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The Abundance Code

Masterclass Workbook

Self Assessment

•	Rate your own current feelings about the state of ABUNDANCE and 'enoughness' in your
	life on a scale of 1 to 10 where 1 means you feel that there is hardly any abundance in
	your life, and 10 means your feel there is more than enough abundance in your life. Circle
	the number that best represents your current experience.

1 2 3 4 5 6 7 8 9 10

Rate your desired state of ABUNDANCE and 'enoughness' in your life on a scale of 1 to 10...
where 1 means you feel that you don't want or need any abundance in your life, and 10
means you desire 'more than enough' abundance in your life. Circle the number that best
represents your desired experience.

1 2 3 4 5 6 7 8 9 10

- Take a few deep breaths, and check in with your feelings. What would it FEEL LIKE to have the kind of abundance you desire? Would you feel happy to have that? Would you feel less anxious, more relaxed, more open-hearted, or more able to be generous? What could you do with your abundance? How would THAT feel? Spend a few minutes tapping into these feeling states.
- Are you willing and committed to doing the exploration and action steps in this workbook to
 help you shift towards your desired state of abundance? There is a difference between being
 curious about whether you could have a different life, and being COMMITTED to making a
 change. Are you committed? If so, let's get started!



Seeing the Roots of Scarcity Thinking

- What were some of the common sayings about money and abundance introduced to you by your parents, teachers, or peers when you were growing up? Did you hear sayings like: "money doesn't grow on trees"... "you have to work hard for your money"... "time is money"... "waste not, want not"... "money is easy come, easy go"... "money in, money out"... "more money, more problems"... "the rich get richer while the poor get poorer"... "money is the root of all evil"... "money won't make you happy"... "money can't buy you love" etc.? What were the specific sayings about money, wealth, prosperity and happiness that were repeated in your family, social circle or at school?
- Do you ever notice yourself repeating similar sayings in your day-to-day conversations? If you're
 a parent, for example, do you ever repeat those kinds of things to your kids? Do you say them to
 your friends? Do you find yourself nodding and agreeing when other people say these kinds of
 things?

•	When you reflect on your life, do you feel that your beliefs about abundance have affected the
	types of decisions you've made? For example, if you believe that "money doesn't grow on trees,
	does it mean that you are cautious with your money? Do you budget and save? Or are you more
	"easy come, easy go"?
-	
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•	Do a "brain dump" of all the sayings about abundance and/or money you've heard throughout
	your life. At this stage, don't worry about whether you might believe them; just write them all
	down.

•	Look at the list and spend some time contemplating each item. If you did believe the things on
	the list, would those beliefs help you or hinder you in achieving your goals in life?

• If you see an item on the list that you suspect is not a helpful belief for you to have, how would you rewrite that belief to make it more supportive of your goals in life?



Stopping Scarcity and Dis-Ease

Self Assessment

a scale	of 1 to 10	0 whe	ere 1 me e is way	eans you / too mu	feel tha	at there	is hard	ly any st	eriencing in ress in you	
1	2	3	4	5	6	7	8	9	10	
feel that	you dor	n't want	or need	any stre	ess in yo	our life,	and 10	means y	where 1 m you desire a experience	a lot of
1	2	3	4	5	6	7	8	9	10	
less stre health w you suff hormona	ess in yo ould imper from to al proble	our life? \ prove? [tension- ems or o	Would y Do you f related ther stre	ou feel l feel your physical ess trigg	ess anx relation ailment ered co	kious, me nships w ts like he nditions	ore rela vould in eadach	axed? Do nprove? es or hig at if those		our physica that feel? If essure, s were



- What rules about getting ahead in life did you learn when you were growing up? Were you taught
 that studying or learning a trade and then getting a job and working hard was the best path to
 success?
- · How have those rules affected the path you took in life?
- Do you feel that the path you've taken in life is fulfilling? Do you have the kind of life you really want?
- Do you love what you do? Do you feel inspired by your work? Does it give meaning to your life?
- What is the major source of stress in your life? What is the core driver behind that stress? Is it relationships? Is it money? Is it physical illness? Is it lack of time to spend doing the things you enjoy?

 What activities do you find relaxing, enjoyable or that provide relief to your stress?



- What are your strongest desires in life? Write them out, without any judgment about whether you currently believe you could have those things or not. A great way to get to this, is to ask yourself: If money or health or time were not an obstacle, what would I be doing? Where would I be living? How would my life be different?
- First, just make the list without editing yourself or listening to any internal voice that might be saying, But you can't have that because of A, B, and C reasons.
- Now, take each item on your list and start to write out all the objections to it that your internal
 voice was putting forward. Why do you think you might not be able to have those things you
 desire? List the reasons. Don't just dismiss your internal objections; take the time to write them
 down and acknowledge their existence.
- Write down your ideal lifestyle composition. What do you feel would be the ideal balance for you
 in terms of work that you enjoy, leisure, holidays, time with your family, personal development,
 and so on?
- Start forming a mental picture of your ideal life. Based on the answers to the questions already
 posed: If there were no obstacles... what would your ideal life look like? I mean, in actual mental
 pictures. Where would you be? What would you be doing? Who would you be with? Would you
 be smiling?
- Spend a few minutes exploring the feeling states associated with your ideal life. What would it feel like to live that life? How would it feel in your body? If you feel resistance come up in this process, or a tightness in your body, where do you feel that in your body? Breathe into that and stay with it as long as you can, allow it to be until it dissolves or dissipates, and then go back to feeling how it feels to be living your ideal life vision.
- Keep an eye out for images that resonate with your concept of your ideal life. If you see an image
 you like in a magazine, that feels like it represents part of your ideal life, then clip it out and put it
 in a file. Call it your "ideal life" file. It'll come in handy later, when we talk about vision boards.





Breaking Free From Scarcity Thinking

- Write down your own personal and family history with respect to abundance, health and happiness. What were the financial circumstances of your family? What were the relationship dynamics? What did that teach you? Think back on your life . . . Have you experienced ups and downs? What happened?
- Compare your childhood experiences regarding abundance, health and happiness to your adult experiences. Can you see any parallels? Can you see any repeating patterns?
- Jot down in a journal, or discuss with a friend or a group, any insights you have gained from doing this exercise.
- Think for a moment about what kinds of things you really love doing. What kind of activity do you
 find so absorbing that it makes you lose track of time? How can you incorporate more of that into
 your life?
- Once you identify the thing (or things) that you love to do, ask yourself, Could I make money
 doing this? If not, it doesn't necessarily matter . . . that may not be the point. It's okay to do
 something just because you love it. But still, investigate the question.



•	List all the times when abundance was coming into your life easily and all the times when it was
	not. List the times when your financial situation was difficult or you felt as though you were living
	in a condition of scarcity. List any times when you felt a sense of abundance in life. What was the
	sequence of events? What was going on in your life at the time? How were you feeling? Journal
	on it, and contemplate whether there might be any thematic threads coming up around this topic
	for you.

•	Be curious. Start collecting stories, because you can learn a lot from other people. Ask the
	people you know about their history with abundance, from their childhood until now. Ask them
	what they feel their parents taught them to believe about abundance. Try to collect stories from
	as wide a range of people as possible, with different backgrounds and from different generations.
	(Hint: If you can ask these questions of your own parents, the answers are often very revealing.)

desirable, ask them about it. Maybe they have wealth, or maybe they have all the free time they want, or maybe they do what they love. How did they get there? What were the key steps for them? What, if anything, would they do differently if they had it to do over?



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Moving from Competition to Cooperation

- Competition is often based on a system of measurement. There are many ways we measure
 ourselves, each other and our respective worth. Do you think you feel more satisfied about what
 you have earned or what you have achieved when you've had to work hard for it? Does this help
 you to feel deserving?
- Do you gain a lot of satisfaction when someone else 'rates' what you do well? How much of your sense of achievement is tied to other people's measurements?
- Have you ever felt uncomfortable in a social situation because you felt unequal to those around you—either in status, or achievements, or wealth, or other common measures of success?
- When other people are successful, or showing outward signs of success, does that make you feel jealous or less than?
- Have you ever felt that you've attached your personal sense of significance, worth, or
 contribution to what you do for work or how hard you have worked? Or to what you own? Or to
 how you look? Do you feel judged by others based on any of these things?
- Have you ever felt you were not 'measuring up'? For example, have you ever had an extended
 period off work, by your own choice or otherwise? Or have you ever been ill, or been in need of
 the help of others in order to get by? If so, was there any impact on your self-esteem as result?
 Are you able to receive support from others without feeling inferior?



- Think about any judgments you may have made in the past about people who have more resources or status than you. It doesn't have to be only those you know. This could include famous rich or famous people such as Rupert Murdoch, Angelina Jolie, or even Paris Hilton. Just list any assessments you have made about them and about their characters . . . and be honest. We've all done it.
- Look at the list you made above, and ask yourself on what basis you made those judgments.
 Also, ask yourself whether, if you were in their shoes, you would like those judgments to be made about you. This exercise is not about right or wrong, good or bad. It's just about shifting your perspective.
- List some of your achievements or contributions in life that have made you feel good about yourself. Is there a common theme? Do you feel good just because you are 'measuring up' to other people's expectations? Or do you feel good because you truly loved doing that thing for its own sake, no matter what other people thought of it?
- List some things that you would like to spend more time doing, if you could, that you think you would gain a sense of satisfaction, significance, or contribution from.
- Cooperation begins with connection. The next time you go to a party, try asking your conversation partner more questions about what makes them tick, what their passions are, what makes them want to jump out of bed in the morning, and what makes their heart sing . . . and fewer questions about what they do. Also be aware of the tendency to talk about the weather or the news—not that you have to avoid these topics, but be aware that they're often not the best means of connecting with other people.





Dealing With Distractions

Self Assessment

•	We tend to seek distractions when we are not feeling fulfilled in life. That makes us want to
	numb out. Rate your own current feelings about the FULFILLMENT levels you are
	experiencing in your life on a scale of 1 to 10 where 1 means you feel that there is hardly
	any FULFILLMENT in your life, and 10 means your feel there is more than enough
	FULFILLMENT in your life. Circle the number that best represents your current experience.

1 2 3 4 5 6 7 8 9 10

Rate your desired level of FULFILLMENT in your life on a scale of 1 to 10... where 1 means
you feel that you don't want or need any FULFILLMENT in your life, and 10 means you
desire a great deal of FULFILLMENT in your life. Circle the number that best represents your
desired experience.

1 2 3 4 5 6 7 8 9 10

Take a few deep breaths, and check in with your feelings. What would it FEEL LIKE to have
more FULFILLMENT in your life? Would you feel happier? Do you feel your relationships
would improve? Would your health improve? How would THAT feel? Spend a few minutes
tapping into these feeling states.



- The messages we input into our brains can really affect our outlook in life. Do you regularly watch the news or read the newspapers? Do you watch a lot of violence on TV or in video games, or watch crime shows, or thrillers that are designed to stimulate the fear circuits in your brain? If so, how do you think it affects the way that you view the world?
- How could you stay informed without playing into the media's negativity bias (this is the tendency
 for the mainstream media to only focus on that which is negative or sensational)? What advice
 would you give to someone about that?

•	How often do you engage in what might be considered numbing behaviour? For example, overeating or mindless eating, watching TV, surfing the internet, drinking alcohol, taking recreational drugs, maybe even excessive working out we all have our ways.



- Try disconnecting from all forms of TV, news, advertisements, newspapers, and online and other
 media for one day a week. Just try it. Unplug and see what happens. Pay particular attention to
 your internal mind chatter. Try to notice if it changes or becomes a bit quieter over the course of
 the day.
- If you want to keep going, try for three days, or even longer, and start substituting your old choice
 of media consumption with viewing some of the inspiring talks on TED (www.ted.com) or from
 other reputable inspiring sources. Again, notice what, if anything, changes with respect to your
 internal mind chatter.
- Introduce ten minutes of meditation into your daily routine. Try five minutes in the morning and five minutes in the evening of just being aware of your breath flowing into and out of your nostrils.⁵ Let your thoughts pass across your mind like trains passing through a station. Simply notice them without participating in them—without hopping on the train, so to speak. If you notice that you have jumped onto a train of thought, just get off again, let it go, and return to focus on your breath.



Powering Up with Community and Masterminds

Self Assessment

•	Connection, or a sense of belonging, is an important human need which generally must be
	satisfied. It can be satisfied in positive ways or in negative ways. Rate your own current
	feelings about the level of positive CONNECTION with others that you are experiencing in
	your life on a scale of 1 to 10 where 1 means you feel that there is hardly any positive
	CONNECTION in your life, and 10 means your feel there is more than enough positive
	CONNECTION in your life. Circle the number that best represents your current experience.

1 2 3 4 5 6 7 8 9 10

Rate your desired level of positive CONNECTION in your life on a scale of 1 to 10... where 1
means you feel that you don't want or need any positive CONNECTION in your life, and 10
means you desire a great deal of positive CONNECTION in your life. Circle the number that
best represents your desired experience.

1 2 3 4 5 6 7 8 9 10

• Take a few deep breaths, and check in with your feelings. What would it FEEL LIKE to have more positive CONNECTION in your life? Would you feel happier? Do you feel your relationships would improve? Would your health improve? How would THAT feel? Spend a few minutes tapping into these feeling states.



- The influence that other people have upon us can be very powerful. If you have begun the process of moving towards greater abundance, have you experienced resistance from others with respect to your ideas or to actions you may have taken on this path?
- Notice if there are people in your life where you feel depleted in energy and like you have less
 enthusiasm for life after you spend time together. Notice if there are people in your life where you
 feel uplifted and have more enthusiasm for life after you spend time together.
- Now, make some choices about who you will spend time with and how much time you will spend
 with them. Even if spending time with someone depletes your energy, you may still choose to do
 this out of compassion or kindness to them, but make it a conscious kindness. And consider that
 you cannot give if your own tank is empty, so allow for kindness to yourself as well.

 Have you ever participated in a group that was truly collaborative and not based on competitio
What was that like? How did it make you feel?



- Try finding a group online who are interested in some of the same things you are. Maybe you like
 knitting. Maybe you like marathon running. Maybe you love marketing. Maybe you're into Feng
 Shui. Maybe you love Star Wars action figures... whatever it is, see if you can connect with a
 group who loves what you love. Exchange ideas, make connections, see where it may lead.
- Consider taking it offline too with meet-up groups in your local area.
- Are there any community based programs in your local area? Like community gardens? Or singing groups. Or salsa dancing, african drumming, or yukele playing groups... think outside the box, especially if you want to break free from the common 'measurement' based activities.
 Discover and explore pure fun, joy and connection without the need for measurement and comparison.



Your Path, Your Journey

- Where in your life do you feel that you have fears about scarcity? How has this affected some of the choices you have made or the way that you have lived your life?
- How would it feel to live in a state of abundance? Is this something you have experienced?
 Describe the times in your life when you have felt the most abundant.
- What are some habitual behaviors you have that you might like to change?
- What beliefs do you think might be driving these unwanted habits? Sometimes this is not the
 easiest thing to figure out, but try asking yourself the following questions to help shed some light:
 When was the first time you started the habit? What were you feeling at the time? Had anything
 significant just happened in your life?

What are some positive habits you would like to establish?



- Download a positive habit creating or goal tracking app (Strides is an example) to help you create and track positive habits like meditating, exercising, healthy eating etc.
- Create a daily habit of acknowledging 3 great things that happened each day (three wins, however small, that you are proud of) and 3 things that you are grateful for. One app that helps you do this is called The 5 Minute Journal.
- Take out your 'ideal life' file of images that you began collecting in the "Stopping Scarcity and Dis-Ease" section. Use them to make a vision board. If you don't already have an 'ideal life' file then cut out pictures from magazines and newspapers or download images online that represent your ideal life, and arrange them on a sheet of cardboard or poster board. Cut out words or simple phrases as well to put with the images. Once you have everything you want arranged on the board, glue it all in place and hang your vision board somewhere you'll be able to see it multiple times a day.

•	Every time you look at your vision board, spend a few moments tapping into the feeling state the living that ideal life would give you.



What is Abundance?

Self Assessment

•	Rate your own current feelings about the level of HAPPINESS AND JOY that you are
	experiencing in your life on a scale of 1 to 10 where 1 means you feel that there is hardly
	any HAPPINESS AND JOY in your life, and 10 means your feel there is more than enough
	HAPPINESS AND JOY in your life. Circle the number that best represents your current
	experience.

1 2 3 4 5 6 7 8 9 10

- Rate your desired level of HAPPINESS AND JOY in your life on a scale of 1 to 10... where 1
 means you feel that you don't want or need any HAPPINESS AND JOY in your life, and 10
 means you desire a great deal of HAPPINESS AND JOY in your life. Circle the number that
 best represents your desired experience.
 - 1 2 3 4 5 6 7 8 9 10
- Take a few deep breaths, and check in with your feelings. What would it FEEL LIKE to have more HAPPINESS AND JOY in your life? Do you feel your relationships would improve?
 Would your health improve? How would THAT feel? Spend a few minutes tapping into these feeling states.



- What do you believe is the relationship between abundance and happiness?
- Do you think that being stressed about money or resources reduces your ability to enjoy life and be happy?
- Have you ever experienced any type of fear or guilt when it comes to abundance?

 Do you believe that more abundance, time or resources could facilitate you improving yourself as a person? If so, how?
a porson: if so, now:



- Think of the times in your life when you have been happiest. These experiences may or may not have had much to do with money or abundance . . . just note whether they did or didn't. Make a list of the happiest experiences you have had in your life. Is there a theme?
- Similarly, make a list of the unhappiest times in your life. Is there a theme?
- If there is a theme to your happiness, think about how more abundance might allow you to make choices that would support more of that kind of experience. Write these choices down.
- If there is a theme to your unhappiness, think about how more abundance could allow you to
 make choices that would lessen the impact of that kind of experience on your life. Write these
 choices down.
- Take the list of choices from above, and use them to make affirmation and intention statements written in the present tense. For example, if you feel that an abundance of time or money or other resources would allow you to spend more time with your family, and this would make you happier, then your aspiration statement might be something like *I have abundance and freedom, and I choose to spend more time with my family, doing things we love to do together.* If you feel that an abundance of time, money or other resources would allow you to be able to spend a couple of weeks a year at a health retreat, and you feel that this would lower your stress and anxiety levels, your aspiration statement might be something like *I have abundance and freedom, and I choose to care for myself by spending one week every six months relaxing and rejuvenating at a health retreat of my choice*. Don't worry if these things are still in the future for you. It's important for manifestation purposes to state them in the present tense.

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How Giving Back, Gives Back

- Have you ever taught something seemingly small to someone else? Like how to knit? Or how to ride a bike? Or showed someone how to use a really useful app which they were grateful for? How did that make you feel? Drop into that feeling now...
- Can you think of any situations where you have seen people making life harder and more stressful for themselves than it needs to be? Either in yourself or in someone you know?
 Describe what happened. What would have happened if that person was able to say to themselves in that moment: "I can get upset about this, I can choose to be 'right'... or I can choose peace. I'm choosing peace." What might have happened differently?

•	which you find yourself getting swept up by your emotions? List some of those typical situations out. Is there a theme?



- Try doing 'random acts of kindness'. Examples are paying the next car's toll fee, helping an
 elderly person carry their bags, or offering your seat on the bus to someone who seems to need
 to sit down more than you do.
- Often we get caught up in our emotions. What would happen if, before reacting or getting swept away by an emotion, you just asked yourself to take a few deep breaths? That's all, just take three deep breaths before reacting. See what adding a little conscious space does...just observe.
- Seek out communities online where you can freely share your skills and expertise about things
 you know, without seeking anything specific in return. Even if you still consider yourself a student
 of the topic, sharing what you have learned will help others who are not as far along as you are.
 You'll find that it actually reinforces and accelerates your own learning progress as well.

Foster an internal attitude where you are generally helpful. An attitude that acknowledges you

have something of value to offer in any and every situation, even if it is just a kind word or a				
smile. Offer it. Give it. Because you ARE abundance.				



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