THE ABUNDANCE AWAKENING

Practice Workbook

Printable pages for your seven days
and the weeks that follow

Designed for printing · A4
VLR Negócios Digitais LTDA

Important notice

Please read before you begin

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How to use these pages

Print once, write by hand

Writing by hand is slower than typing, and that is the point. The slowness is what makes you finish the thought rather than merely record it. Print these pages, keep them somewhere visible, and write in them badly — this is a working document, not a keepsake.

- Pages 1–7 correspond to the seven days of the plan.
- The weekly look page is designed to be printed repeatedly — once a week, indefinitely.
- The monthly review page is for the end of each month.
- Nothing here needs to be completed neatly, or completed at all.

DAY 1

Look without fixing

The accounts I opened, and their balances

The number that surprised me

What I felt while looking

DAY 2

Name the pattern

My dominant pattern, in one sentence

One specific, recent example of it

What this pattern was trying to protect me from

DAY 3

Find the borrowed voice

Three money sentences I grew up hearing — and who said them

Which of these am I still obeying without having agreed to it?

DAY 4

Define enough

Enough for safety — a specific figure, and why that figure

Enough for freedom

Enough for meaning

DAY 5

Practise receiving

What I accepted today without qualifying it

The urge I felt to add something — and what it wanted to add

What the silence felt like

DAY 6

Make it ordinary

My weekly look: day and time

This week's balances

One thing I noticed

DAY 7

Choose what continues

The one practice I am keeping

Shrunk down to its smallest useful version

My anchor — after I ___, I will ___

Day one of this practice is

The weekly look

Print one of these for each week · ten minutes, no fixing

Week of

Balances, by account

One thing I noticed

Next week's single action

Thirty-day tracker

One mark for each day you practised · never miss twice

The practice I am tracking

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Reading the grid

Gaps are information, not verdicts. A single gap is noise. Two side by side is the signal to make the practice smaller — not to try harder.

Monthly review

Twenty minutes, once a month

Reading back over four weeks — what repeats?

Did my chosen practice actually continue? If not, how do I halve it?

Is enough for safety closer than last month? By how much?

One thing to stop doing

One thing to keep doing

> **One rule**
>
> Never add more than one new practice per month.