



*Counseling Services Presents:*

# ABUNDANCE CHALLENGE

## DAY TWELVE TASK

Today we look at the Law of Intent and Desire. In the words of Harriet Tubman, "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." Whatever you want or need in life

clearly articulating your intentions and then throwing seeds in the field of all possibilities.

Thus, you will attract the right people, as well as favorable situations and circumstances, which will help you in the manifestation and implementation of your desires.

Reflect on these questions:

What is your highest intention in life?

What can you do to make this happen?

How will this intention best serve you and others?

Take the time to ask yourself "how are you feeling today?", then log your reflection. So often we reply with things like "good", "fine", "hanging in there". However, do these truly answer the question? Try to dive deep... Then I challenge you to go a step further and ask someone else how they are feeling. Practice holding space and just listen. Avoid interruption or the occasional "mhm", "yea", etc. Just listen, and then if presented with the question place yourself in the talker's seat.

## DAY TWELVE MEDITATION



"I PLACE MY INTENTION INTO THE VAST OCEAN OF ALL  
POSSIBILITIES AND ALLOW THE UNIVERSE TO WORK  
THROUGH ME."