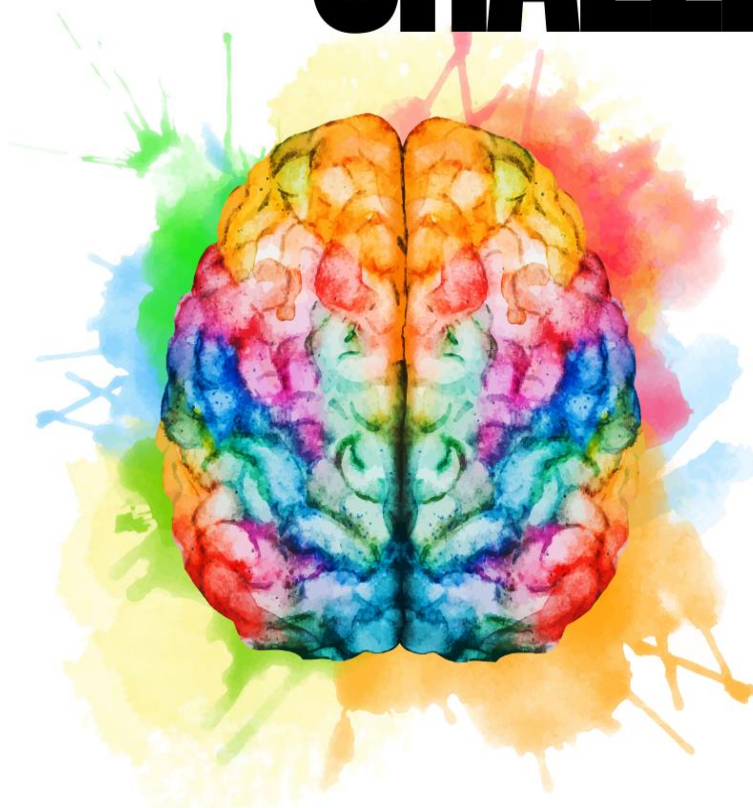


21-DAY ABUNDANCE CHALLENGE



**CHANGE YOUR LIFE BY CHANGING
YOUR THOUGHTS**

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INTRODUCTION

Would you like to challenge your thinking and improve your health, wealth, or happiness for the coming year?

The way the *Law of Attraction* works is that your thoughts become your feelings, your feelings determine your vibration, and your vibration determines what you attract. So...if you're spending too much time worried, uncertain, angry and stressed, you'll attract people and situations that play on your worries, uncertainty, anger and stress.

If, on the other hand, you're going to consistently focus on thoughts that make you feel better, you'll attract better experiences, such as better wealth, health and happiness. It's the law!

Over the next 21 days, I'll help you raise your vibration so you have no choice but to attract abundance into your life! Are you ready to join? I need more information, please.

Whether health, wealth, or happiness, most people struggle with abundance from time to time. Some more than others. I've been part of the "*more than others*" crowd for most of my life.

Being an entrepreneur and the child of an entrepreneur, my path has been peppered with the highest highs and the lowest lows...often all on the same day.

Over time, I've come to understand that my situation has nothing to do with my business. Instead, it has everything to do with my thoughts about my business, my partner, my clients, my parents, my friends, my luck, and any of the relationships it's always so easy to blame when my plans don't pan out.

How did I come to this conclusion? I became an avid student of the *Law of Attraction* and the notion that our "*thoughts become things*". After enough evidence, I finally believed that.

The *Law of Attraction* has surprised me in many areas of my life. For example, I manifested a laptop with absolutely no effort from my side other than expressing the desire. It was simply gifted to me by a relative who knew I'd been having trouble with my old one.

I've been testing that same process with my finances and it's been going pretty well. I'm not a multi-millionaire (...yet) but I'm excited to know that the only obstacle between my current financial situation and being a multi-millionaire is my thoughts!

With the 21-Day Abundance Challenge, I'd like to get my vibration ready for an abundance of everything in 2020.

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My favourite way to explain the *Law of Attraction* is through the example of the tuning fork first used by Dr. Masaru Emoto, author of the New York Times best-seller, *The Hidden Messages of Water*.

Emoto works with three tuning forks. Forks 1 and 2 are designed to vibrate 440 times per second, while Fork 3 vibrates 442 times per second. When he hits Fork 1 with a rubber hammer, Fork 2 immediately vibrates and gives off a sound because it resonates with Fork 1. However, Fork 3 remains silent. This shows that energies vibrating at the same frequencies somehow find each other.

How do you vibrate at high frequencies? By always choosing better-feeling thoughts.

Over the next 21 days, I'll be challenging you to always choose better-feeling thoughts from one moment to the next. It works!

In this introduction, you'll learn how to use the limitations of being broke—or sick or in an unhappy relationship—to your advantage. By tapping into the negative feelings of not having the life you want, you create a brand new story that becomes the vision for your new abundant, happy life.

That part is easy. The real challenge lies in telling yourself your new story every day for 21 days!

“Why 21 days?” I hear you say. They say it takes 21 days to form a habit. By repeating your new positive story for 21 days, it not only becomes a habit, but you’re also replacing whatever negative beliefs you hold about health, money and relationships with new positive beliefs. To keep you on track, I’ll send you daily reminders of your new story via email.

Let's get started...

Sometimes we lose our ability to dream.

Time and time again, our efforts to make more money, improve our health, or build better relationships end in failure. It eventually becomes difficult to believe it's even possible! Here's where the *Law of Attraction* steps in to change the direction of your life. According to the *Law of Attraction*, it's not what you DO that matters, it's how you THINK.

So welcome to the 21-Day Abundance Challenge where we tip the *Law of Attraction* odds in our favour. For 21 days, we'll be working together to fine-tune your thoughts and manifest anything you want using 3 simple steps.

Step 1: Decide on a goal

You can try this 3-step process to manifest anything.

Since you're interested in the 21-Day Abundance Challenge, I'm assuming your goal is to have more money in your life. It could also be an abundance of health, relationships, happiness... you decide.

But for this example, let's say the goal is to manifest more money.

Often, our efforts to "make" more money fail and it eventually becomes difficult to believe it's even possible! This is what I love most about the Law of Attraction: it's not about MAKING money. Instead, it's about ATTRACTING money.

WHEN YOU FEEL GOOD ABOUT WHAT YOU WANT, THE LAW OF ATTRACTION RESPONDS BY SENDING YOU MORE TO FEEL GOOD ABOUT. THAT'S HOW ACTIONS ARE INSPIRED, MONEY IS ATTRACTED, AND DREAMS COME TRUE.

I know! It's difficult to feel good when you're broke and worrying about paying your bills. In Step 2, I'll show you how to use this negativity to your advantage. Ready?

Step 2: Acknowledge the negatives

Having a positive mindset doesn't mean ignoring the negatives. On the contrary.

Honouring your feelings, whether good or bad, is an important part of the whole process of cultivating a positive mindset. It's HOW you handle the negatives that make the difference.

When you use negative emotions as an indicator to pause and reflect, it becomes a building block instead of a roadblock. Here's a quick way to benefit from the negativity of the lack of money. Remember, I've been using it to turn some amazing thoughts into amazing things, so why not a whole lot of money?

Make a list of the ways in which you're limited by being broke. What about being broke makes you feel bad? Here are some examples that I experience first-hand during my cash-strapped moments.

1. I can never make plans because I don't know if I'll be able to afford it when the time comes.
2. I turn down opportunities because I just don't have the money for it.
3. I buy based on what I can afford and not on what I really want. Often, I don't even buy anything at all!
4. I take on any kind of work/client/income opportunity because I don't have the privilege of being picky.
5. It's demotivating to be stuck in one place despite all my efforts!
6. It's overwhelming...I don't know what else to do to improve my finances.

Step 3: Turn the negatives into a positive story

Do you agree that the opposite of a negative is a positive? Start step 3 by turning your list of negatives into opposite, positive desires. Mine would look something like this:

1. I make plans knowing without a doubt that the money is there.
2. I pursue exciting opportunities that yield amazing material and non-material returns.
3. I buy whatever I want whenever I want to because I can.
4. I work only with people who understand my value and pay me what I'm worth, in full and on time.
5. I'm inspired to be who I want, do what I want, and go where I want because abundance just flows to me with ease.
6. Financial freedom allows me to pursue my dreams with clarity and purpose.

Next, using the amended list, create a new story of abundance as if it's already happened. Include everything you love about financial abundance and how it's made your life so much easier, richer, or happier. Use positive affirmations such as "love" and "appreciate". Be as descriptive as possible using words that inspire you.

The new story of my fabulously abundant life would go like this:

"I love that I can make any plans knowing I can afford it! I'm so grateful that I am able to pursue exciting opportunities that yield amazing material and non-material returns. I appreciate buying whatever I want – for myself and anyone else – without considering how much it costs. I'm so extremely appreciative that I work only with people who understand my value and pay me what I'm worth, in full, and on time. I love, love, love that abundance flows to me with ease. I love feeling inspired to be who I want, do what I want, and go where I want without worrying about financial limitations. I can be a writer, a healer, a teacher, a traveller, a successful businesswoman...anything! I'm filled with gratitude that my financial freedom allows me to pursue my dreams with clarity and purpose."

When you're writing your new story, imagine what it feels like to live it! Most importantly, be appreciative of your current situation for creating in you a desire for this new, positive goal.

For example, I truly am grateful for the wisdom that being broke has given me, and I appreciate the empathy I have for those less fortunate than myself. I appreciate that, through lack, I understand and appreciate abundance.

According to the LOA, all negative stories have a purpose and that purpose is to help us formulate a positive new story. Now that you have your new story, let the old one go. You have further use for it. Ever!

Finally, condense your new story into 255 characters that embrace the emotion of the new, abundant you. This becomes your daily affirmation for the next 7 days so make sure you feel good about it! Here's mine:

"I love that I can make any plans knowing I can afford it! I love, love, love that abundance flows to me with ease. I'm filled with gratitude that my financial freedom allows me to pursue my dreams with clarity and purpose."

Some examples

Alleviating asthma and allergies

I love that I can breathe easily in any environment. I'm truly grateful that I can spend time with animals without it affecting my health. I am in awe of my body's ability to heal itself from any ailment, and I'm filled with gratitude that my health allows me to live a full and happy life.

Improving personal cash flow

I love that I can make any plans knowing I can afford it! I love, love, love that abundance flows to me with ease. I'm filled with gratitude that my financial freedom allows me to pursue my dreams with clarity and purpose.

A booming business

I love that my business enables me to work from anywhere in the world! I am incredibly grateful that income flows from multiple sources with little effort on my part. I truly appreciate that I am able to work with people who inspire me!

Attracting a healthy relationship

I love, love, love that I'm in a healthy relationship with the man of my dreams! I am grateful that he has my back no matter what. It's amazing that we are passionate about the same things, especially each other! I am so grateful that we tackle life together as a team.

Attracting abundance across a number of areas:

I am grateful that my career choices give me the financial freedom to do what I want with the people that I love. I love, love, love that I'm in a healthy relationship with the man of my dreams. I am in awe of my body's ability to heal itself and I am grateful that my health gets better and better every day!

Does your story make you feel warm and fuzzy? Is it something you believe could actually happen? Do you feel yourself relaxing into it? Does it raise your vibration? If yes, great! If no, you should tweak your story so that it inspires you to dream big.

Your turn. Write your new story as if it's already come true! This is your story for the 21 days of this test so make it a happy, inspiring, colourful one filled with positive affirmations.

If you'd like to participate in the 21-Day Abundance Challenge online and receive daily tips and support, join my mentor circle on GeniusU:

[21-Day Abundance Challenge](#)

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