

COUNSELING SERVICES:

# **ABUNDANCE CHALLENGE**

## **Day Nine Task**

Because we are human, we are perfectly imperfect. We all have strengths that we radiate and make us special. However, we also have growth areas or shortcomings. These shortcomings/flaws can be traits that prevent us from receiving what we want mentally, emotionally, and physically --preventing us from receiving what we want materially or any other aspect of abundance.

Write down 5 of your shortcomings/flaws that limit you in your notebook. To really speak authentically, let your mind take a backseat and rather feel with your heart what these flaws are.

In the great words of Deepak: "Awareness is all about restoring your freedom to choose what you want instead of what your past imposes on you." And of course, there is a pleasant and useful meditation for you today after building such awareness.

## **Day Nine Meditation**



**"Today and always, I give what  
I want to receive"**