

7 SIMPLE WAYS TO INCREASE
ABUNDANCE
HAPPINESS
&
HEALTH



JASON PRALL

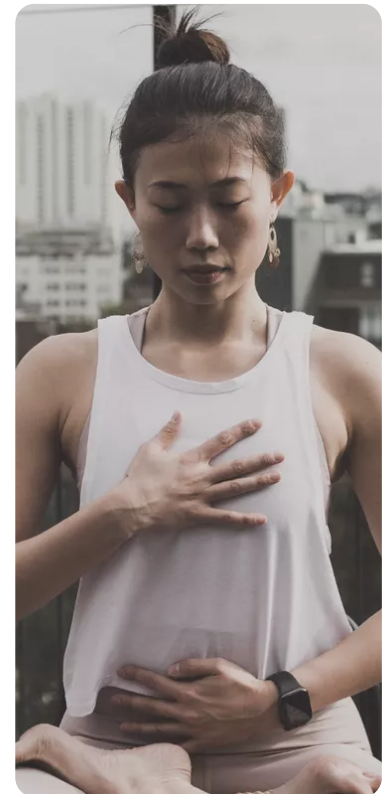
FOUNDER OF THE ABUNDANCE COLLECTIVE

#1

Breathe With Intention

If you find yourself looping in a thought pattern or feeling stuck in a challenging emotion, one of the most powerful tools that you always access to is your breath. Slow, deep breathing is one of the bodies most effective self-healing tools. It lowers blood pressure, reduces heart rate, decreases stress hormones, Improves oxygenation, balances physical and mental energy and regulates immunity. Wherever you are, with your eyes open or closed, simply pause and take a big inhale through your nose for the count of 4 seconds, slowly filling up the lungs. Hold your breath at the top for 7 seconds, and then slowly release through the mouth for 8 seconds making a 'whoosh' sound.

Do this 4-7-8 cycle four times and notice how you feel. Does your nervous system relax? Is your awareness expanded? How do you feel now?



Inhaling through your mouth is sympathetic, while inhaling through the nose is parasympathetic. When we exhale, it cues your vagus nerve to relax your system. Breathing with intention allows us to first acknowledge stress may be present.

#2

Remember Your 'WHY'

What is your dream? Why are you doing the things you're doing? Getting clear on your "why" and your inspired purpose is critical for maintaining momentum when things get challenging.



Are you living an inspired life? Are you doing what you are here on this planet to be doing? I absolutely believe that every one of us is here for a reason.

It's not an accident that we're here, so are you living an inspired life?

- Marci Shimoff

Know your why and keep it close by. Meditate on it. Write it down. Have it visible on your desk. Keep it as your a computer background or part of your vision board so you see it every day and are reminded of the deeper reasons you are taking action.

Being able to keep your ultimate goal and the bigger picture in mind will give you the perspective required to move beyond the temporary moments of feeling stuck, especially if your objective is related to being of service to others.

When you sit with your WHY and think it, feel it, and align with it, you'll find that things suddenly open up for you in unimaginable ways.

#3 Align With Your Core Values

Your core values serve as a compass for decision-making. They help you navigate through life's choices with clarity and confidence, avoiding regret or dissatisfaction. First, assess your current life choices and behavior. Are they in line with your identified core values? Identifying gaps helps you make necessary adjustments. And before making significant decisions, ask yourself HOW each option aligns with your core values. It can also be extremely helpful to surround yourself with like-minded individuals who also engage in activities that reflect your values.

When your thoughts, beliefs, and actions reflect your core values, you're more likely to feel content, fulfilled, and at peace with yourself, leading to overall happiness and emotional well-being.



All the major areas of our life...
relationships, finances, health, work...
begin to harmonize and come into
balance when we clearly define our core
values and consistently align to them.

- Jason Prall

#4

Retrain Your Brain

Our mindset plays a crucial role in shaping our experiences and determining our quality of life. Unfortunately, most of our thoughts (75%) have been conditioned or programmed from an early age to have a negative bias. This means that the way we think is a habit. The good news is that habits can change over time — all it takes is practice! With consistent practice, we can change the neural architecture within our brains. This is known as 'neuroplasticity'...



Practice Gratitude

Reflect daily on anything you are grateful for. Think it, feel it in your body, and write it down. It doesn't matter how large or small the thing is. In fact, when you can actually FEEL gratitude for the small things in life, the easier this practice becomes. By focusing on the things we appreciate, our attention shifts from our natural negativity bias toward a sense of safety, abundance, and contentment.

Notice the Silver Lining

Intentionally engage with uplifting content, whether it be literature, videos, nature, or activities that inspire you. Surrounding yourself with positivity helps to reinforce positive thought patterns and creates a supportive and uplifting atmosphere; no matter the circumstance.

#5

Get LASER Focused

Often when you're stuck, your attention is fragmented on dozens of different options that just won't work...or that you've already tried. Perhaps it's a BIG problem and you just can't seem to find a BIG solution to match it. One way to get out of this feeling is to narrow your focus. Address things in manageable bites. What is one thing that you know you can do right now to move things forward?

Narrowing your focus can be a crucial strategy to reduce overwhelm, improve decision-making, create momentum, and increase likelihood for success.

Narrow your focus because you can't get unstuck in 1000 things. You can get unstuck in a few things at a time. And once you begin to get unstuck, you can shift your focus somewhere else to keep the momentum going until you finally breakthrough.



When you let the enormity of a situation take over, it can be challenging to find solutions. A good basketball team doesn't focus on winning the championship every day. They focus on getting better each day. They focus on winning one game at a time. How can you win the day and create momentum?

#6

Alter Your Environment

“

The body's an extremely dynamic system that's constantly changing to both to the internal and the external environment.

- Paul Chek

Changing the external landscape helps you change your internal landscape. Your environment, including the people around you and your surroundings, plays a significant role in shaping your mood, thought patterns, and behaviors. This change sends new signals to your nervous system, emotional body, and higher mind. This new stimuli can foster curiosity, creativity, and novelty — creating space and opportunity for new-found flow and ease to emerge.

Give your home or office a makeover. Organized spaces filled with natural light, plants, and comfortable furnishings can positively affect your mental health and emotional well-being. If you're at your desk, try going outside or switch up your work location to a nearby coffee shop or cafe. Take some time to notice your new place. Scan the surroundings and notice how you feel in your body.

How does this new place look, feel, and smell? What sounds do you notice? These are all EMBODIED cues to your mental, emotional, and physical bodies that you are in a new place that doesn't carry the same energetic charge as the place you felt stuck or stagnant.

#7

Move Your Body & Relax

If you're feeling stuck in any way, try moving your body. Incorporating movement into your day can be as simple as yoga, Qigong, hiking, play or dance. Engaging in physical activity releases endorphins, serotonin, GABA, and dopamine — neurotransmitters responsible for feelings of confidence, love, joy and motivation.

As your body moves and unwinds, your nervous system, muscles, fascia, and cardiovascular system receive the signals to increase energetic flow. As you increase the flow of life force energy, your emotional and mental bodies will begin to unwind, find greater harmony, and open up to new levels of reality.

100 years ago, our body was busy and our mind was still. The biggest problem I see now is that our mind is busy and our body is still.

- Orestis Portelos



In addition to movement, prioritize self-care and dedicate time for true relaxation. Simple things like taking a bath, enjoying a sauna, getting a massage, or taking a walk in nature are fantastic ways to reduce stimulation, activate your parasympathetic (rest/digest) nervous system, create more ease, and cultivate more joy.
