

ABUNDANCE CHALLENGE

WITH COUNSELING SERVICES

Day Six Task

How do you define what success looks and feels like for you? Keep in mind that this idea of success changes throughout one's life. Also, acknowledge that success is not based on the perception of others but the happiness that is found within our own lived experience.

Journal/reflect on if you're feeling successful in what your life looks likes. If not, what is standing in your way, and how you can overcome it?

As a reminder, it is completely normal to experience discomfort and/or resistance to some tasks. This journey highlights your blocks and negative programming clearly so that you can see what is stopping you from living the abundant life that you are deserving of!

Day Six Meditation



“Everything I desire is within me!”