

# Lesson 16



## Track Your Abundance

In this lesson, you will be tracking your abundance to create awareness about how open you are to receiving and to start appreciating all the blessings the Universe is giving to you *daily*.

Your abundance will expand the more you focus on it and by tracking you will increase your ability to receive.

We put a lot of limitations on money. We seem to only give value to money that is earned or if it doesn't come in the way we expect then it doesn't count. Believe me, this is a very limiting/lack-based perception of money.

**You may be blocking your flow to abundance and not even realize it.**

We are often unaware of the abundance coming into our lives because we are only focused on what we don't have.

**ALL MONEY IS REAL MONEY**, and for this lesson, every piece of money is going to be tracked, appreciated and acknowledged.

In addition to tracking, I want you to use the section below to ask the Universe for something **EVERY** day of the week. The goal is openness and awareness.

### What to track:

Every amount of money you make from your work or job.

Every amount of cash that shows up in your life.

Every gift of money, including presents or inheritance.

Found money.

Winnings. (Like from the lottery or a raffle.)

Unexpected or expected money.

Unexpected discounts and upgrades.

Gifts from friends. (Like coffee or dinner.)

Freebies.

Support (help) or good advice that you would have had to pay for.

And anything else that makes you feel abundant.

### **How to track:**

Write down the amount of money or the value of what you received.

Have a running total for the day.

Have a running total for the week.

You can use the grid below or you can track it in your personal calendar.

You can also just track it in the memo section of your phone.

Know that everything you track is an expression of appreciation to the Universe.  
(Remember: The more you appreciate; the more you will receive.)

### **Track Your Abundance**

*\*Remember to include the value or cost of gifts you receive.*

### **Example:**

#### **Abundance I received today:**

Date	Money	Gifts of Value	Total:
Tuesday, 3/21/16	Biz revenue: \$225- session \$9.99- seeker circle payment	Facebook ad help from colleague: \$125 (1 hour)  Thank you gift from client: \$10 Starbucks card	\$369.99

**Abundance I have received:**

Date	Money	Gifts of Value	Daily Total:

Date	Money	Gift of value	Daily Total
		<b>Total for the week:</b>	