

JOURNEY TO WELL-BEING

Abundance



innernow

JOURNEY TO WELL-BEING:

Abundance

Cultivate abundance, trusting in the infinite organizing power of the universe to meet your needs.

Innerness's Journey to Well-being gives you the tools and insights you need to navigate your personal journey and uncover the wisdom that is already inside of you. Use this workbook as a complement to the **Journey to Well-being: Abundance program with Londelle in the Innerness App**.

As you deepen your relationship with abundance, there is an opportunity for a shift in perspective. Often, abundance is thought of as accumulation of material or tangible things which roots us in the belief that we always need to be yearning for more. Shifting perspective allows us to move away from the illusion of scarcity and connect with the presence of abundance that already exists in our lives. The journey of cultivating abundance guides us towards deep connection in all aspects of our lives and awakens us to the beauty we are surrounded by.

Remember, well-being is a journey, not a destination. There is no "quick fix" or specified regimen. This journey is a commitment to yourself, creating consistent practices in a way that feels aligned for you, to access harmony in all aspects of your life.

Expand Your Vision

Deepak Chopra said, "Expansion is the great friend of abundance. It brings in the light, opening up new possibilities. In a relaxed, open state, your awareness sees farther, and life isn't so confined." As you continue your journey connecting with the abundance that exists all around you, let's discover new, tangible ways to invite the essence of abundance into all aspects of your life.

EXERCISE | Create a Vision of Infinite Abundance

When our inner vision is clouded with lack and scarcity, it can be hard to visualize abundance in our lives. For abundance to thrive, we must expand our vision to encompass our wildest dreams and ground ourselves in the belief that all possibilities are available to us. Embracing abundance is a practice of remembering that you are enough and that you are worthy of all the expansion in your life. Consider these prompts as a way to expand your vision and curate a life full of abundance.

- *What are my biggest, most expansive dreams?*
- *What do these dreams mean to me?*

Allow yourself to free-write in this space. If you were to write a story that fulfilled all your deepest desires and dreams, what would that life look like? What would it feel like? Who would be surrounding you? Write down all the details of this fulfilled abundant life.

If you find yourself stopping your mind from roaming freely, getting caught in practicality, or the logistics of how you will create this life, the invitation is to release attachment to those thoughts. Just for this exercise, allow your mind to roam without limitations and see where it goes. It doesn't have to seem practical right now, let your vision be expanded beyond what you thought was possible.

This image shows a full page of blank, cream-colored paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

Journal Prompts to Embrace Abundance

Discovering your limitless abundance is rooted in the certainty that you are enough. There is often an underlying belief that says “I am not enough” which is created from scarcity and lack and can lead us to yearn for material success. When we tune into the natural flow of abundance, we begin to move away from scarcity and root ourselves in the awareness that everything around us and within us is inherently an expression of abundance.

Use these prompts to reflect on the abundance that surrounds you.

EXERCISE | Journaling Prompts

1. How do you define abundance?

Monetary and material abundance often come to the forefront of our minds when we think of abundance. What does abundance mean to you? What other forms of abundance are available beyond accumulation of money and material items?

EXERCISE | Journaling Prompts (Continued)

2. What am I releasing today? What am I inviting in today?

Honoring abundance is often about shifting from a scarcity mindset to an abundance mindset. Use this prompt to make a commitment to release any limiting thoughts or beliefs that are rooted in scarcity, then reflect on what you would like to invite in as you embrace abundance.

3. How do you show compassion and care to others?

Use this prompt to visualize abundance in every aspect of your life. Consider how fulfillment would look, feel, and be experienced at each moment of each day.

Bonus: Listen to session 2, **Tune into the Power of Giving and Receiving**, in the **Journey to Well-being: Abundance** program to be guided through this visualization then revisit this prompt and write down your reflection.

EXERCISE | Journaling Prompts (Continued)

4. Write 5 things you are grateful for and why.

Gratitude fuels abundance. The more we reflect on all the things that are already present in our lives to be grateful for, the more abundance we will see all around us. If it feels inaccessible to write down 5 things, start with one, then shift to 3, then 5 and see how your practice can expand.

5. What is one small change you can make today to help uplift your sense of abundance?

Use this prompt to reflect on some small, simple shifts that can be made in your daily life to cultivate more abundance. All of our growth does not need to happen in large strides, often it is the small steps, taken daily, that support long, sustained expansion.

6. Write down three things you desire in your life. Now, on the lines following or in your journal, reflect on your life as if those things were already true.

Use this prompt to consider what it would feel like to shift away from scarcity and into the mindset of abundance. Write this story as if it were already true and notice how that feels in your body.

Affirmations to Support Abundance

Now that you've taken time to reflect, let's create an affirmation that will support your continued practice. Remember, this is a journey, and each day is going to look different. Allow this affirmation to serve as a reminder of your inherent abundance.

My affirmation to remember the abundance that surrounds me and is within me is...

Need Inspiration? Try these affirmations:

- *I am already enough, exactly as I am.*
- *Abundance surrounds me in all aspects of my life.*
- *I am worthy of all the abundance in my life, and all that is coming my way.*
- *Everything I seek is available to me.*

Daily Practices

Try inviting in these exercises to support your daily abundance practice:

1. Clear Away the Cobwebs

When you're feeling stuck in a particular mindset or unable to get out of your head, engaging with a tangible practice can help to create the clearing that's needed.

Visit your closet and set an intention to give away at least 5 pieces of clothing that you aren't using. If there is more to give, release as much as feels good. This can be a practice in recognizing all the abundance you have and offer a clearing of stagnant or built-up energies and items you no longer need.

2. Pamper Yourself

Too often, we are stuck in the space of scarcity and lack which causes us to experience blockages and feelings of being stuck. Pampering yourself will look different for each of us and it begins with allowing yourself to experience luxury. This is not luxury in the way of expensive excursions or purchases, luxury in your life might look like:

- Taking a bath one night a week
- Spending quality time with friends
- Taking a restorative yoga class
- Having no agenda for a full day every week

Luxurious experiences are a practice of indulging in pleasure, whatever that means to you. These self-pampering moments give us an opportunity to release scarcity in our mindset and embrace abundance.

Daily Practices (continued)

3. Create Intentional Communication

With all the ways we communicate with each other instantaneously on a regular basis, we can take the day-to-day connections for granted. Try reconnecting with the people you love hearing from with written words. Get a few postcards from an independent store nearby or pull a few pages out of a journal and write to the people that you would love to hear from. The time spent on community connection and care creates space for love and abundance to fill your world.

4. Focus on What You Have

Celebrate the successes of others and rejoice in what you currently have. Scarcity mindsets will always leave us yearning for more. It can create jealousy and envy when those around us succeed. To shift out of scarcity, practice tuning into your thoughts and notice the language that you use regarding yourself and others around you. Genuinely applaud the success of others and embrace your own successes. If you find yourself creating comparison and getting caught in the belief that you are not enough, try making a list of all that you DO have and reaffirm that you are always enough.

Community Connection

Abundance is a practice of giving and receiving. Deepak Chopra said, “Since the universe is in constant and dynamic exchange, we need to both give and receive to keep abundance, love and anything else we want circulating in our lives.” When we offer the things we desire most out into the world, we are able to see them reflected back to us in expansive ways. Try practicing sharing, with your communities, what you desire to receive.

EXERCISE | Remaining in Service

Begin by writing down a few of the things you want to see manifested in your life. Consider the things you enjoy most, that make you feel unrestricted joy; it can be qualities like love, happiness, purpose, or it can be tangible practices like adventure, time for rest, creating music. Once you have a list of a few things, between 3-5 to start, consider ways you can share these qualities or practices with others. Let the practice of sharing with others come from a place of acting in service rather than being a means to an end. Share from an authentic space of love and care, without any expectation for what you may receive in return.

I will practice sharing _____ with my community.

Reflect on your experience:

How did it feel to share from a place of selfless service? Did you notice an increase in any of the qualities you shared with your community being returned to you?

**The reflection of the qualities you seek may look different than what you anticipate, remember to be open to receiving abundance in any and all forms.*

Resources

[Connect with Londrelle Listen on Spotify](#)

Continue your exploration with Londrelle's books:

Self-Care Package: Healing Through The Chakras Eternal Sunshine

Sunflower Soul: Daily Inspiration, Meditations, Prayers and Affirmations

InnerNow Articles

[6 Steps for Creating Abundance by Deepak Chopra, M.D](#)

[How to Find Genuine Abundance by Deepak Chopra, M.D](#)

[5 Exercises for Creating Abundance by Melissa Carver](#)

[Abundance: The Divine Overflowing by Roger Gabriel](#)

[Align Your Life With Infinite Abundance by Londrelle](#)

JOURNEY TO WELL-BEING: ABUNDANCE

Congratulations!

You've completed the Abundance workbook! These tools are meant to support you whenever you need them most. Remember to view this as a journey rather than a destination. As you continue to practice and grow forward on your path, revisit these tools and resources as often as you need to serve and support you cultivating resilience in your life. We're here to support you along this journey and look forward to continuing to explore with you.

Visit the InnerNow App next month for a new theme and practices!

You are always on your way!