

TOPIC: MANIFESTING ABUNDANCE



- What is the single most recurring, non-joyful thought I have when I think about money or abundance?
- When I think this non-joyful thought I notice this in my body...
- Having this non-joyful thought keeps me from being/feeling/having...
- What are 3 empowering thoughts that are the opposite of that one non-joyful, recurring thought?
- If I were to turn those three joyful thoughts into "What if..." questions, they would be:
- When I think these joyful thoughts I notice this in my body...
- Describe what those joyful thoughts feel like?
- Choosing these joyful thoughts allow me to be/feel/have...
- "Flip the switch" right now and tap into your underlying feeling of abundance right now? Describe what that feels like?
- How easy was it for you to "flip the switch"? What can you do to make it easier to go there anytime?