

Abundance Challenge

COUNSELING SERVICES

DAY SEVEN TASK

Discomfort is something that no one wants to experience; however, it is a normal part of the human experience. Due to being a normal part of life, we must work to grow in being comfortable with the uncomfortable.

Discomfort can be controlled to a degree when we can set clear boundaries or distance ourselves. However, what about people or situations that we have no control over? Examples of this could be neighbors, roommates, employees, peers, bosses, family members, government, etc.

To start this reflective process, create a list of people that make you feel uncomfortable. This list can even include people from the list on the first day (people who have brought something meaningful to your life)... Remember that people can trigger you, and at the same time also be your teachers or mentors.

Your litmus test here is discomfort: "I feel unpleasant"

Congrats! Upon completing this task your 1/3 of the way done!
WOOHOO!! 😊

DAY SEVEN MEDITATION



**"I USE MY CONSCIOUS INTENTION TO
MANIFEST MY DREAMS"**