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**Aligning with Abundance - morning**

Today, I’m grateful for this about my business:

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Today, I’m grateful for this about myself:

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With a feeling of openness, relaxation and joy, I choose to take these 5 actions today to align with prosperity, self-expression, service and love. I trust the Universe as I focus on my *next steps*. (See how each of these feels in your body before you write it down. If you notice any gunk, do one of the poses, and just allow it to come up and out.)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Worries weigh me down and lower my vibration, so I’m turning mine over to you, Divine. (Do one of the poses as you let your worries come up.) Then affirm the following:

Divine, you always love me and shower me with blessings, so I leave these with you. Thank you for taking care of them. I gratefully receive all your gifts, abundance and blessings. Thank you that I am whole and complete just as I am.

Now, take a breath and choose what you want as you go forward.

**I choose** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dreaming expands me! Here’s a brief, fun description of a possibility for my business / life in the future. (Write it in present tense. Remember to hold this lightly without attachment to it.)

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**I am enough, just as I am. Enough and more than enough. I am worthy. I am whole and complete. I am deserving. I am expanding. I am bold. I am expressive. I am receptive. I am open. I am clear. I am committed. I am joyful. I am spontaneous. I am grounded. I am present. I am authentic. I am confident. I am wise. I am powerful. I am graceful. I am wealth. I am abundance. I am joy. I am love.**

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**Aligning with Abundance - evening**

I’m celebrating having taken these actions today toward my self-expression, prosperity, expansion and service for the highest good! I showed up in these ways! Yay, ME!

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I’m laying the base for a successful day tomorrow by:

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As I get ready for a relaxed, peaceful sleep, I leave the following in the hands of the Divine:

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Thank you for loving me and for taking care of this.

I’m so grateful for:

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**I’m fully aligned with abundance, Life and my true self! I love that simply focusing on my *next steps* helps me get big things done. I love that I’m safe, abundant and enough, just as I am. I love that expressing myself, and connecting with clients is easier and more fun than I ever imagined! I love that I have something valuable to share and that it’s safe and okay for me to share it. Everything is already working out for my highest good, greatest joy and greatest prosperity. I’m excited to see how that happens and I’m open to all the magic and miracles available to me. I am deeply grateful for all of this.**

**I am abundance. I am wealth. I am joy. I am love.**