

THE ABUNDANCE CHALLENGE

The Abundance Challenge is a 21-day mindfulness commitment about changing your mindset to one of abundance and realizing you are so very capable of having, experiencing, and feeling anything, you desire and deserve. Practice these tasks and daily meditations to work toward this state of mind.

Day One	Task and Meditation
Day Two	Task and Meditation
Day Three	Task and Meditation
Day Four	Task and Meditation
Day Five	Task and Meditation
Day Six	Task and Meditation
Day Seven	Task and Meditation
Day Eight	Task and Meditation
Day Nine	Task and Meditation
Day Ten	Task and Meditation
Day Eleven	Task and Meditation
Day Twelve	Task and Meditation
Day Thirteen	Task and Meditation
Day Fourteen	Task and Meditation
Day Fifteen	Task and Meditation
Day Sixteen	Task and Meditation