

# Abundance

## November

Morning Affirmations

### Week 1:

*Look for abundance around you.*

#### Core Message:

Notice our world's abundance.

### Week 2:

*Share your own gifts.*

#### Core message:

Recognize your own abundance.

### Week 3:

*Honor your efforts.*

#### Core message:

You are enough.  
(abundance)

### Week 4:

*Appreciate what's free in life.*

#### Core message:

Nature's abundance.

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Evening Follow-ups

### Week 1:

*What abundance did you notice?*

#### Core Message:

Notice our world's abundance.

### Week 2:

*What gift did you share today?*

#### Core message:

Recognize your own abundance.

### Week 3:

*What did you attempt today?*

#### Core message:

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### Week 4:

*What did you notice today?*

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