

COUNSELING SERVICES PRESENTS

Abundance Challenge

Day Ten Task

Now that we've built our awareness, it's time to take things a step further than just knowing. Based on your previous task, choose 2 things that you find limit you.

Take these two limitations and take action to foster growth in these areas.

Establish a program for yourself by writing down at least 2 specific daily actions that could "correct" the things that limit you. (For example: if a flaw is critical self-talk or viewing yourself in a negative light, perhaps start a routine by saying 3 positive things about yourself every night before going to bed.)

The option is realizing the duality of all things. You can also realize that there is a plus side/benefit to these limitations. (For example: If you find yourself being an anxious person, explore what positives come from your anxiousness. Some people find it motivates them, keeps them focused, gives them an "edge") Then see if you can implement those same strengths without that degree of anxiousness.

Day Ten Meditation



"Today I make great choices because they are made with full awareness."