



SEAN WILLARD

HAVE A LIFE ATTACK

Abundance

Workshop

Journal

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

















Another important part of cultivating an abundance mindset is to focus on taking exquisite care of what you already have. Answer the following:

1. How well are you taking care of yourself?
2. How well are you taking care of what you already own? (Think about your car, your closet, your home, your pets, etc.)
3. How well are you taking care of the relationships that matter to you?
4. How well are you using your current resources?  
For example: How well are you using your time, money and love right now? What could be improved? What doesn't need to be improved at all?

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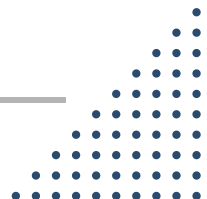
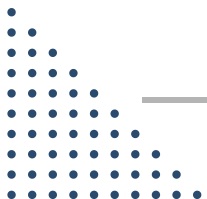
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Allowing yourself to pivot, play and try new things is another important way to feel more abundant right now.

Journal your answers to the following:

1. What have you always wanted to try, but keep talking yourself out of?
2. Is there someone you've been meaning to reach out to or connect with? If so, who? Brainstorm ways you might reach out to them, or put a date in your calendar to make it a reality.
3. What is something that you truly want to do, be or have, but have been putting off because it doesn't feel "necessary"? Can you do, be or have it regardless- or take steps toward bringing it into your life?

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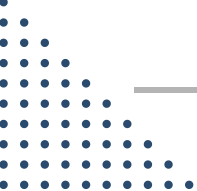
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Letting go, decluttering and forgiving also opens up more room for abundance.

Answer the following questions to uncover what you're holding onto that might be blocking your abundance:

1. Are you willing to say no to non-aligned situations, clients, and even opportunities that in order to have room for what you do want (when it comes along)?
2. What so-so commitments can you let go of right now to create more space for more aligned opportunities, people, things, etc. in the future?
3. Is there any particular person or partnership that takes up a lot of your time and energy? If so, are you willing to let go of these relationship(s) in order to make room for fresh, healthy relationships and partnerships?
4. Is there anyone you need to forgive (including yourself)? Are you hanging onto any negative feelings or emotions about a certain person or situation? Can you find a way to forgive them (or yourself)?

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