Your Abundance Log

Remembering Your Light | Melissa Valdellon

Abundance is not something we acquire. It is something we tune into. ~ Wayne Dyer

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Far too often, we get caught in our daily stresses and worries, and we overlook the abundance that literally manifests itself around us. Beyond the obvious money and material goods, abundance can be found in other ways, including the generous actions of others.

As the year draws to a close, many of us take the time to pause and note such abundances in our lives, and that's where this Abundance Log comes into play and becomes my gift to you. Keeping track of all the ways abundance comes into your life reminds you that you have so many things to be thankful for. And, by staying in a space of gratitude for these things, you open yourself for even more to come in.

This Abundance Log is simple to use. Every time you receive something, write it down. In the pages that follow, write:

- The date
- The item received
- Actual value
    - Examples: your paycheck; a gift card; coupons or discount savings
- An estimated worth (optional)
    - Examples: a friend covering your meal; getting a ride to work – what would these items actually have cost you

At the bottom of each page, there is an option to total each column's amount if you wish to keep track of what has come in as well as a space for notes if you want to comment on any thoughts, feelings, or moments of gratitude that came along the way.

Print these pages and simply make it a habit to write at least one thing that came into your life each day. Certainly feel free to list more things if they come, too. However, by doing this daily, you will witness how many things actually manifest in your life. The more you notice, the easier it becomes for you to recognize all the different ways abundance comes to you.

And that's something to be truly grateful for.

Today, I was gifted with ...

Date	Item Received	Actual Value	Estimated Worth
TOTAL			

Notes:

Today, I accepted ...

Date	Item Received	Actual Value	Estimated Worth
TOTAL			

Notes:

Today, I acquired ...

Date	Item Received	Actual Value	Estimated Worth
TOTAL			

Notes:

Today, I welcomed ...

Date	Item Received	Actual Value	Estimated Worth
TOTAL			

Notes:

Today, I received ...

Date	Item Received	Actual Value	Estimated Worth
TOTAL			

Notes:

Today, I obtained ...

Date	Item Received	Actual Value	Estimated Worth
TOTAL			

Notes:

Today, I was given ...

Date	Item Received	Actual Value	Estimated Worth
TOTAL			

Notes:

ABOUT THE AUTHOR

MELISSA VALDELLON, O.D. is an intuitive energy healer, writer, mentor, and lifelong learner dedicated to helping others in shifting and transforming their blocks, doubts, fears, and limiting beliefs. Find out more and can connect with her online at http://melissavaldellon.com.