THE ABUNDANCE AWAKENING

The 7-Day Plan

One short practice a day —
enough to feel the first real shift

Digital edition · For educational purposes only
VLR Negócios Digitais LTDA

Important notice

Please read before you begin

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Before day one

Three minutes of setup, and then you simply follow the days

Each day here takes between five and fifteen minutes. That is deliberate. The plan is designed to survive a bad week, a busy job and an ordinary amount of tiredness — because those are the conditions it will actually be lived in.

Set these three things now:

1. **A time.** Pick one window you can repeat for seven days — most people choose the first ten minutes of the morning or the last ten of the evening. Consistency matters far more than which.
2. **An anchor.** Attach it to something that already happens: the first coffee, the train, closing the laptop. The anchor does the remembering so you don't have to.
3. **A place to write.** The Practice Workbook, a notebook, the notes app — anything, as long as it's the same one all seven days.

> **If you miss a day**
>
> Don't restart and don't double up. Simply do the day you missed, next. The rule that matters for the whole seven days is only this: **never miss twice in a row.**

DAY 1

Look without fixing

Today you are only going to look.

Open every account you have — including, especially, the one you have been avoiding. Write the balances down by hand. Do not budget, do not calculate, do not plan. Do not judge a single number.

Today's steps

1. Open each account, one at a time.
2. Write each balance on paper, by hand.
3. Write one line: *the number that surprised me was ___.*
4. Close everything. Stop. You are done for today.

Why this works

Looking is the practice. For a lot of people this is the first time in months they have seen all the numbers in one place, and the relief of that is usually larger than the discomfort.

> **A note**
>
> The discomfort you may feel today is not a sign you are doing it wrong. It is the exact thing that avoidance has been protecting you from, and it fades faster than you expect once it has been faced once.

DAY 2

Name the pattern

Yesterday you saw the numbers. Today you look at the behaviour underneath them.

Re-read the four patterns in Chapter Two of the Awakening Guide — the Avoider, the Sprinter, the Caretaker, the Holder. Choose the one that made you wince slightly.

Today's steps

1. Name your dominant pattern in one sentence.
2. Write one specific recent example — a real day, a real decision.
3. Write what that pattern was trying to protect you from.
4. Write one sentence of thanks to it. It was doing a job.

Why this works

Patterns lose power under specifics. 'I overspend' changes nothing; 'last Thursday, after a hard meeting, I spent forty on things I didn't need' gives you something you can actually work with.

> **A note**
>
> Notice the instinct to choose the flattering pattern rather than the accurate one. The accurate one is the one you'd rather not write down.

DAY 3

Find the borrowed voice

Today you go back one generation.

Take the sentence you named on Day 2 and ask it a single question: whose voice is this in? Then write three money sentences you grew up hearing — the exact words, as closely as you can recall them.

Today's steps

1. Write three sentences about money you heard repeatedly as a child.
2. Beside each, write who said it.
3. Beside each, write: *is this still true for me, today?*
4. Underline any sentence you are still obeying without having agreed to it.

Why this works

You are not doing this to blame anyone. Most of those sentences were passed down by people managing real constraints with the tools they had. You are doing it to separate what you inherited from what you chose.

> **A note**
>
> If this one stirs something up, that is normal and it is worth going gently. Keep the writing short and stop when you've had enough.

DAY 4

Define enough

Today you give your ambition a destination.

Write a real figure beside each of the three kinds of enough from Chapter Five. Considered numbers, not aspirational ones.

Today's steps

1. **Enough for safety:** the figure that would let you sleep through an unexpected bill.
2. **Enough for freedom:** the figure that buys the ability to say no.
3. **Enough for meaning:** the figure that lets you give or build something beyond yourself.
4. Circle the safety number. That is your first destination.

Why this works

An undefined target can never be reached, because arrival can never be confirmed. This is why people who are objectively doing well still feel behind — there is no line to cross.

> **A note**
>
> Most people discover that 'enough for safety' is considerably smaller and nearer than the vague dread in their head had suggested.

DAY 5

Practise receiving

Today is the shortest day and, for many people, the hardest.

Accept one thing without qualifying it. A compliment, a payment, an offer of help, a gift. Pause two seconds, say thank you, and stop talking.

Today's steps

1. Wait for something good to arrive — it will.
2. Pause for two seconds before responding.
3. Say *thank you.* Add nothing.
4. Write down what you felt in the silence afterwards.

Why this works

Deflecting is a small refusal. Done often enough, it teaches everyone around you that giving to you is awkward — and teaches you that receiving is unsafe.

> **A note**
>
> The urge to add something — a joke, a discount, a returned favour — will be strong. Feeling that urge and not acting on it is the entire exercise.

DAY 6

Make it ordinary

Today you build the thing that outlasts this week.

Set up your weekly look: a fixed ten minutes, same day each week, to open your accounts and write down the balances. Put it in your calendar with an alert, now, while you are reading this.

Today's steps

1. Choose the day and the hour.
2. Create the calendar entry with an alert.
3. Do this week's look now — ten minutes, no fixing.
4. Write one line about what you noticed.

Why this works

The aim is to make money boring. Not unimportant — boring. Checked regularly, handled calmly, no drama attached. Dread is what causes avoidance, and avoidance is what makes the numbers worse.

> **A note**
>
> Ten minutes means ten minutes. If you find yourself still there at forty, you have slipped from looking into fixing, and fixing is what makes the habit too heavy to repeat.

DAY 7

Choose what continues

Today you decide what survives past this week.

Look back over the six days. Pick **one** practice — only one — to continue. Then shrink it until it is almost silly, and anchor it to something that already happens.

Today's steps

1. Re-read your six days of notes.
2. Choose the single practice that shifted something.
3. Halve it. Then halve it again if you hesitated.
4. Name the anchor: *after I ___, I will ___.*
5. Mark day one of it on a paper calendar.

Why this works

One continued practice beats six abandoned ones by an enormous margin. What you are building this week is not a system; it is one groove, deep enough to run on its own.

> **A note**
>
> The temptation on Day 7 is to keep everything. Resist it. The people who are still practising in six months are almost always the ones who kept exactly one thing.

After the seven days

What to do on day eight and beyond

You now have one practice, anchored and shrunk. That is the whole inheritance from this week, and it is enough. Protect it for thirty days before adding anything.

- Keep the weekly look. Ten minutes, same day, indefinitely.
- Keep the one practice you chose on Day 7. Never miss twice.
- Use the **Intention Rituals** when you want a way to open or close a day.
- Re-read one chapter of the **Awakening Guide** each week — the same eight chapters read slowly land differently than read quickly.
- At thirty days, and only then, consider adding a second practice.

Seven days doesn't change your finances.
It changes who is making the decisions.