



**CTR PRESENTS**

# **THE ABUNDANCE MASTERY WORKBOOK**

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**A revolutionary program to  
unlock your full potential and  
manifest abundance in every  
area of your life.**

# MEET YOUR GUIDES



***"ABUNDANCE IS NOT JUST ABOUT HAVING MORE, BUT ALSO ABOUT FEELING MORE: MORE LOVE, MORE JOY, MORE PEACE, AND MORE FULFILLMENT. "***

## ASHLEY LOVE

**In her short 26 years, Ashley has lived many lifetimes. She is a writer, Intuitive Guide, Certified Holistic Nutritionist, and "secret-weapon" to mission-driven organizations.** Ashley's self-love awakening led her to develop a powerful process which she has since guided thousands of women through, helping them connect back to their own innate wisdom. Ashley is deeply passionate about supporting founders and high-level executives in executing their highest mission and leading with love. With her unique blend of skills and experiences, Ashley brings a holistic and heart-centered approach to her work, empowering others to connect with their own innate wisdom and achieve their highest potential.

## SUKHI BAL

**Sukhi brings deep empathy, transformational skills, and unwavering confidence to her work as a Clinical Counsellor, Certified Conscious Parenting Coach, and Psychedelic Integration Therapist.** She has been trained and mentored by some of the world's greatest teachers and mentors, including Dr. Shefali and Gabor Mate, merging her own unique wisdom to create a powerful approach for healing. Sukhi's personal growth journey led her to her soul calling; after struggling with motherhood, she took the opportunity to change her relationship with herself and her thinking, allowing her to step into her role as a leader of a mission-driven organization, and become a powerful coach to incredible individuals. Sukhi balances her life as a devoted mother and partner with her soul calling, and absolutely loves supporting others in doing the same.



***"IT IS THROUGH OUR BIGGEST CHALLENGES THAT WE ENTER OUR BIGGEST GROWTH PORTALS."***



**"WHAT KEPT ME GOING WAS ONE GOAL. I WANTED TO CONQUER IT ALL BECAUSE I WANTED TO PROVE THAT WOMEN CAN DO IT. "**

## **TAMMY PHAM**

**Tammy is a strategic and results-driven leader, with over 18 years of experience in client relations, operations, and project management.** She holds an MBA degree and a Bachelor of Arts degree specializing in Communications. Despite the challenges of working in a male-dominate industry, her tenacity and refusal to take no for an answer propelled her to the top of the corporate ladder in under 5 years. She has successfully run a multi-million dollar marketing agency, as well as led multiple large national IT projects valued \$1-8M across North and South Americas. But Tammy's passion goes beyond the boardroom; she's on a mission to empower women break free from trauma and unlock their most authentic selves.

# **OUR JOURNEY TOGETHER**

**We met through an incredible organization called CTR (Conscious Thought Revolution).**

**It was instant connection.**

**The space we held for one another allowed us to become our most authentic selves and create our most abundant lives.**

**Over the years, we've watched each other:**

- Develop the deepest partnerships**
- Build and buy our dream homes**
- Travel the world freely**
- Step into our soul's purpose**
- Let go of limiting beliefs**
- Create the life of our dreams!**

**We are now so excited to help other women do the same!**





# WHAT YOU CAN EXPECT FROM THIS WORKBOOK

- *3 days of insights, exercises, and bonus videos to move through at your own pace.*
- *An increased amount of energy and inspiration that will allow you to tap into your highest reality and manifest your dreams.*
- *An inner shift from limiting beliefs to abundance, where anything is possible.*
- *Powerful frameworks that you can use each and every day to feel connected to true abundance.*
- *Greater mental, emotional, physical, spiritual, and financial well-being.*
- *Alignment with your true desires, so they you can become a magnet for your most authentic abundant life.*

**ABUNDANCE  
MASTERY  
INTRODUCTION**

# WHAT IS *TRUE* ABUNDANCE?

These days, the concept of abundance has become synonymous with financial wealth. However, ***true* abundance extends far beyond monetary success.**

It encompasses a vast array of possibilities, allowing each individual to define what abundance means to them. And that is exactly what this week is all about:

**Exploring and uncovering the unique abundance that resonates with you.**

Have you ever heard the saying, *more money, more problems*? This popular belief stems from living a life that is *out* of alignment with true abundance.

We firmly believe that abundance is not just about accumulating material possessions or amassing wealth without purpose. **It is a state of being— a way of living that transcends what we own.**

When you embrace the essence of abundance and learn to embody it in your daily life, that is when the magic truly happens.

This workbook is about cultivating a mindset that is **open to receiving and allowing abundance to flow into every aspect of your existence.**

**It's about recognizing and appreciating the abundance that already surrounds you** —the love, joy, opportunities, and connections that enrich your life.

Throughout this workbook, we will guide and support you in shifting your perspective and redefining abundance.

**We will delve into practices and techniques that help you align with your most abundant self.** From mindset shifts to practical tools, we will empower you to embrace abundance on a holistic level.

Remember, abundance is not limited to any one domain.

**It could manifest as financial prosperity, fulfilling relationships, vibrant health, personal growth, or a deep sense of purpose.**

By expanding your understanding of abundance, you open yourself up to a world of infinite possibilities.

So, are you ready to step into your true abundance and embark on a journey of self-discovery, transformation, and magic? Can we get a *"HECK YES"?!*

Together, we will unravel the layers of conditioning, redefine abundance on your terms, and unleash the limitless potential that resides within you!

**Get ready to create a life that radiates true abundance in all its magnificent forms.**

# HOW TO PREPARE FOR THE WORKBOOK

1. **Set your intention.** What do you hope to achieve? How do you want to feel? Take some time to reflect on your goals and write them down.
2. **Listen to the Abundance Mastery Meditation.** This guided meditation will help you relax, connect with your inner abundance, and set the tone for the days ahead. You can listen to it as many times as you like, whenever you need to re-center and refocus.
3. **Practice energy clearing using the guide on pg. 10.** Choose one of the methods of energy clearing that resonates with you, and try it out before you begin!
4. **Invite a friend.** Everything is more fun with a friend! Invite someone you know to join this journey with you and share the transformation together.
5. **Follow us on Instagram @consciousthoughtrevolution @ashleycreatrix @sukhibal @iam.missttp** We'll be posting additional resources, inspiration, and behind-the-scenes updates on our Instagram page. It's a great way to stay connected and motivated throughout the week.



# SETTING INTENTIONS

Use these prompts as inspiration as you reflect on your intentions for this journey.

## Prompt #1

What areas of my life do I desire to see shifts?



## Prompt #2

How do I desire to feel during and after this journey?



## Prompt #3

How do I want to show up during this journey?



## Prompt #4

What do I want to receive from the Abundance Mastery Workbook?



# ENERGY CLEARING GUIDE

Energy clearing is a powerful practice to let go of negativity, and create a more supportive and abundant environment for your life.

There is a well-known saying that goes "clean house, clean mind", and this is the principle that applies when it comes to how we take care of our internal and external space. When we clear the energy within and around us, we allow more abundance to find us.

This can be as simple as bringing plants and crystals into your home, or slightly more active, such as booking a sauna session each week. Experiment with different energy clearing practices, and find ones that naturally fit into your routine.

Use the guides on the following pages to explore how you can bring energy clearing into your life, internally and externally.

Start slow and choose 2-3 practices from each list, adding more as you go. We've made suggestions around the consistency of the practices, but it is up to you to find a schedule that fits into your life.

For the monthly, quarterly, and yearly practices, we suggest setting a reoccurring time in your calendar for dedicated "*Energy Clearing Sessions*", so this becomes a priority in your life.

Have fun with these practices, and use them to magnetize fresh, abundant energy into your life!

# ENERGY CLEARING CHECKLIST

✓	<b>EXTERNAL ENERGY CLEARING</b>	<b>REGULARITY</b>
	Burn natural incense	Daily/Weekly
	Add houseplants to your home	Permanent
	Smudge with ethically sourced Palo Santo or Sage	Daily/Weekly
	Create an alter in your home and update regularly	Weekly/Monthly
	Clean out your purse or wallet	Monthly/Quarterly
	Surround yourself with crystals	Permanent
	Use a diffuser with natural essential oils	Daily/Weekly
	Clean out your fridge and kitchen cupboards (throw out any old or expired food)	Monthly/Quarterly
	Use mirrors to amplify natural light in your home	Permanent
	Deep clean your home	Weekly/Monthly
	Declutter (donate or sell what you no longer wear/use)	Monthly/Quarterly
	Use a gong, bell or singing bowl	Daily/Weekly
	Unfriend/unfollow anyone on social media you are no longer connected to or aligned with	Quarterly/Yearly
	Clear out your phone contacts	Yearly
	Organize your computer desktop and delete old files	Quarterly/Yearly
	Delete old photos from your phone	Yearly
	Archive old emails and unsubscribe from lists you are not aligned with	Quarterly/Yearly

✓	<b>INTERNAL ENERGY CLEARING</b>	<b>REGULARITY</b>
	Walk in nature	Daily/Weekly
	Move your body (yoga, dance, workout that you enjoy)	Daily/Weekly
	Listen to Hz frequencies	Daily/Weekly
	Take a bath (with natural salts is a bonus)	Weekly
	Journal	Daily/Weekly
	Swim in a natural body of water	Monthly
	Ground your bare feet on the earth	Daily/Weekly
	Spend time in the forest (hug a tree)	Daily/Weekly
	Drink at least 5 glasses of water each day	Daily
	Use natural essential oils	Daily/Weekly
	Incorporate fresh, whole foods into your diet	Daily
	Sunbathe	Monthly/Quarterly
	Have a tech-free day or weekend	Monthly/Quarterly
	Book bodywork (massage, reiki, acupuncture, facial, cupping)	Monthly/Quarterly
	Use breathwork or deep breathing techniques	Daily/Weekly
	Meditate	Daily/Weekly
	Try dry brushing or gua sha	Daily/Weekly
	Use tapping or sweeping motions on your body	Daily/Weekly
	Take a break from social media	Monthly/Quarterly
	Try Qi Gong or Tai Chi	Weekly/Monthly



# **DAY 1:** **VISUALIZATION**

# VISUALIZATION INTRODUCTION

Have you ever wondered how to bridge the gap between your dreams and their actualization? The answer lies in the incredible power of visualization.

**It's a practice that taps into the profound connection between our minds and bodies, allowing us to generate abundance and manifest our desires in tangible ways.**

Our bodies possess a remarkable ability to interpret and respond to our thoughts and experiences.

Whether it's a vivid image in our mind or an event unfolding before our eyes, our bodies perceive these stimuli in a similar manner — **meaning our bodies don't know the difference between whether it's a thought or something that has happened.**

This unique characteristic becomes the foundation of visualization as a tool for abundance creation. **When you truly feel and connect with the experience of abundance, you become a magnet for its manifestation in your life.**

The power of visualization lies in its ability to attract the very things you desire. As you consistently and intentionally immerse yourself in the sensations of abundance, you begin to align your vibrational frequency with the reality you seek.

**This magnetic pull draws opportunities, resources, and synchronicities toward you, bringing your dreams into tangible existence.**

The effectiveness of visualization as a practice is not mere speculation; it has been studied and validated by many incredible and often unbelievable examples.

Musicians who mastered complex compositions through mental rehearsals before touching an instrument, or athletes who built their physical strength by visualizing their muscles growing with each workout. **These individuals harnessed the power of their minds to create real-world transformations.**

Visualization is not a passive daydreaming exercise but an active practice that engages your senses, emotions, and intentions. **It requires consistency, focus, and belief in the abundance that you are calling forth.** By incorporating visualization into your daily routine, you cultivate a powerful mindset that supports the manifestation of your desires.

So are you ready to tap into the power of visualization? In the following pages, we will guide you through our powerful process to support you in experiencing this for yourself.

# VISUALIZATION PROCESS

**STEP 1: Envision your dream life.** What does that look like? Below is a list of categories that represent abundance and you can use to visualize your dream life. Create your personal list of the areas that symbolize abundance for you *right now*. Remember, this list can change. Pick from this list or write your own. We recommend identifying at least 5.

- Health and wellbeing
- Romantic relationships
- Family relationships
- Friendships and community
- Finances and wealth
- Career and professional growth
- Personal development
- Spirituality or religion
- Recreation and hobbies
- Travel (modest or luxury)
- Adventure and exploration
- Home and environment
- Creativity
- Self-expression
- Education and learning
- Contribution and giving back
- Emotional well-being
- Purpose and personal fulfillment
- Self-care and self-love
- Mindfulness and meditation
- Freedom and independence
- Mental Clarity and focus
- Laughter and joy
- Work-life balance
- Time flexibility
- Philanthropy and charity
- Beauty and aesthetics
- Cultural stimulation
- Intellectual stimulation
- Recognition and achievement
- Social status
- Physical activity
- Luxury items
- Homeschool/unschool children
- Time with family
- Time in nature
- Environmental sustainability
- Conscious and holistic living



**STEP 2: Rank each item in your list from 1-10 in importance** (1 being least important, 10 being very important)

**STEP 3: Crystallize your vision in your journal.** On a new page in your journal, use the categories you chose to establish a connection with your desires and articulate a vivid vision for your life. Be as specific as you can, ensuring you touch on each area that embodies your most abundant life.

*For example, if travel is a large part of your abundant life, write down how often you are travelling, the types of places you are travelling to, the modes of transportation to get there, who you are travelling with, and the types of accommodations you are staying at. Ensure you are tapping into *your* personal vision, and not what society tells you is "best". Notice what is coming up for you as you explore your vision.*

**STEP 4: Tune into the feelings of that reality.** Take a moment to explore the deeper reasons behind each item on your list. Ask yourself why you truly want those things and what they represent at a core level. By uncovering the feelings beneath your desire for abundance, you gain insight into the essence of what you are truly seeking.

Reflect on the emotions that arise when you imagine experiencing the abundance you desire. Is it joy, freedom, fulfillment, security, or something else? Understanding the underlying emotions allows you to connect with this feeling and draw your desires closer towards you.

# **DAY 2:** **TRANSFORMATION**

# TRANSFORMATION INTRODUCTION

What does transformation truly mean?

**It is the profound process of shedding old skin, breaking free from the confines of our limitations, and stepping into the fullness of our being.**

Transformation is the pivotal second step on the path to generating abundance, following the power of visualization. **It invites us to question and transcend the beliefs that have held us back, allowing us to reclaim our true soul path.**

By embracing the journey of transformation, we embark on a profound exploration that will unravel the layers of self-imposed boundaries, empowering us to create a life that is abundant in every way imaginable.

This requires us to venture beyond our comfort zones. Yet, there is a part of us that seeks to shield ourselves from disappointment or potential harm. It is a natural defense mechanism, an instinctual response to protect ourselves.

**However, it is actually within these self-imposed limitations that we find the keys to our deepest desires.**

In fact, limitations serve as a guidepost, highlighting what we truly want and what we fear most.

**They carry such significance that we instinctively feel compelled to shield ourselves from the possibility of disappointment.** So what if we could unravel these barriers and redefine our relationship with them?

By confronting our fears and limiting beliefs, we begin to dissolve the illusions that have held us back. We examine the stories we have told ourselves and where they originated from.

In this process, we reclaim our power and consciously choose new narratives that align with our abundant vision. **The intention is not to forcibly rid ourselves of all limiting beliefs — that would be unrealistic!** Rather it is to cultivate awareness around how these beliefs manifest in our lives and transform them into sources of strength and power.

**Transformation requires courage, vulnerability, and a willingness to confront the discomfort that arises when we challenge our limitations.** Yet, within this discomfort lies immense growth and the opportunity to create a life that transcends our wildest dreams!

In the following pages, you will dismantle your limitations and expand your abundance mindset. **You will learn to identify and release the beliefs that no longer serve you, opening up space for new possibilities and boundless potential.**

Get ready to rewrite your story and embrace a life of unlimited possibilities. We're so excited to witness you manifest the abundance that is rightfully yours!



# TRANSFORMATION PROCESS

**STEP 1: Identify Abundance Limitations.** From the following list, choose which abundance limitations come up for you. Write them down in list-format in your journal or on a piece of paper.

- There is never enough to go around.
- Abundance is only for a select few.
- I am not worthy of abundance.
- Money is the only form of abundance.
- I have to work hard to deserve abundance.
- Abundance is selfish or greedy.
- It's not possible to have abundance in all areas of life.
- Abundance is only for the lucky ones.
- I don't have the skills or resources to create abundance.
- Abundance requires sacrificing my values or integrity.
- I am limited by my background or upbringing.
- I am not talented or smart enough to achieve abundance.
- Abundance is a distant and unattainable goal.
- I am destined to struggle and never experience true abundance.
- Abundance is only temporary and fleeting.
- It's selfish to desire abundance when others are in need.
- I am not deserving of abundance because of past mistakes or failures.
- Abundance is solely dependent on external circumstances.
- I don't have the right connections or opportunities for abundance.
- Abundance is for people who are lucky or born into privilege.
- I have to work excessively long hours to have abundance.
- Abundance is not meant for someone like me.

- Money and success come at the expense of happiness and fulfillment
- Abundance requires sacrificing my personal relationships.
- Women are not meant to be the primary earners or providers.
- I am not capable of managing or handling abundance responsibly.
- I should prioritize taking care of others' needs before my own financial abundance.
- I am too old/young to experience true abundance.
- It's not feminine to openly desire and pursue wealth and abundance.
- As a woman, my financial success threatens my relationships.
- Abundance is a fantasy and not grounded in reality.
- I am limited by my current circumstances or financial situation.
- Abundance is elusive and unattainable in today's world.
- It's difficult for women to break through gender-based glass ceilings and achieve financial abundance.
- I don't have the necessary education or qualifications for abundance.
- Abundance requires compromising my values or morals.
- I am destined to always struggle with money and resources.
- Abundance is a luxury that I cannot afford.
- I am not important or significant enough to experience abundance.
- Abundance is meant for others, not me.
- Abundance is something that can only be achieved in the distant future.
- I don't have the necessary skills or talents to attract abundance.
- Abundance is something that only happens to other people.
- Abundance is a constant struggle that requires constant sacrifice.
- Abundance is a result of external factors beyond my control.
- I am limited by societal expectations and norms around wealth and success.

**STEP 2: Recognize the associated emotion.** Identify the emotion that comes up when you think about or experience that limitation.

**STEP 3: Trace the origin.** Next to each abundance limitation you chose, write down where these beliefs originally came from. Try to be as specific as possible. Think about times in your life you heard or felt these beliefs directly or indirectly. Here is a list of where they may have come from. Feel free to add your own.

- Mom/dad
- Siblings
- Aunt/uncle
- Cousins
- Grandparents
- Friends/peers
- Romantic partners
- Spouse
- Cultural or societal norms
- Education systems
- Media
- Religious or spiritual institutes/teachings
- Boss/colleague
- Personal experiences of bias
- Historical figures or cultural icons
- Sports and entertainment
- Advertising campaigns
- Gendered expectations

**STEP 4: Use empowering affirmations.** If you knew these limitations weren't yours, what would your inner wisdom say? For each limitation you've written down, come up with an affirmation that replaces these beliefs. Place them in a location where you can easily see and revisit them regularly. Some suggestions:

- Bathroom mirror
- Bedroom wall
- Refrigerator door
- Car dashboard
- Office desk
- Computer or laptop screensaver
- Mobile phone wallpaper
- Journal or planner cover
- Wallet or purse
- Inside a closet or wardrobe door
- Gym or workout area
- Meditation or relaxation space
- Kitchen cabinet doors
- Bookshelf

- Bathroom cabinet or vanity
- Vision board or manifestation wall
- Front door or entryway
- Coffee table or side table
- Home office bulletin board
- Laptop or tablet case
- Nightstand or bedside table
- Yoga or exercise mat
- Bookmark in your current book
- Daily reminder app on your smartphone
- In your email signature
- Sticky note on your computer monitor
- Inside a journal or notebook
- Wristband or bracelet
- Printed on a mug
- Custom made piece of clothing
- Smartwatch or fitness tracker

**STEP 5: Embrace aligned action to break free from limitations.** Explore how the limitations you've identified manifest in your life presently, and consider an aligned action step that serves as an antidote to each limitation. Be aware that this will likely be scary and uncomfortable. This is a sign of growth! Here are some examples:

- Register for a personal development workshop.
- Ask for a raise at work.
- Book a meeting with a financial advisor.
- Ask for a free upgrade or discounted rate at a hotel or airbnb.
- Put up a landing page for an offering you have wanted to share.
- Increase the pricing of a current service or product you offer.
- Book a viewing at a dream home.
- Enroll in a course or training program.
- Upgrade your seat on an upcoming flight.
- Donate a portion of your earnings to an aligned organization.

**BONUS: Watch the live recording for Day 2: Transformation.**



**DAY 3:**  
**CELEBRATION**

# CELEBRATION INTRODUCTION

After engaging in visualization and transformation, celebration is the final catalyst for manifesting our most abundant lives. **It's the pinnacle of our co-creation with the universe, and the realization of our dreams.**

So how do we navigate the vast possibilities and ensure that our choices are in harmony with the universe?

**Intuition becomes our guiding compass in this journey.** It helps us discern whether a decision stems from ego-driven desires or societal "should's," or if it genuinely aligns with our unique path.

**Tuning into our intuition allows us to tap into the deeper knowing within ourselves and navigate the landscape of possibilities.** It becomes a pathway towards manifestation, leading us to make choices that are in resonance with our highest good and the abundant life we desire.

Celebration is not just reserved for the ultimate achievement or goal; it is an integral part of the journey itself.

Every day becomes an opportunity for celebration as we **acknowledge the progress we have made, the synchronicities we have encountered, and the aligned actions we have taken.**

**Celebration is about cultivating a mindset of gratitude and joy, appreciating the small victories and milestones along the way.**

By celebrating our progress and aligning our actions with our intuition, we become active co-creators with the universe. We embrace the understanding that abundance is not something we passively wait for but a result of our conscious participation.

We step into the flow of abundance, knowing that as we align our actions and intentions with our deepest desires, the universe conspires to support our manifestation.

In this phase of celebration, we honor the journey and trust the unfolding of our abundant path. We let go of doubts and fears, knowing that we are supported and guided. Celebration becomes a powerful affirmation of our belief in our ability to manifest abundance.

**It reinforces our connection with the universe, deepens our trust in the process, and amplifies our vibrational frequency to attract more of what we desire.** It infuses our journey with purpose, fulfillment, and a profound sense of gratitude.

Now it's time to celebrate the magic that has unfolded, as we align with our intuition, take inspired action, and co-create a life of limitless abundance!

# CELEBRATION PROCESS

**STEP 1: Daily celebration and gratitude.** Write down any breakthroughs, synchronicities or magical occurrences that happened this week. Take a moment to feel gratitude for the magic you've already created — abundance thrives off of gratitude so be sure to celebrate the big AND small wins. Use this list to use as inspiration:

- Running into someone unexpectedly.
- Receiving a positive phone call or message from someone you hadn't spoken to in a while.
- Having a great conversation with a friend.
- Discovering a new book.
- Seeing repeated numbers or sequences (e.g., 111, 222, 333).
- Coming across a job opportunity or new passion project.
- Receiving money in unexpected ways.
- Having someone buy you coffee or a meal.
- Meeting a new friend who shares your interests and values.
- Being asked on a date.
- Discovering a new mentor or teacher.
- Receiving a timely and meaningful message or sign from nature (e.g., a specific bird or animal appearing in a significant moment).
- Experiencing a series of "lucky coincidences".
- Receiving validation or recognition for your work or creativity.
- Stumbling upon a new resource or tool that supports your skills.
- Receiving unexpected support or encouragement from someone you admire or respect.
- Taking intentional time for self-care.

- Coming across a quote or passage in a book that perfectly aligns with the guidance you were seeking.
- Having a vivid dream or intuition that offers profound insights.
- Receiving an opportunity to travel or explore a new place.
- Connecting with a like-minded community or group of individuals who share your passions and aspirations.
- Experiencing a string of positive and uplifting interactions with others, creating a ripple effect of joy and positivity in your life.
- Receiving an unexpected gift or surprise.
- Having an idea or inspiration for a new project or pathway.
- Getting complimented by a stranger or friend.
- Making plans to do something you'd been wanting to for a while.

**STEP 2: Weekend celebration.** Plan an abundance celebration for the weekend. This can be one hour, or the entire day. Spend this time dedicated to celebrating yourself and your desires — tap into your visualization for your most abundant life. Here are some suggestions:

- Take yourself for a meal at a new or favourite restaurant.
- Go on a nature retreat to a beautiful natural setting.
- Take yourself on a picnic with delicious treats.
- Take a long bath with epsom salts, essential oils, and dried flowers.
- Go shopping and buy yourself an "abundance piece" that reminds you of your most abundant life.
- Book a spa or holistic treatment that you have been desiring (massage, facial, reiki, acupuncture, etc).
- Have a dance or movement session with your abundance playlist.
- Go to an art gallery or museum that inspires and excites you.
- Take an art class where you can focus solely on your creativity.
- Book a personal photoshoot to embody and capture your most abundant self.

**STEP 3: 6-month celebration.** Mark a 6-month abundance celebration into your calendar. Using your digital calendar, navigate to the date six months from today. Create an all-day event titled "Abundance Celebration."

Now here's the key: turn to a fresh page in your journal and write the 6-month date at the top of the page. Spend 10-15 minutes journaling, where you write down an entry that vividly portrays the aspects of your life you are celebrating on that future date. **Use present tense as if you are celebrating them on that very day.**

Allow your visualization practice to provide guidance on the manifestations you will have achieved. Embrace the experience with joy, and trust your intuition to navigate what will come through.

**BONUS: Watch the live recording for  
Day 3: Celebration.**

# CONGRATS ON COMPLETING THE WORKBOOK!

**Committing to this path is no small feat; it requires courage, dedication, and unwavering belief in your own worthiness.** So give yourself a big hug for stepping out of your comfort zone and embracing this transformative journey with an open heart.

Together we delved deep into our beliefs, perspectives, and habits, liberating ourselves from limiting patterns and embracing the infinite possibilities within us.

We discovered that abundance is not solely defined by material possessions; **rather it is a *state of being*.** We learned that it flows effortlessly when we align our thoughts, emotions, and actions.

Remember, abundance isn't something external to you—it is an inherent part of who you are. You can always revisit the valuable lessons you learned during this journey and continue integrating them into your life. We're here to cheer you on every step of the way!

Embrace the abundance within you, share it with the world, and **continue to manifest a life filled with joy, love, and limitless possibilities.**

With gratitude, love, and a whole lot of celebration,  
*Ashley, Tammy, and Sukhi*



# STAY IN TOUCH!



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