DAYS 17-20

“Get happy first!” – Sage

“Enjoy life. This is not a dress rehearsal.” – That prolific writer, Anonymous

**THEMES:**
Reprogramming Limiting Beliefs (“Biggies”) 4, 5 and 6
Healing My Relationship with Money (cont’d)
We Live in An Abundant Universe That Pays Me Generously to Do What I LOVE
Get Happy First!

**SOUL QUESTIONS FOR DAYS 17-20:**
Feel free to reword these and explore wherever they lead YOU.
Keep working with Soul Questions 9 & 10:
9- Is this choice in alignment with my life of abundance?
   (Living and feeling it NOW or getting me closer to it)
10-How will having LOTS more money set me free to be all of who I AM?

And add in **NEW** SQs #12, #13 & 14:

12- How will ME getting really wealthy help other people I know, and help the world at large?

13- How am I *already* fantastically prosperous?

14-In this moment, where is my JOY?
   Where is my JUICY?
   How much joy can I allow?
Day 17:

*Everybody deserves to be mind-blowingly prosperous, including you and me.* - *Sage*

**EVERYDAY:**

**GOLDEN HOUR** **IN THE MORNING, SILVER HOUR IN THE EVENING**

15 to 60 minutes, whatever you can!

**MORNING JOURNALING:**

How can today be your BEST DAY EVER? Do more Intuitive Journaling, Gratitude Journaling or Visioning, *setting your intentions for your day in writing* to make them real:

**REAL** = **Ready** + **Extraordinary** + **Activated** + **Launched**!

Good idea to SCHEDULE whatever you need to allocate your precious time to, also. Your time = Your life! Journal about the Soul Question below. You may also write about your dreams, your initial mood/thought, or inspired ideas you woke up with.

**KEEP CLEARING YOUR CHAKRAS DAILY**

Earth~Sky~Heart. Shower cleanse. Scoop & Charge. Sing “Doe a Deer”!
Or some other method you enjoy for clearing and charging your chakras. You are a living rainbow!

**SOUL QUESTION DU JOUR**

*(To ask yourself via meditation, journaling & throughout the day)*

**How will ME getting really wealthy help other people I know, and help the world at large?**

**TODAY’S OTHER CONTINUING ACTIVITIES:**

A) Reading and Text Rendering.

B) Continue Conscious Eating. Charging your food and water with positive intention, gratitude and saying affirmations with each meal.

C) Keep playing The Prosperity Game!

D) Keep charging your Prosperity Altar.

E) **Keep Adding More Great Joy & Self-Love Choices to Your Menu**
   These can include some of the new practices you have been learning.

F) **Keep Scheduling & Enjoying Your Self-Loving Heart-Singing Acts**
REPROGRAMMING & ALIGNING

The subconscious belief we are healing today is the old guilt-based delusion/illusion/confusion:
Biggie #4: There is not enough $ to go around.
Corollary: If I have a lot, someone else suffers.

Let’s look at food for example. (if you don’t mind my going all socio-political-economical on you)
The truth is, there is plenty of food – if it would just be distributed more fairly and people ate less meat, no one on this planet would go hungry. And there is plenty of energy – if we would utilize renewable natural re-Sources from the 4 elements (solar, wind, water, geothermal), we’d have all the energy we need, cleanly. Plus, you struggling or suffering does not help anyone one bit!

Time to let it go! CROSS OUT those old beliefs, or cut them up, throw ’em out. Gone!
There are NO limitations to the abundance of the Universe.

REPROGRAMMING

Do SELF-HYPNOSIS today (recommended). Or, if you have more time, do another reprogramming from Days 13-16: Repetitive Affirming with Response, Journaling with Non-Dominant Hand, Releasing Ritual, or Spiritual Clearing. Choose a method that you did not do yet or that you want to repeat for added power.

TODAY’S WORDS OF POWER AFFIRMATIONS: □ □ □ □
(Optional: Reread your Prosperity Declaration.)
REMEMBER TO DO 3X EACH JUICY = 1 SET. DO 3 SETS.

“Breathing in the Gold” (or Bringing in the Gold) Stand and imagine you are RECEIVING golden energy of abundance and bring this wealth toward you with your hands, like scooping up the good stuff and fanning and patting it INTO you, from your crown chakra all the way down, as you state your truths. Remember to bring the gold into your aura on your sides, back and below your feet also. And declare your affirmations with each meal. (You can bring in the gold with each meal.)

Use this to also shine and sprinkle the gold energy of abundance on your Prosperity Altar. You may wish to place some affirmations on the altar and “gold charge” up the affirmations as well. Another way to use this is to share the gold with yourself in the mirror, fill up first, then shine some out at yourself and keep giving and receiving. You are OVERFLOWING with divine abundance.

Tip: Wear a lot of gold! This helps you FEEL RICH.

MY Highest Truth is:
I live in an abundant Universe.
I AM overflowing with divine golden abundance.
I stand in a stream of golden abundance.
There is plenty for everyone.
The more I receive, the more I can give. 
The more money I have, the more good I can do.

HAPPY MONEY AUDIO: 

SILVER HOUR IN EVENING
Do something lovely and sacred to wind down and give thanks...

EVENING JOURNALING & SELF-ASSESSMENT: 

Reflections: Jot down any feelings, thoughts or observations that relate to this program, especially anything about THE ABUNDANCE OF THE UNIVERSE, PERSONAL ABUNDANCE, AND HOW YOUR SUCCESS HELPS OTHERS today. Share with our community if you are so guided. We are here for you. 😊


Optional: Write affirmations, Prosp. Declaration, dream intentions in PJ: 

*** ESSENTIAL! ALIGNING WITH ABUNDANCE AUDIO:

I dream abundant dreams and awaken with prosperity consciousness!
I awaken feeling full of golden abundance!
Day 18:

“Measure people’s success not by how much money they make or have, but by the degree to which they are fulfilling their life purpose, are happy about their lives, have the right amount of money [for them], and believe in themselves.”
- Orin and DaBen via Sanaya Roman & Duane Packer

EVERYDAY:

GOLDEN HOUR IN THE MORNING, SILVER HOUR IN THE EVENING
15 to 60 minutes, whatever you can!

How is Spirit guiding you in this beautiful morn? Meditation, movement, music, breathing, affirming, honoring your dreams, journaling, setting your intentions. Enjoy!

MORNING JOURNALING: ☑

God(dess) morning! 😊 Let’s go deeper in working with your intentions today. Set your intentions for today in writing to make them real:

REAL = Ready + Extraordinary + Activated + Launched!

Write these down and take action:
What is your intention for your Body today? (Self-care, exercise, conscious healthy eating, etc.)
For your Mind? (Culture, reading, education, creativity, etc.)
For your Heart? (Social connection, laughter, heart breaths, etc.)
For your Spirit? (Meditation, prayer, ceremony, etc.)

You can also journal about the Soul Question(s), your dreams, your initial mood/thought, or inspired ideas you, action steps.

CLEAR YOUR CHAKRAS DAILY ☑

SOUL QUESTION DU JOUR ☑

(To ask yourself via meditation, journaling & throughout the day)
How am I already fantastically prosperous?

TODAY’S OTHER CONTINUING ACTIVITIES:
A) Reading and Text Rendering. ☑
B) Continue Conscious Eating. Charging your food and water with positive intention, gratitude and saying affirmations with each meal. ☑
C) Keep playing The Prosperity Game! It’s fun to be rich! □

D) Keep charging your Prosperity Altar. And have fun! □
   (notice a theme here?)

E) Keep Adding More Great Joy & Self-Love Choices to Menu □

F) Keep Scheduling & Enjoying Your Self-Loving Heart-Singing Acts □

REPROGRAMMING & ALIGNING
The subconscious belief we are healing today is the old thought:
Biggie #5: If I enjoy something, I shouldn’t charge (or get paid) for it.
Corollary: I have to work hard for money.
You might want to CROSS OUT that statement on this paper, or cut it off, throw it out.

Do one of the reprogramming exercises: Repetitive Affirming, Journaling with Non-Dominant Hand, Releasing Ritual, Spiritual Clearing, or Self-Hypnosis.

TODAY’S WORDS OF POWER AFFIRMATIONS: □ □ □
   (Optional: Reread your Prosperity Declaration.) 3 EACH JUICY X 3 SETS!
   Breathe in the Gold again today. 😊 Ahhhhhhhhh......

   MY Highest Truth is:
   It’s easy for me to make lots of money doing what I love.
   The Universe pays me generously to do work I really love.
   The more I do what I love and love what I do, the richer I get.
   My creative work has great value!

TODAY’S FUN ACTIVITY:

A) TIME TRAVEL JOURNEY: My Creative Work Has Value. □
   You can do this visualization exercise one of two ways, by “time travelling” to either your past or your future (or you can do both).

   The key is to really SEE, HEAR AND FEEL it as if it is really happening right now, focusing on every detail and feeling the zing, the juicy, the excitement and happiness! 😊

   When you feel the JUICE, the tingle, the bliss, ANCHOR IT IN YOUR BODY with your OK symbol, with your breath. You can also anchor with a color you are using as your hypnotic reinforcement (green, gold) and/or aromatherapy.

   KNOW this is your 100% truth. Smile! HAVE FUN WITH IT!
If you can remember a time in the past or present when you already got paid really well for something you enjoy(ed) doing, focus on that experience. If this has never happened yet (that you can remember), or if you just feel like going to the future, imagine you are in your BEST FUTURE getting paid really well to do what you love.

An example of the past is that, when I was a college student, I applied for a scholarship for $1,000 to help with the costs of journalism school. I spent two hours writing, editing and submitting an essay titled: “The Future of Communication and the Role I Will Play in It.” I really didn’t have any idea how many other applicants there might be, and I figured I may not have a big chance getting this totally FREE money, but I also knew I was a good writer, and the only way I could win was to go for it.

Bottom line: I got that $1,000! Imagine my excitement! And it was so fun and easy for me to write that essay. This felt like the easiest money in the world! I remind myself that at that moment, my rate of pay at the age of 23 was actually $500 per hour! (And $500 per page!) It doesn’t matter that this only happened for two hours, the fact that IT HAPPENED proves to my emotional and mental self that **MY WRITING HAS GREAT VALUE.**

Here’s an example of traveling to the future. My husband’s favorite thing to do in the world is to paint, beautiful art pieces that are meditation portals. “Shamandalas!” ™ So he visualizes his pieces on display in art galleries and museums, with hefty price tags and lots of cultured, spiritual, wealthy people (with good taste) buying his pieces and also praising and benefitting from the healing power of his amazing work. We know it is in motion! It is here. (Note, since beginning to do this practice, Mark’s art is now featured in 5 local galleries and 57 online galleries! [www.SacredPortalsArt.com](http://www.SacredPortalsArt.com))

**Note:** *If you find this exercise difficult to do, or you are just avoiding it altogether, either come back to it later (mark your calendar so it’s REAL) OR get a 1:1 Omnidimensional Healing so you get more lined up with your best vision!*

**HAPPY MONEY AUDIO:** 
Today I listened to Happy $! for _____ mins. while I _______________________.
What I noticed was __________________________________________________________.
Did any affirmations especially resonate for you today from the audio?
If so, write them here & add them into your affirmation set for tonight & tomorrow:
SILVER HOUR IN EVENING
Do something lovely and sacred to wind down and give thanks.
Relax, refresh, ahhhhh....

EVENING JOURNALING & DREAM INCUBATION: ☐
Tonight we are going deeper with our dreamwork!

Reflections: Jot down any feelings, thoughts or observations that relate to this program. What shifts are you noticing? Inspired ideas are coming to you! And you are remembering more and more, moment by moment, who you really ARE. You are tuning in to your true, infinite Source of all goodness. You may also wish to journal tonight about affirmations, Prosperity Declaration, or dream incubation. (see below)


DREAM INCUBATION:

Nearly every culture has an ancient mystery school related to dreaming as a sacred act and art. You can learn to have the highest dreams, power dreams, “Dream Journeys” that are a spiritual experience in which you visit ascended masters, fly, perhaps even die and be reborn, meet your spirit guides, fly through the cosmos, make love with your Twin Flame, visit other realms and times, see through the eyes of another lifetime, get amazing creative insights,
experience instant, miraculous physical and emotional healing, or visit your future self.

This latter goes nicely with the Time Travel exercise today. Ask to not only meet and play with your best Future Self, the one who has already gone through your Golden Portal and is literally living the life of your dreams! – but also ask to be shown and provided with the crucial information for HOW to do so.

Your Future Self knows exactly how you got from Point A to Point B and can teach you how to do so successfully. You can also ask for an energetic vibrational attunement to live at this higher level of wealth, health, wisdom and happiness!

As you see, the possibilities with Dream Incubation are limitless. And so are you!

THE WORLD NEEDS DREAMERS AND THE WORLD NEEDS DOERS BUT ABOVE ALL THE WORLD NEEDS DREAMERS WHO DO!

Sarah Ban Breathnach

WWW.PROSPERITYPASSIONPURPOSE.COM/FREEGIFTS.HTML
Steps for Dream Incubation:

1- The basic, universal, yet customizable, technique is to **purify yourself before bed** in some manner, such as bathing, herbal purification (“smudging,” incense), prayer, chanting.

2- You **call upon your loving guides** (I call in my Dream Spirits) to provide you with the very best dreamjourney tonight, and to help you fully **integrate the healing and wisdom** in all the ways that are for your very highest good and the highest good of all. You can be specific about what kind of dream you are asking for or just make a general request for your most helpful dream.

3- You ask that you **remember all you need to** and you **promise to honor the dream**. You can do this verbally, you can write it on a card and put it under your pillow, you can write it in your journal.

4- When you awaken, write the dream down or record it by audio. Then follow the instructions you got in the dream (if any) or do what you are guided to do, to **honor the dream** and integrate its healing and wisdom.

Another tip for strong dreaming is to put a sprig of mugwort under your pillow. Mugwort supports strong, vivid, spiritual dreaming!

Have your journal & pen OR recorder next to your bed. And take the time in the morning to record ANYTHING you remember, even if it feels trivial or irrelevant. Even tiny little snapshots or fragments can be very insightful.

*It may take a few nights or longer for your “Big Dream” to show up (that you remember) but keep doing the dream incubation and you will dream it. When you do, it is important to ask Spirit/Highest Self:*

*What do I need to do to honor this dream?*

Trust what you get. One way is to follow the instructions or the inspired thought you woke up with. For example, the dream may tell you to take an action step such as communicating with someone, taking a certain herb for healing, doing something different with your altar, or dancing an intention into your being and life….It could be anything.

You may get a sense you need to write about it (privately or share it with a select few)…make art …write a poem or song….dance or drum it…make a
collage or other art... Still another way is simply to share the dream with others who will be respectful of it.

And of course, give thanks to your Dream Spirits. You may do this in a written or ritualistic way, or simply aloud or in your own heart.

GREAT NEWS! The exciting thing is that we will get to do incubation, Sacred Dream Circle sharing, interpretation and honoring our dreams at our retreat!

Also, I wrote a 150-page book on spiritual dreaming that has even more great ideas, compiled from shamanic & ancient traditions worldwide, along with some new channeled techniques. We also get to do more dreamwork in the advanced P3 group Espiritpreneurs this summer, especially re: life purpose, Spirit guides, intuition and business-building.

* * * ESSENTIAL! ALIGNING WITH ABUNDANCE AUDIO: □

Tonight, as I sleep, I am attracting and embracing more money.

I dream a spiritual dream of great healing and awakening.

I dream abundant dreams and awaken with prosperity consciousness!
Day 19:

“Joy is a net of love by which you can catch souls.” – Mother Teresa of Calcutta

“Life itself can't give you joy, unless you really will it. Life just gives you time and space, it’s up to you to fill it.” – Unknown but it sure sounds like a Hallmark card to me!

“Find ecstasy in life; the mere sense of living is joy enough.” – Emily Dickinson

EVERYDAY:

GOLDEN HOUR IN THE MORNING, SILVER HOUR IN THE EVENING
15 to 60 minutes, do what brings you JOY!

MORNING JOURNALING: ☐

RECORD YOUR DREAMS. You can also share them with a supportive partner (someone who can non-judgmentally “go there” with you and help you respect and, if appropriate, interpret or honor your dream). Or post on our Facebook.

Make today Joyfully Delicious & Juicy!!!

Do more Intuitive Journaling, Gratitude Journaling or Visioning (set your intention, make it REAL). Journal about the Soul Questions du Jour, below. How can you build more joy, more juicy, more abundance, more YES into your day and night today?

You may also wish to write about your initial mood or thought, or inspired ideas, especially those you woke up with. Share on our Facebook if you like!

CLEAR YOUR CHAKRAS DAILY ☐

SOUL QUESTIONS DU JOUR: ☐
Where is my JOY? Where is my JUICY?
How much joy can I allow?

TODAY’S OTHER CONTINUING ACTIVITIES:
A) Reading and Text Rendering. ☐
B) Continue Conscious Eating. Charging your food and water with positive intention, gratitude and saying affirmations with each meal. ☐
C) Keep playing The Prosperity Game! Get JUICY with how you spend your money today. Go for the biggest pleasure & happiness! ☐
D) Keep charging your Prosperity Altar. Feel the energy!
Is there something your Inner Child wants to put on the Altar? □

E) Keep Adding More Great Joy & Self-Love Choices to Menu □
These can include some of the new practices you have been learning. What would your Inner Child like you to add to your list? How often do you need or desire to do those things? Daily, weekly, monthly?

F) Keep Scheduling & EnJOYing Your Self-Loving Acts □

**TODAY'S ACTIVITY:**

**Set your Inner Child Free.** - Wheeeeee! W(h)eeeee can do it!!! □

Do something totally silly and kidlike. For example, the other day I “bubbled” my husband as he emerged from a grocery store, pushing the cart. He thought I was taking a wee meditative nap in the car. All of a sudden, the Bubble Goddess was upon him. We laughed like little kids and so did all the people in the parking lot. It was the highlight of our day.

Ask your own inner child what she’d like to do:
Go on the swings? Feed the ducks? Color? Climb a tree? Take a fairy walk?
Hug a teddy bear? Play with a pet? Have FUN.

Do you want to put a picture of yourself as a child on your altar?
Kiss her sweet face?
How else can you honor her and play with her? Show her you love her?

If you’re feeling out of touch with her, do some journaling where you turn your pen or hands over to her and see what she says. Or get an Inner Child Healing session with me or another healer. Reconnecting with this part of you is a HUGE source of joy!

What I enjoyed, remembered and/or learned today about playing with my Inner Kid was:

______________________________________________________________.
REPROGRAMMING & ALIGNING

The subconscious belief we are healing today is the old thought:
Biggie#: 6: If only I had more money, I’d be happy.

You might want to CROSS OUT that statement on this paper, or cut it off, throw it out.

Do one of the reprogramming exercises: Repetitive Affirming, Journaling with Non-Dominant Hand, Releasing Ritual, Spiritual Clearing, or Self-Hypnosis.

TODAY’S WORDS OF POWER AFFIRMATIONS: 

Conscious Breaths of Intention: Today, as you do your affirmations, focus on your desire with JOY AND JUICINESS as you breathe in, really bringing in the energy of your intention into your body, into every cell. And on each out breath, breathe out the knowingness that it is so, the power to create your desire in the outer world.

You may enjoy using your hands to scoop and collect IN, reaching your hands out and up, breathing IN the blessings and your heart’s desires, and as you exhale, bring your hands down from your crown, showering and cascading the abundant blessings all over your body.

You can also rub all this goodness in with touch. And you can include the gold, too. Rub and breathe it in!

Affirm 3 X EACH JUICY X 3 SETS:

MY Highest Truth is: I am choosing joy!
By living in joy NOW, I attract money and create true prosperity. My inner child is playful, safe and happy, so I enjoy life to the fullest.
My life is juicy and joyful. I say YES! to my best life!
My life is delicious and delightful.

HAPPY MONEY AUDIO:

SILVER HOUR IN EVENING
Do something lovely and sacred to wind down and give thanks...
EVENING JOURNALING & DREAM INCUBATION: □

Reflections: Jot down any feelings, thoughts or observations that relate to this program. What shifts are you noticing? Inspired ideas are coming to you! And you are remembering more and more, moment by moment, who you really ARE. You are tuning in to your true, infinite Source of all goodness. You may also wish to journal tonight about affirmations, Prosperity Declaration, or do dream incubation.

Evening is an excellent time to also do SPIRITUAL JOURNALING…

JUST ask: WHAT IS YOUR INNER CHILD WANTING TO SAY, HEAR, DO? LISTEN...

And/or ask the Soul Questions for today:

Where is my JOY? Where is my JUICY?
How much joy can I allow?


Dream Incubation: Keep manifesting the kind of dream you desire…
Or manifest a dream of playing with or BEING your child self. Play!

*** ESSENTIAL! ALIGNING WITH ABUNDANCE AUDIO: □

Tonight, as I sleep, I am attracting and embracing more money and more playful, joyful living.

I dream abundant, playful dreams and awaken with joy!
Day 20:
INTEGRATION DAY

IF YOU DIDN’T DO SO YESTERDAY, PLEASE SHARE TODAY!

EVERYDAY:
GOLDEN HOUR IN THE MORNING, SILVER HOUR IN THE EVENING

MORNING JOURNALING:
Record and honor your dreams. Do more Intuitive Journaling, Gratitude Journaling or Visioning (include setting your intention for your day). How can you build more pleasure, joy, presence and abundance into your day today? You may also wish to write about your initial mood or thought, or inspired ideas you woke up with.

CLEAR YOUR CHAKRAS DAILY

(RE)LISTEN TO A TELATTUNEMENT
A great thing to do today is to (re)listen to one of the TelAttunements. Let Spirit guide you as to which to listen to. The energy healing and vibrational alignment you get on our calls is a crucial factor in your success, so please honor yourself and Spirit tonight or anytime today to tune in and attune up.

After the call you may wish to journal with one of your spirit guides. And if one of the divine masters or angels on our TelAttunement is a guide you want to connect with further, turn your pen over to them and see what wisdom flows!

PROSPERITY DECLARATION
Today, be sure to reread your Prosperity Declaration. Notice how much more strongly you feel this, compared to when you started the course

TODAY’S OTHER CONTINUING ACTIVITIES:
A) Reading and Text Rendering.
B) Continue Conscious Eating. Charging your food and water with positive intention, gratitude and saying affirmations with each meal.
C) Keep playing The Prosperity Game! Get JUICY with how you spend your money today. Go for the biggest pleasure & happiness!
D) Keep charging your Prosperity Altar. Feel the energy!
E) Keep Adding More Great Joy & Self-Love Choices to Menu

These can include some of the new practices you have been learning. What would your Inner Child like you to add to your list? How often do you need or desire to do those things? Daily, weekly, monthly?

F) Keep Scheduling & EnJOYing Your Self-Loving Acts

TODAY’S WORDS OF POWER AFFIRMATIONS:

Affirmation Methodology Review (Choose any method):
Read all tips in Action Guide. Index cards: Car visor, Home, Office
Anchor in my body with OK symbol (or other touch or gesture)
Remember to do your affirmations with each meal as a way to bless your food.
Conscious Breaths of Intention.

3 or more affirmations 3 X EACH JUICY X 3 SETS:

Now read/write /anchor all the affirmations from the past three days (listed below).
For a longer affirmation session, work with ALL the “affs.” For a shorter session, just pick 3. Really see, hear, feel, know and embody these as your 100% truth. Breathe them into your whole being. KNOW this is your new truth. This IS your reality:

I live in an abundant Universe.
There is plenty for everyone.
The more money I have, the more good I can do.
It’s easy for me to make lots of money doing what I love.
The Universe pays me generously to do work I really love.
The more I do what I love and love what I do, the richer I get.
My inner child is playful, safe and happy.
So I enjoy life to the fullest.
My life is juicy and joyful.
I say YES! to my best life!
My life is delicious.
I love myself, and I love my life!

SUMMARIZING YOUR READING

Ketchup, mustard! LOL Review all your postits, margin notes, underlining and highlighting from the course material so far.
Summarize what really stands out for you here, in your book or journal, and/or on our site:

**REVIEW**

Look over the last few days of course material, the book, your journal and really soak it in. What shifts are you noticing? Share your insights and learnings with your tribe, And/or with me (if you are a VIP 1:1 client, send me an email).

**CATCH-UP ACTIVITY OF MY CHOICE DU JOUR**

Do something for the last three days that you didn’t get to yet.

Here’s what I did today as my Abundance Activity:

________________________________________________________________________________________.

Here’s how it felt and what it helped me remember:

________________________________________________________________________________________.

________________________________________________________________________________________.

**HAPPY MONEY AUDIO:**

Are you fitting this in at least once a day?
So far I’ve been listening to Happy $! while I

__________________________, and I particularly enjoy doing so while ______________. I’d also like to listen _______________.

Remember: The more you immerse yourself in your positive prosperity beliefs, you more quickly you will experience abundance in your life!

I highly recommend you have a few copies of this, So you can easily listen in home, office, car, etc.

**SILVER HOUR IN EVENING**

Do something lovely and sacred to wind down and give thanks...

**EVENING JOURNALING, SELF-ASSESSMENT & DREAM INCUBATION:**

Daily Review:
*Feelings, thoughts, observations. Self-assess: Was I on track today? Put a checkmark next to everything you DID today. Awesome! You may also wish to*
journal tonight about affirmations, Prosperity Declaration, or do dream incubation.

Evening is an excellent time to also do SPIRITUAL JOURNALING...
JUST ASK: WHAT IS MY MESSAGE OF LOVE AND ABUNDANCE TONIGHT?

20-Day Review:
Review your first 20 days of this journey to prosperity.
YOU ARE HALFWAY THERE!!! And already there, right here, right now. So give yourself LOTS of credit! 😊 YOU ARE DOING IT!

You are showing up for yourself, for Love, for Spirit, for Prosperity, for Joy, more each day. At this point, you are definitely noticing some wonderful changes, subtle or radical, inner and outer.

Looking through your Prosperity Journal and this guidebook, ask yourself:
* What is working and what isn’t so far? In what ways am I feeling more peaceful, more blessed, more trusting and grateful, more creative, more wealthy and/or more supported than 16 days ago?
* Now is a good time to do some Spiritual Journaling around the Soul Questions. Ask and do some divine dictation...
* What is changing, within me and around me? What shifts am I already aware of in my own thoughts and feelings, my choices or in my environment and experiences?
* How happy, prosperous and full of love do I feel when I wake up ....throughout the day...and in the evening?
* What practices or words of power are really helping me create this shift?
* Is there anything feeling stuck, anything I have been resisting, and if so, how can I heal that? Is there anything else I need to do? Visual reminders? More support from a friend or coach/healer?
* What do I find helps me, what times of day are optimal for what exercises? Record any other creative ideas for how you can get on track, stay on track or ramp it up further. Turn it up!

REMEMBER TO CONNECT AND SHARE ON FB! Thanks!

Here’s what I am REALLY GETTING NOW about me, joy and abundance:

________________________________________________________________________________________.

________________________________________________________________________________________.
DREAM INCUBATION:
Keep focusing your intention for the kind of dream you want to have...

Optional: Reread your affirmations and/or declaration.  
Now go push play on your AWA audio... Sweet dreams!

*** ESSENTIAL! ALIGNING WITH ABUNDANCE AUDIO: 🎧
I love myself and I totally support my abundance, so every night I:  
Brush teeth. Journal. AWA.

I dream abundant dreams and awaken with prosperity consciousness!  
I am really embracing my abundant life.  
I AM remembering who I really am.

I LIVE IN AN ABUNDANT UNIVERSE!  
Joy is my true nature!