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presents

The Abundance Project

31 days of gratitude

This short book will change your life!

HOW TO USE THIS BOOK

Much research has been done throughout the ages that points to a very clear fact: that like attracts like and what you focus on will naturally grow. It doesn't matter which religious text you choose to believe in, the Bible, the Koran or the Torah... or which modern philospher you follow, be it Eckhart Tolle or Louise Hay, if any of these sources have anything at all to say about being thankful, they will usually express the importance of cultivating an attitude of graditude because of the positive effects it can have on your life, including reducing feelings of perceived lack and deprivation caused by empty overconsumption of products and information in the modern world we live in.

Therefore, if you want to BE truly abundant, it goes that you first have to feel abundant. If this is the case, doesn't it make sense to focus on the existing abundance already in your life, no matter how small or insignificant it may feel when you first start out?

The aim of this journal ***The Abundance Project*** is to make a habit of recording the things you are grateful for each day, in order to (1) cultivate an acute sense of awareness about the blessings that abound in everyday life and therefore (2) increase the feeling of gratitute about these blessings in your life which then (3) creates a habit of seeing and living in a feeling of abundance which in turn (4) manifests in an actual increase in personal abundance. Some call this effect the Law of Attraction, but you can call it whatever you like. I like to call it the 'Red Car Effect' - it's like what happens when you decide you want to buy a red car. Suddenly, you start noticing red cars on the road everywhere! They seem to pop up out of nowhere, from every direction. Actually, the number of red cars on the road has not increased, but you have since programmed your brain to start recognising what it is that you are currently seeking. Thus, if you are seeking abundance in your life, you have to start by training your brain to recognise abundance. Only once you have recognised it, can you 'tune in' to the abundance frequency and attract more of it. That's where ***The Abundance Project*** fits in - it will train you to recognise abundance, by getting you to record the evidence you find for it each and every day.

Taking just 10 minutes at the beginning or the end of each day to fill out this journal is the very first step in filling your own cup of abundance. I promise that if you complete each page day by day, by the end of the month you will feel more fulfilled, more content, more positive, and more abundant. Your eyes and heart will become open to the blessings that are available to you in this life and you will start to see exciting possibilities where before you only saw closed doors.

The beauty of the 31 day ebook format is that you can start on any day you like, and just keep going for 31 consecutive days. There is a space at the top so you can write the date for your own records, to be able to look back and see how both you, and your abundance, has grown. By the end of the month-long project, you can just reprint this book and continue! The power of ***The Abundance Project*** is in the good habits it creates, so by starting small (31 days) with a dedicated list in a focussed journal format, it is hoped that a new positive habit will emerge and stay with you for the long term.

Just remember, a habit takes three days to make, and three days to break. So if you accidentally miss a day, don't worry, just pick it up again where you left off and fill out the next page. If you miss two days in a row, don't be hard on yourself, but make sure you fill it in on the third day! If you miss three or more days in a row, the habit is broken, but all is not lost. Open up your gratitude journal again, make a new commitment to yourself, and start again. Three consecutive days of filling in ***The Abundance Project*** and you have established your habit again. It's really that simple. Show up, fill it out for 10 minutes a day, and see the results.

This book is my gift to you, and I am so thankful that you downloaded it.

x Jess

Let’s begin...

1

"I see trees of green, red roses too, I see them bloom - for me and for you. And I think to myself: What a wonderful world."

LOUIS ARMSTRONG

Today, .../..../.....

I am **grateful** for:

1

Today's evidence of **abundance**.

2

"Saying thank you is more than good manners. It is good spirituality."

ALFRED PAINTER

Today, .../..../.....

I am **grateful** for:

2

Today's evidence of **abundance**.

3

"Hem your blessings with thankfulness so they don't unravel."

PROVERB

Today, .../..../.....

I am **grateful** for:

3

Today's evidence of **abundance**.

4

TERRI GUILLEMETS

"Do not take anything for granted — not one smile or one person or one rainbow or one breath, or one night in your cozy bed."

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

5

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more."

MELODY BEATTIE

5

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

6

JOHN FITZGERALD KENNEDY

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

7

"The hardest arithmetic to master is that which enables us to count our blessings."

ERIC HOFFER

7

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

8

MAUREEN McCULLOUGH

"My socks may not match, but my feet are always warm."

Today, .../..../.....

I am **grateful** for:

8

Today's evidence of **abundance**.

9

"If you want to turn your life around, try thankfulness. It will change your life mightily."

GERALD GOOD

9

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

10

"Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all."

WILLIAM FAULKNER

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

11

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."

THORNTON WILDER

Today, .../..../.....

I am **grateful** for:

11

Today's evidence of **abundance**.

12

"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving."

W.T. PURKISER

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

13

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."

EPICTETUS

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

14

"Praise the bridge that carried you over."

GEORGE COLMAN

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

15

"If you count all your assets, you always show a profit."

ROBERT QUILLEN

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

16

JACQUELINE WINSPEAR

"Grace isn't a little prayer you chant before receiving a meal. It's a way to live."

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

17

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder."

G.K. CHESTERTON

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

18

"As each day comes to us refreshed and anew, so does my gratitude renew itself daily."

TERRI GUILLEMETS

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

19

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

OPRAH WINFREY

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

20

"There shall be an eternal summer in the grateful heart."

CELIA THAXTER

Today, .../..../.....

I am **grateful** for:

20

Today's evidence of **abundance**.

21

"What you focus on expands, and when you focus on the goodness in your life, you create more of it."

OPRAH WINFREY

Today, .../..../.....

I am **grateful** for:

21

Today's evidence of **abundance**.

22

"God gave you a gift of 86,400 seconds today. Have you used one to say thank you?"

WILLIAM A. WARD

Today, .../..../.....

I am **grateful** for:

22

Today's evidence of **abundance**.

23

"Be grateful for small things, big things, and everything in between. Count your blessings, not your problems."

MANDY HALE

Today, .../..../.....

I am **grateful** for:

23

Today's evidence of **abundance**.

24

"Opportunities, relationships, even money flowed my way when I learned to be grateful no matter what happened in my life."

OPRAH WINFREY

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

25

"Never let the things you want make you forget the things you have."

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

26

"I am thankful for nights that turned into mornings, friends that turned into family, and dreams that turned into reality."

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

27

"Sometimes you are delayed where you are because God knows there's a storm where you're headed. Be grateful."

Today, .../..../.....

I am **grateful** for:

27

Today's evidence of **abundance**.

28

"The secret to having it all, is knowing you already do."

Today, .../..../.....

I am **grateful** for:

28

Today's evidence of **abundance**.

29

"The things you take for granted; someone else is praying for."

29

Today, .../..../.....

I am **grateful** for:

Today's evidence of **abundance**.

30

"Dear God,
Today I woke up.
I'm healthy.
I'm alive.
I'm blessed.
I apologize for all my complaining. I'm truly grateful for you have done in my life."

Today, .../..../.....

I am **grateful** for:

30

Today's evidence of **abundance**.

31

SARAH BAN BREATHNACH

"After consciously giving thanks each day for the abundance that exists in your life... You will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you."

Today, .../..../.....

I am **grateful** for:

31

Today's evidence of **abundance**.