

Your Abundant Weekday

Visioning exercise

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

Most people don't like their weekdays or don't see them as abundant. But most days in a lifetime will be weekdays. If you love them, then you will for sure love your life! Let's discover your abundant weekday.

When your 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.

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

Grab a pen and paper.

Before you start, take a few deep breaths, expand your energy big as the universe, ground your Self in the center of the planet.

Now, imagine you living life as a representation of your unique Spirit. You are waking up to a normal abundant weekday. What's the first thought coming in and how do you feel? Opening your eyes noticing it's your perfect time to start the day. What's your favourite time to wake up? In what way do you love waking up? What's the first thing you'd love to do?

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

What would you do for a living if you already were self-sufficient with money? What do you do when your Spirit is present in the body, that makes time and space disappear? How many days per week or month would you like to work? What's your favourite time to work - morning, mid-day or evening? 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 (not from should's and must's).

How does your body love moving and how often? Be curious and ask your body what makes it feel light and expanded.

How do you prefer eating lunch and dinner? Do you like home made food that you are cooking yourself, having a personal chef, going out to restaurants or getting your food delivered to your door?

What kind of help would you have in your household - cleaning, nanny, grass cutting, gardening, 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 on by yourself? What do you do during that time? When you have spent time doing what you like, how does it affect the rest of your life? Draw out an estimate of your 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, you'll be present with what your abundant life looks like.

How would you feel to serve from this abundant place of living connected to your unique Spirit?

Now let's calculate what your abundant weekday life costs per month. Perhaps it's less than you think.

When you know that calculation, then you are aware of what's an abundant income for you. Saying YES to creating a business structure that supports you receiving that income is a choice to begin manifesting it.

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

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

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

If you need guidance to step into your power and manifest your abundant life, then fill in this form and apply for a free conversation to find out if you are ready and whether I am the perfect catalyst for your creation of an abundant life.

Click here on the link and get access to the form.

<http://www.susannebillander.com/free-conversation-application/>

To your abundant weekday!

Susanne Billander