



THE ABUNDANCE CODE

MASTERCLASS WORKBOOK

IT CHANGES
EVERYTHING

AN ABUNDANTLY U FILM

[WWW.THE**ABUNDANCE**CODE.COM](http://WWW.THEABUNDANCECODE.COM)

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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 you 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!



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Action Steps

- 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?

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Action Steps

- 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.



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Action Steps

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Moving from Competition to Cooperation

Exploration: Digging Deep

- 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?

Action Steps

- 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.



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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.

Action Steps

- 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.

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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 you 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.



Exploration: Digging Deep

- 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 competition? What was that like? How did it make you feel?

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Action Steps

- 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.

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Action Steps

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.



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Exploration: Digging Deep

- 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?

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Action Steps

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Action Steps

- 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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