



Counseling Services: *Abundance Challenge*

Day Eight Task

What do you currently invest your time in? We all make choices regarding what and how we choose to invest our energy. There is an old saying: "where our attention goes, energy flows." Like working out, if you want to develop a specific muscle group, you focus your time and energy on it.

Write the phrase: "All that is invested is good and will return to itself seven times"... Write this phrase and take time to reflect on what you are currently investing your time in. Is there anything toxic that you're investing yourself in that you can let go of? What are you proud of that you're working to invest in?

Day Eight Meditation



"Through the law of pure potentiality,
I can create anything, anytime,
anywhere."

