



Abundance Challenge

COUNSELING SERVICES

WHAT IS IT?

Inspired by the teachings of Deepak Chopra. This 21 day mindfulness commitment is about changing your mindset to one of abundance and realizing you are so very capable of having, experiencing, and feeling anything you desire/deserve.

This powerful and supportive personal journey is meant to promote and increase our self-esteem, while also promoting gratitude in our own unique experiences.

HOW DOES IT WORK?

Daily tasks will be emailed every Monday and Friday.

By completing a task, you are eligible for a free goodie bag in HPCC every Tuesday from 11:00am - 2:00pm.

Complete 7 tasks and be entered to win a prize at the end of the semester!

QUESTIONS?

Email Tim @ campbeti@mountunion.edu

