

Your abundant weekday journaling exercise

What would it be like to serve from a place of living connected to your unique Spirit?

Let's ground this visioning by discovering your abundant weekday. Most days in a lifetime will be weekdays. If you love them, then you will for sure love your life!

When you weekdays are in alignment with the expression of your unique Spirit, then your vital life energy will flow happily through you. That will increase the power of you being a transformational catalyst for others.

You don't have to think about the HOW it all will manifest in this exercise. Just be honest with what you want.

Grab a pen and paper.

Take a few deep breaths, expand your energy big as the universe, ground your Self in the center of the planet.

Imagine you living life as an representation of your unique Spirit... you are waking up...opening your eyes observe what time it is...what time if your favourite time to wake up? In what way do you love waking up? What's the first thought coming in and how do you feel? What do you see around you? What environment do you live in? What's the first thing you do in the morning?

Tune in to your body - what does it love to drink and eat in the morning when it get to follow its natural flow? Let that awareness come to you.

Does your body like to move before or after breakfast?

What's your favourite time to work, morning, mid day, evening? What do you do when your Spirit is present in the body, that makes time and space disappear? Do you work from home, in nature, in an office, travelling?

If you have family, how do you love spending time with them and how much time? Again the indicator is what you do with them where time and space disappears.

How do you love eating lunch and dinner? Home made food that you are cooking yourself, going out, getting it delivered?

What help have you got in your household - cleaning, nanny, food supplies? What don't you like doing that would do a big difference in your weekday that somebody else could do for you? How would it affect your life energy by having somebody else doing it?

How much time do you thrive having by yourself? What do you do during that time? When you have spend time doing what you like, how does it affect the rest of your life? Draw out an estimate your of the perfect schedule for a day. What time to wake up, have breakfast, work, lunch, playtime, family, alone time, bedtime.

What do you think and feel before falling asleep after your abundant weekday?

After you went through this visualization and put down the answers on a piece of paper. Calculate what your abundant weekday life costs per month?

Knowing that number is knowing what an abundant income is for you.

What is the most desirable change that you are willing to manifest first? What is the second and third most desirable change you commit to right now?

Write those 1-3 desirable changes on a separate piece of paper, then seal it up in an envelope and put it away in i.e. a drawer. I will come back to you in 6 months to check in how you are doing in regards' with manifesting that reality

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Thank yourself for being 100% honest with your Self and committing to create a reality that is representing your unique Spirit.

To your abundant weekday!

With Love,
Susanne Billander