

# A Course in Abundance

## DAY TWO

### YOUR INTENTION

I invite you to re-write your sacred intention for this course.  
Today and every day. To keep it in your mind, and on your heart.

Remember that it's impossible to miss your miracles.

All that you desire is available to you and is on it's way to you right now, in perfect and divine timing. Enjoy the moment, enjoy the blessings and gifts of the present and know that every day as you become more and more of who you truly are you also open more and more to abundance and to all that you desire to create and experience in this life.



### GRATITUDE AMPLIFIES ABUNDANCE

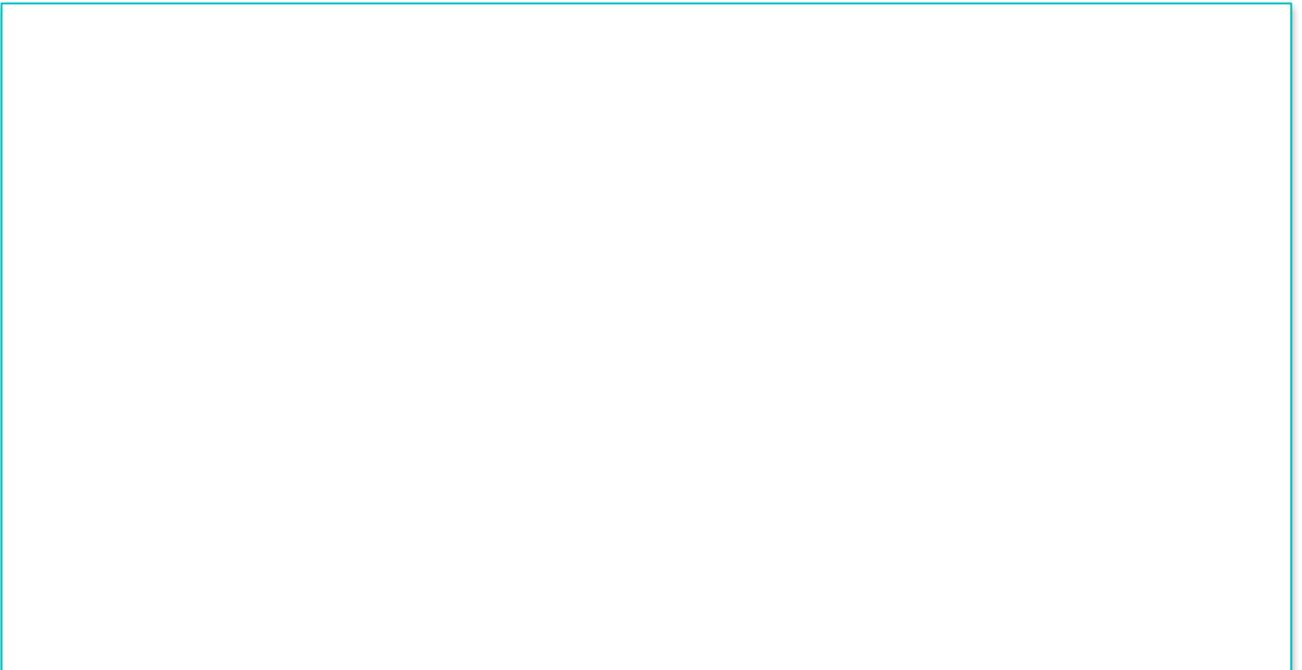
What are you most grateful for today?

## MONEY STORY EXPLORATION

1. What did you learn about money by watching your mother and what did she actually tell you? (experiences, activities, perspectives, decisions, rules, attitudes...)



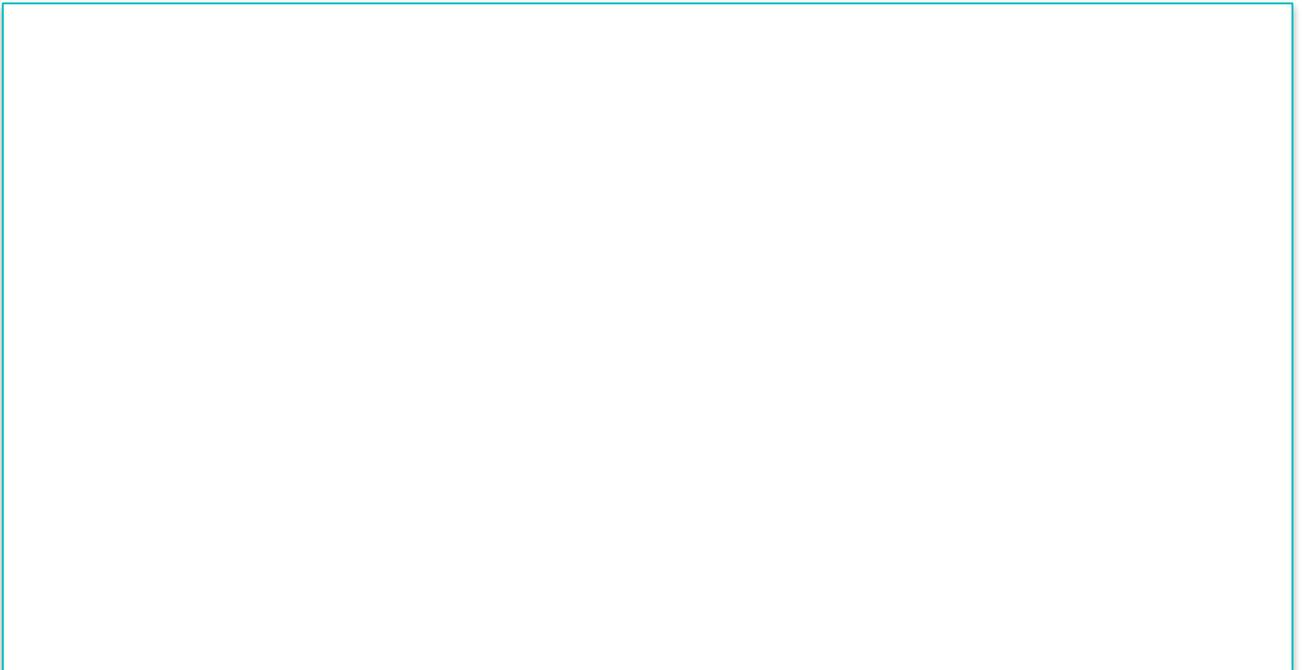
2. What did you learn about money by watching your father and what did he actually tell you?



3. What are you telling yourself about money on a regular basis at this point in your life?



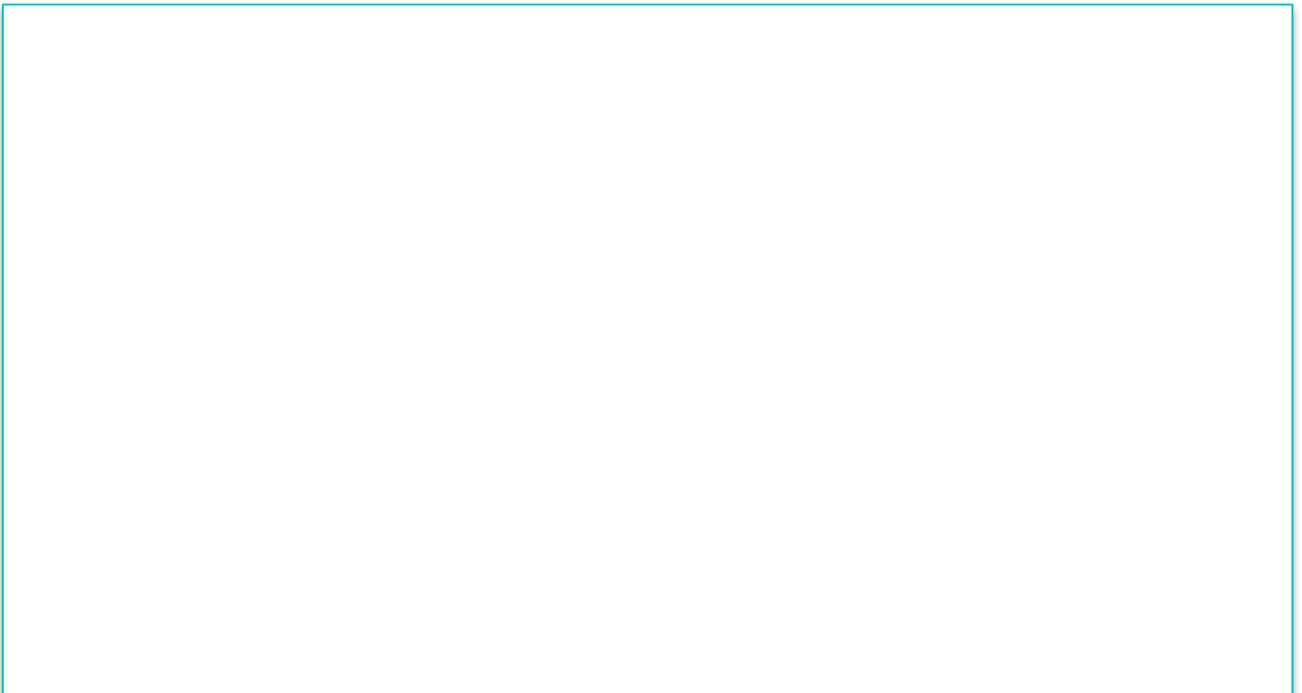
4. What current money beliefs do you hold as a result of your upbringing?



5. Look back at your experiences with money and write out the stories you have about money that are contributing to your current financial situation.

A large, empty rectangular box with a thin black border, intended for the user to write their response to question 5.

6. If money were an actual a relationship in your life, what would it be like?

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7. What is your core belief about money?

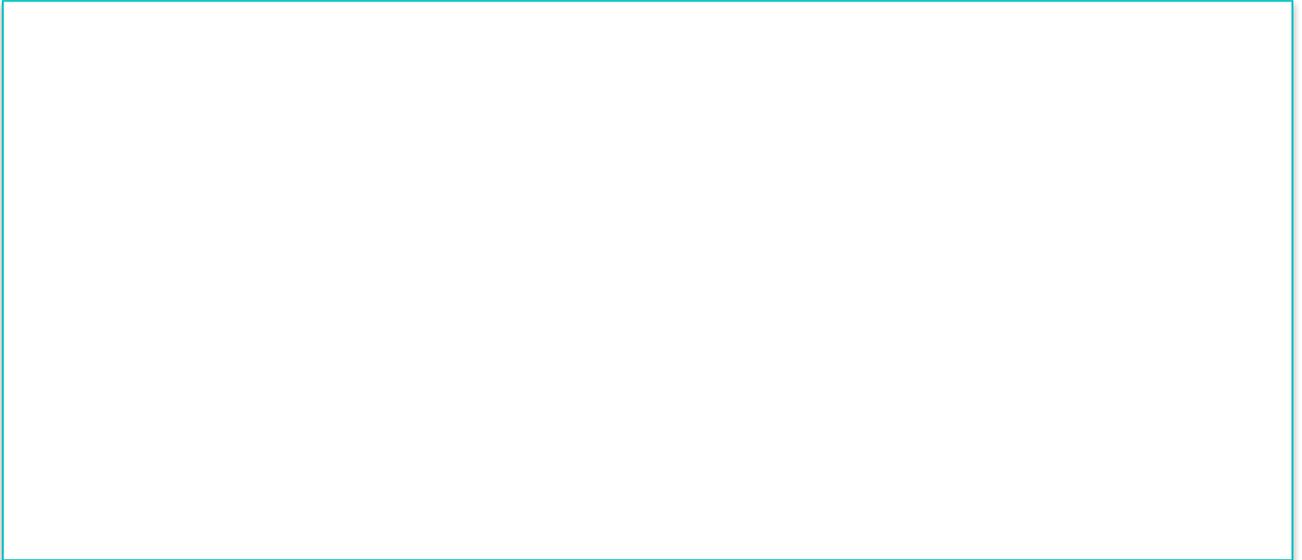
8. What do you tell yourself about your ability to make money in your own business?

9. What are your negative beliefs about money or abundance?

*Examples: money always runs out, I don't have enough for what I need or desire, money is lacking, money makes people greedy, money is limited*

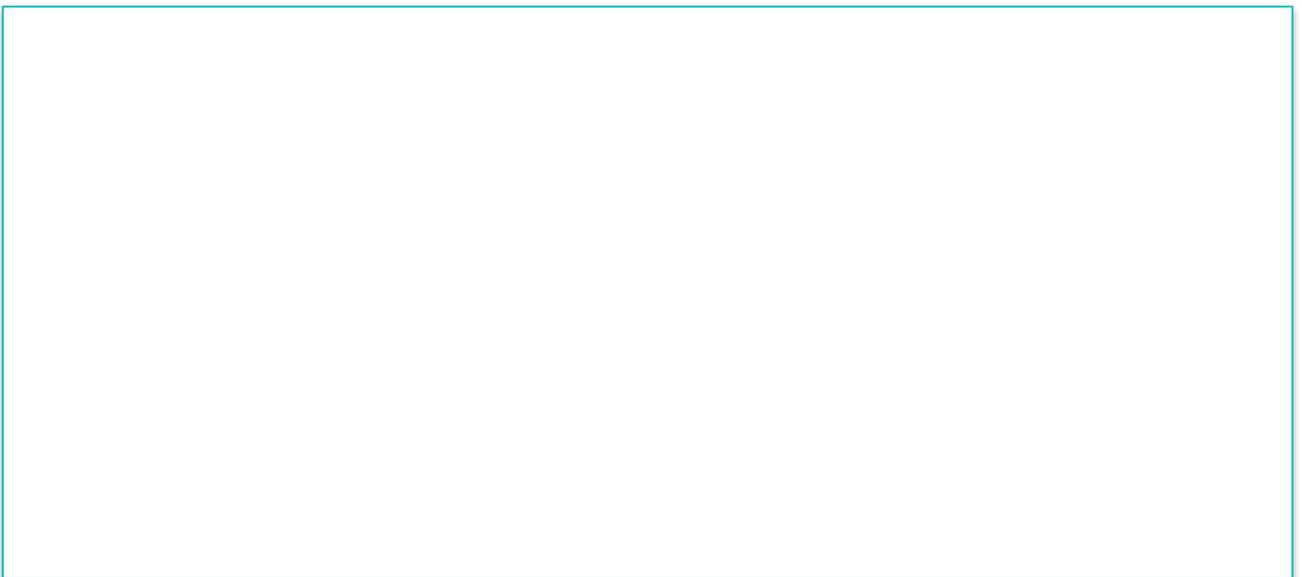
10. What would the positive opposite be?

*Examples: money continually flows in and out with ease and joy, I have the power to create all the I desire and am open to receiving abundance, money is abundant and unlimited, money enhances our natural traits, it enhances my innate generosity and goodness, money flows to me and through me at all times*



11. In what ways do you keep yourself small?

*Examples: I put myself last, I avoid being visible, I am afraid to speak my truth, I feel overwhelmed constantly*



12. What would you like to choose instead?

*Examples: I nourish my body, soul and spirit as a first priority, I allow myself to be seen for who I truly am, I speak my truth with grace and confidence, I ask for support and delegate anything that feels overwhelming*

13. When it comes to money, what have you been focusing on that you don't want anymore?

14. What do you choose to focus on that you DO want?

15. When you step fully into your power and into your purpose, what do your financial life and money story look like?

16. What does your money story look like when it is completely healed and transformed?

*You can now choose to write a new story that is in alignment with your soul and what you know to be true.*

From this new and healed money story, create some powerful affirmations. Write your affirmations below and read them several times every day. Tap into the emotion of them. Consistency is so important when you are working on healing old stories and creating new patterns. What do you desire, from this day forward, to hold true about money? What are you calling into your life? What are you creating? What new beliefs do you choose to install?

## SOUL-INSPIRED CHALLENGE

### Forgiveness Exercise

Notice if there is anyone that you are staying small for or editing yourself for. Notice if there is anyone on Facebook, for example, or in your life in general that you feel afraid or nervous to be the truest you in front of, to say exactly what you think and feel in front of. I invite you to write down every single name, ending with your own name. One by one go through them and offer the **Ho'oponopono Blessing**: I am sorry. I forgive you. Thank you. I love you. As you do this for each person, cross their name off the list...they will no longer be a block for you, if you are ready to choose that for yourself. When I did this for the first time I felt so much freedom, so much healing and permission from within to truly be myself.

Share your inspirations, thoughts, insights, feelings, experience and story with us in the [Fiercely Courageous Entrepreneur Facebook Group](#). We are all in this together. Use the Hashtag #ACourseinAbundance or tag me, Celeste Frenette, so that I'll see your post and be able to reply personally. You're not alone.

