

#### STEP 4: DEVELOP YOUR 40-DAY ACTIONABLE PLAN

This is where we pull it all together. Don't try to do everything at once. Aim for small, consistent steps. What you're looking for is progress.

For your inner activities, start with one feeling quality, one being quality, and one of the Seven Gifts you want to develop.

Important - this is not like a diet, where you do it for awhile, get a result and then stop. This is meant to become *a way of life*.

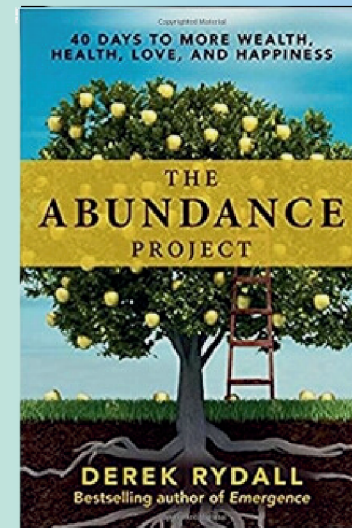
For your outer action plan, select specific actions that you will take that are in alignment with your goal. Decide on the different things that you will do to practice the gift (the one of the Seven Gifts that you chose) that your working on. For example, if you chose to practice the gift of giving to yourself, and you've selected exercise as how you want to give to yourself, select a type of exercise, research a studio or gym, then sign up, put it on your calendar and attend.

#### STEP 5: COMMIT TO YOUR GOAL WITH CONSISTENCY AND CONGRUENCY

Just as a vision without a plan is a fantasy, a plan that isn't on your calendar is wishful thinking. If you really want to change your life and achieve your breakthrough abundance goal, *you must schedule everything for awhile*.

Understand that your old habits will try to reassert themselves for awhile: you have habitual, well-worn neural pathways conditioned to fire off in certain ways. You need to put equal energy into creating these new pathways in order to make progress.

# The Abundance Project 2024



## WEEK SEVEN

### The Abundance Boot Camp Unconditional Living

Read:  
Chapter Seven and Conclusion

“You’ll never change your life until you change something you do daily. The secret of your success is found in your daily routine.”

~John C. Maxwell

### STEP 1: YOUR ABUNDANCE MASTERY GOAL

This goal is about your highest vision. What is your grand vision of life and success? What is your ideal lifestyle? Not what you think you *should, could, or have to live*, but *what you deeply desire to be, do have, create and contribute* if you had all the abundance you needed to support it (time, health, wealth, wisdom, love, etc.) Remember, your highest vision is not about the world’s idea of success, it’s about living a life that gives you everything you need to express your full potential, fulfill your deepest purpose, and have an amazing time doing it.

If while you are discovering what your mastery goal is your start feeling overwhelmed or entertaining thoughts that something like this can’t happen for you, Rydall reminds us that this is a ego stall tactic. Press on! The truth is, your vision lies within you, like the oak tree in the acorn, just waiting for the right conditions so that it can emerge. And you have control over these conditions.

### STEP 2: CREATE YOUR ABUNDANCE BREAKTHROUGH GOAL

Once you have your Abundance Mastery Goal, you need to break it down into achievable bites. The idea is that if you can develop the skills, character and habits of your mastery goal over the next forty days, you’ll be on track for creating the life and lifestyle that you desire. To do this, you’ll create short term, progressive target goals.

For example, if your master goal is to write a book in a year, your breakthrough goal would be to figure out how many pages per week, per month you’d need to write to stay on track to meet that goal.

### STEP 3: DESIGN YOUR ABUNDANCE LIFESTYLE

In this step you’ll focus on creating a way of life that supports your mastery and breakthrough goals. Your current life doesn’t - if it did, you would already be there.

*So you need to design a life that matches your vision.* To do this, you will cultivate the conditions that conditions that activate the *feeling tone* of that vision - the feelings you would have if you were *already* living it. The more you can live in the frequency of your vision, the more you’re tuned in to the dimension of consciousness where that idea *already* exists.

#### THE LIFT PRACTICE

Get comfortable. Visualize your vision. If you’re not a mental visualizer, then just think about the images and activities of your vision and then allow yourself to *feel* what it feels like to live what you’re imagining. How does it feel in your heart? In your body? See if you can name the feeling - peace, joy, love, exuberance. Notice who are being in your vision. Then what you are doing. Give yourself full permission to get all the way into this experience. Then write down a list of those feelings, beings and doings.

#### THE DAILY GIVE

Identify one to three of the Seven Gifts (chapter 3) that speak to you the most.

1. Giving Out
2. Giving Away
3. Giving Up
4. Giving In
5. Giving Thanks
6. Giving to Yourself
7. Forgiving