens up the possibility of abundance and brings good things into your life.

Keep in mind, **there will be ups and downs as you try to adopt the mindset of abundance**. Despite developing new habits of gratitude, you may go back to looking at what someone else has and feeling that something is missing.

**Don't be hard on yourself** in these situations. It is hard to unlearn mental habits that have been developed for many years, and it can't be denied that we live in a competitive society. **People are constantly comparing themselves** to each other at work, on social media, and when they meet up at parties.

This is a hazardous combination of self-scrutiny and imagined judgment from others. We don't have access to their thoughts, but we imagine they are comparing themselves to us and determining that we come up short. The key to avoiding this backward slip is to recognize when this happens and work to **reframe your mindset back to abundance and gratitude**.



## STEP FIVE: AVOID THE SLIP BACK TO SCARCITY MINDSET

One action to take when this way of thinking starts to take over is to think about things that you have and do that others may yearn for. They could be things that you take for granted. For instance, you could complain that you had a project and didn't have time to exercise on a particular day.

You should remind yourself that there are some people who never find the time out of their busy schedules to exercise because they are working extremely long hours and can't afford a gym. You should also be thankful that you have work that allows you to pursue things you want to do in those spare moments, whether it is petting your cat, doing some push-ups, or meeting friends for a weekday lunch.

Make a list of these things and **remind yourself** of them now and again. Not only should you think of things to appreciate that set your lifestyle apart but add things that can make your lifestyle even better. For instance, if you are grateful that you work from home but wish you didn't have to work on weekends, revise your schedule to create a five-day week for yourself.

We have talked about appreciating what you have, but that appreciation does not preclude change and growth. In fact, appreciation is a step on the ladder of personal growth including the mindset of abundance.

Learning and growing is an important part of a lifestyle of abundance. **Consider adding the following ideas to your life** to expand your knowledge and abundant mindset:

- Acquire new skills.
- Travel
- Be open to new relationships.
- Tune in to others and feel their joy and achievement.

Learning new skills will open new doors for you even though you won't be paid for it. Learning Spanish or French could be useful in your career, but it doesn't need to be. Simply being able to enjoy the sound of the language or understanding foreign films will add dimension to your life.

**Traveling makes our lives bigger** and more expansive with new experiences and perspectives. When you feel "stuck," **going on a trip can relax you and open you up to new possibilities.**



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We understand that relationships need work to remain healthy. Not only should you maintain your present relationships but build new ones. Befriend someone who has something that sets them apart from your other friends, a unique personality trait, or a different cultural background.

Perhaps this new friend has a vastly different type of career or life experience that provides them with a unique insight. Having a variety of friends will enrich your life. All you have to do is listen and these new friends can open up your world.

When you are meeting someone new, traveling somewhere for the first time, or learning a skill, **have an open, beginner's mind**. Don't immediately try to relate it to another experience or fact or something you have heard or read.

Approach the novelty with an almost **childlike openness** to experience. Sometimes relating what we are learning to present knowledge can be helpful, but it can also detract from the new experience. Listen, look, think, and feel with an open mind. **Be curious!**

We are all in this life together. One of the effects of adopting the habit of gratitude is that we realize there is enough for everyone. When we deeply appreciate what we have, there is no reason to grab attention and opportunities away from other people. We can truly share our hearts and the spotlight and be happy for others and celebrate their accomplishments.

This is true even of peers we have considered rivals in the past. When you cheer on someone for their video going viral or achieving a landmark number of subscribers, this doesn't diminish any of your achievements, even though you may have the same goals and may not have gotten there yet.

**Feeling genuinely happy for someone else will get you into the habit of honestly believing in abundance**, feeling certain there is enough for everyone, and opting for cooperation rather than competition.

Put this celebration of others into practice. Send love to someone who achieves something similar to what you want to achieve. It may seem strange at first, and you may need to practice the emotion.



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You may find, however, that the feeling will no longer seem forced but will become real. Then your ability to celebrate the success of peers will be second nature because you will get into the habit of believing that there is true abundance for everyone in your life and in the world.

To find out more, connect with me on my private [Facebook](#) group and we can set up a free info call.

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