THE ABUNDANCE AWAKENING

Intention Rituals

Simple ways to open and close a day
with clarity instead of noise

Digital edition · For educational purposes only
VLR Negócios Digitais LTDA

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What a ritual is for

And what it is not

A ritual here means nothing mystical. It is a short, repeated sequence that tells your attention where to point. That is all — and it is more than enough, because attention is the scarcest resource you bring to any decision about money.

These are written to be secular and adaptable. If you have a faith or a practice of your own, they sit alongside it without competing. If you have none, nothing here asks you to adopt one.

Three rules

1. **Short beats impressive.** Two minutes done daily outperforms twenty minutes done occasionally.
2. **Same time, same place.** The repetition is what does the work, not the content.
3. **Skip freely.** A missed ritual is not a failure. Two in a row is just a signal to make it smaller.

Morning

The opening ritual

Two to three minutes, before the first screen.

The first ten minutes of a day set the frame for the rest of it. If those minutes belong to a feed, an inbox or a notification, the frame is somebody else's.

1. **Sit down.** Feet on the floor. Nothing in your hands.
2. **Six slow breaths.** Longer out than in. Count them so the mind has a job.
3. **One sentence of direction.** Say it silently: *today I am handling money calmly and on purpose.*
4. **One named intention.** The single money-related thing you will do today. One. Specific.
5. **Stand up and begin.** No extension, no additions.

> **If you only ever do one thing**
>
> Do step four. Naming one specific money action before the day starts is the highest-return two seconds in this entire material.

Mid-day

The decision pause

Ninety seconds, before anything that feels urgent.

Financial pressure narrows attention to the near term. Inside that narrowing you aren't thinking badly — you are thinking efficiently about the wrong horizon. This ritual restores the wider view before you commit to anything.

1. **Stop.** Hands off the keyboard, phone face down.
2. **Six breaths.** The same six as the morning.
3. **Three questions.** Ask them in order, silently: *Do I want this, or do I want the feeling it promises? Will this matter in thirty days? What would I advise a friend to do here?*
4. **Then decide.** Either answer is fine. The pause is the practice, not the outcome.

> **Why ninety seconds**
>
> A genuine decision survives ninety seconds without harm. An impulse frequently does not. The pause costs you almost nothing and reliably separates the two.

Evening

The closing ritual

Three minutes, at the end of the day.

Most people end the day with an open loop about money — something unresolved, unchecked or unsaid. The loop doesn't stay in the evening; it follows you into sleep and out the other side.

1. **One thing that came in.** Name something you received today. It does not have to be money — help, time, a kindness, a piece of luck all count.
2. **One thing that went well.** Specifically, in one sentence.
3. **One open loop, named.** Whatever is unresolved: write it down. Naming it takes it off the background process.
4. **One line for tomorrow.** The single money action for the next day, decided now rather than at seven in the morning.
5. **Close the notebook.** The day is finished.

> **On the first step**
>
> Naming something that came in is not positive thinking. It is a correction to a genuine bias: the brain records what is missing far more reliably than what arrived. Left uncorrected, a life with plenty in it can still feel like scarcity.

Weekly

The ten-minute look

Ten minutes, the same day every week.

This is the one ritual that should outlive everything else in this material. It is also the one people abandon first, because it feels like it should be bigger than it is.

1. **Open every account.** Including the one you'd rather skip.
2. **Write the balances by hand.** Paper, not head.
3. **Note one thing you noticed.** One only.
4. **Name next week's single action.**
5. **Close everything at ten minutes.** Set a timer if you need to.

> **Looking is not fixing**
>
> The moment this becomes a budgeting session it becomes too heavy to repeat weekly — and a ritual that isn't repeated does nothing at all. Look, note, close. That is the whole ritual.

Monthly

The wider review

Twenty minutes, once a month.

Once a month it is worth lifting your head from the week and looking at the shape of things.

- Read back over four weeks of weekly notes. What repeats?
- Did the practice you chose actually continue? If not, it was too big — halve it.
- Is *enough for safety* closer than it was last month? By how much, in a number?
- One thing to stop doing. One thing to keep doing. Nothing new.

> **The only rule for the monthly review**
>
> Never add more than one new practice. The instinct after a good month is to expand, and expansion is the most common cause of collapse.

A ritual is just attention, pointed on purpose,
at the same time every day.