

MONEY IN YOUR LIFE

Living Abundantly

Your Abundance Log



Melissa Valdellon | Remembering Your Light

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ARE YOU SEARCHING FOR ABUNDANCE?

It is far too easy to get caught in daily stress and worry, 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.

The end of a calendar year is a time when many of us take the time to pause and note such wealth in our lives, and while that was how the concept for this Abundance Log was originally generated, this guide still applies to your life, regardless of the season.

This Abundance Log is simple to use and keeps you focused on the abundance that surrounds you and what you want to create more of in life.

The pages that follow include different exercises you can use to explore some of your feelings around money and abundance and tips on shifting those beliefs. Choose the sections or areas that you want to focus on, and feel free to move back and forth between sections. Use this guide as a way to remind yourself of all the ways you are given money and abundance and document the ways you show and share wealth with others and yourself. At the end of each section, there is an actual log where you get to record the different ways you interact with money followed by space for notes if you want to comment on any thoughts, feelings, or moments of gratitude that come along the way.

Print these pages and commit to the habit of writing at least one thing that comes into your life each day. Certainly feel free to list more things if they come, too. As you become more aware of everything that actually manifests in your life, see if you can move into a state of thankfulness. By staying in a space of gratitude, you open yourself for an even greater bounty to come in.

And that's something to be truly grateful for.

YOUR MONEY STORY

Whatever stories you have about money and wealth, let's address those here. What do I mean by that?

Well, the first step to addressing any problem is in acknowledging it. Some of your ideas and beliefs about money may actually be underlying a lot of the stress and worry you hold around money. So in the space that follows, I invite you to write down everything you believe is holding you back around money, wealth, and abundance. What have you always heard about money? What are your thoughts around spending or saving money, being rich, or being poor? How do you view other people who are rich or poor? If you have debt, what does that mean for you? Do you feel like you deserve wealth and why? Take your time and be honest with yourself here. No one else has to know what is recorded on these pages except for you.

What is your current relationship with money?

When I did that exercise for myself, I sat with what I had written and realized how much of it just *was not true*. Yes, these ideas felt true. I lived as if those stories were true. But I also knew that I could change my mind about these ideas and create something even *more true for me*. After committing to changing those stories, a lot of my stress and worry around money disappeared. Now it's your turn to do the same.

It is time for you to change your beliefs about money. Rather than continuing to live as if your money situation is fixed, begin dreaming and *living* the stories you really want with regards to money. In the space below, share what you want out of your relationship with money instead. Include numbers if you need but go deeper and share how this relationship would feel for you. What would it be like to feel safe, free, and supported with money?

Describe your ideal relationship with money

There is magic and power in your thoughts, beliefs, and words. Now that you have recorded your desires, begin making decisions that are in alignment with these new beliefs. What follows next are pages to record the times and ways you chose your new story over the old one. Have fun!

CREATING MONEY

There is an idea that if you want more of something in your life, you must be willing and open to receiving first. Rather than focusing on the lack you currently feel, focus on how you can generate more wealth and abundance now. It is time to tap into your creative energies and see how money could come in for you.

On the next page, I invite you to write all the different ways wealth or abundance can be generated. I give one example here, and there are 30 more little dollar signs for you to fill. Go beyond the simple idea of a paycheck or winning the lottery or receiving an inheritance (though these can go on your sheet if they want). Draw from your unique talents and gifts too. These actions can be as big or as small and simple as you dream.

This exercise is particularly useful when you are feeling stuck and stressed around money. What do you do after it is filled out? Here is where the fun starts – close your eyes, wave your hand, and blindly point to the paper. Whichever “\$” your finger lands closest to, commit to performing that action within the next 24 hours. You could also simply “check in” and see where your energy wants to go, but that’s a topic of another guidebook.

For now, have fun seeing all the fun ways money can come to you and start taking control of your money situation.

Bonus exercise: print out multiple copies of the next page and share with various members of the family like your partner or your children. Have them fill it out too and have everyone engage in generating abundance together.

You will find a few pages to document the action steps you take each day to follow. Print as many pages as you want and enjoy!

\$ Sell some stuff



RECEIVING ABUNDANCE

Do you know the saying “What you resist persists?” While that may seem true and it may feel like what you want remains stubbornly out of reach, I find it somewhat easier and more fun to focus on the flip side. What does that mean or look like?

As suggested in the previous section, rather than focusing on the lack of money in your life, focus instead on the instances when money and abundance actually come to you. You have already declared your ideal relationship with money and why it would benefit you, so use that intention energy to stay focused on the wealthy, abundant life you want.

On the pages to follow, document every time you receive money. How specific you should be? Well, besides recording your paychecks and the gift cards you receive, I invite you to think bigger than that. When I document (and I still do), I record everything from the change I find on the street to the meals others generously cover for me to the savings I receive when I buy something on sale. You may even find it useful to record the actual value or estimated worth of the item you receive at the end of the line and add those totals over time. Do you see how this ties in nicely with the last exercise? You may find additional ways to generate money simply by recording how it is coming for you already.

The more you become aware of the inflow of abundance, the easier it will be for you to continue opening yourself up to even more. As a bonus exercise, take a hand, lightly touch it to your throat, and say three times out loud, “I am willing to receive.” Repeat this exercise as often as necessary to continue helping you shift out of a lack mentality to one of receiving. Happy manifesting.

ABOUT THE AUTHOR

MELISSA VALDELLON, O.D. is an intuitive healer and mentor, author, and lifelong learner dedicated to helping others by bringing support and healing on all levels, empowering them to make immediate, positive changes. To find out more and discover the ways connecting with her can help transform your life, go to <http://melissavaldellon.com> or <https://www.fiverr.com/mavaldellon>.