

COUNSELING SERVICES PRESENTS:

Abundance Challenge

DAY FOUR TASK

With the state of the world, many people find themselves with extra time on their hand or not enough hours in the day. Regardless of if we have the time or not, it's common that we put free-time dedicated to ourselves specifically on the backburner.

Write out things you often tell yourself you want to do but don't have the time for? Do you want to read, exercise, learn a new skill, speak a new language, take up a new hobby, plan a dream vacation, clean, have a meaningful conversation with someone, take yourself on a date..

Whatever it may be, make the time for it TODAY!

If you are truly too busy, plan a time to do it and stick to it by blocking that time off for you. Start/do the thing you've wanted to do, then reflect on how it's added abundance into your life.

DAY FOUR MEDITATION



**“FROM THIS MOMENT FORWARD, I INVITE UNLIMITED
ABUNDANCE INTO MY LIFE.”**