



30 DAYS OF
ABUNDANCE
AND SELF-CARE

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Welcome!

Welcome to 30 Days of Abundance & Self Care!

This gentle, feel-good challenge is designed to help you tap into abundance by focusing on flow and self-care rather than pushing yourself through it



WHAT TO EXPECT

Over the next 30 days, you'll shift your mindset, create space for abundance, and celebrate the small wins that open the door to more opportunities, wealth, and joy in your life!

How it works: Each day, you'll be guided through simple actions, affirmations, and reflections that nurture both your mind and spirit. By focusing on gratitude, visualisation, and self-care, you'll naturally attract more of what you desire - without the pressure of forcing it.

This challenge is all about finding ease, celebrating progress, and embracing abundance as part of your everyday life.

You may be just starting your abundance journey, or you might be looking to deepen your practice. Either way, this exercise will help you align with the flow of prosperity and success, all while prioritising your well-being.

Enjoy!

xo Jackie

HOW TO MAKE THE MOST OF THIS CHALLENGE

1. STAY FLEXIBLE

If you miss a day, don't stress. This challenge is about flow, so simply pick up where you left off.

2. MIX AND MATCH

Feel free to switch up the order or repeat actions that feel good to you.

3. BE GENTLE

Let this challenge be an enjoyable experience of self-care, not something that feels like a task or chore.



ABUNDANCE & SELF CARE AFFIRMATIONS

I am worthy of the wealth & abundance that flows into my life.

Every day, I attract prosperity & success into my life with ease.

I am open to receiving all the good that life has to offer.

I am grateful for the abundance I have and the abundance on its way.

Money comes to me in expected & unexpected ways.

I trust that the universe is providing everything I need at the perfect time.

My life is full of blessings, and I attract more every day.

I am aligned with the energy of abundance.

There is more than enough wealth & prosperity for everyone, including me.

I am a magnet for opportunities, wealth, and abundance.

Abundance flows to me from multiple sources.

I am surrounded by love, wealth, and success.

I embrace the abundance around me.

I deserve to live a life of luxury, prosperity, and fulfilment.

I release all resistance to attracting wealth & success.

I celebrate the abundance I already have and welcome more into my life.

I am grateful for the financial freedom I am creating.

I am in tune with the universe's flow of abundance.

I believe in my ability to attract wealth & success.

I deserve the best, and I accept it now.

DAILY PRACTICES

1. GRATITUDE JOURNAL

Write down three things you're grateful for today. Reflect on the abundance already present in your life.

2. AFFIRMATION PRACTICE

Pick one of my abundance & self care affirmations and repeat it throughout the day. Feel the energy of the words.



3. DECLUTTER FOR ABUNDANCE

Declutter one small area (your desk, your bag, a drawer, etc.) to invite new energy and opportunities into your life.

4. VISUALISATION

Take 5-10 minutes to visualise your ideal abundant life. Imagine how it feels to have all your needs met and more.

DAILY PRACTICES

5. CELEBRATE WINS

Celebrate a small win or success today - whether it's personal, professional, or financial.

6. GIVE GENEROUSLY

Give to someone today. It could be a compliment, a kind gesture, or something material. Feel the flow of giving and receiving.



7. SELF-CARE RITUAL

Engage in a self-care ritual that makes you feel abundant. This could be a luxurious bath, meditation, or enjoying your favourite meal.

8. AFFIRM ABUNDANCE

Choose another affirmation and say it each morning and evening. Feel the abundance growing in your life.

DAILY PRACTICES

9. TRACK YOUR PROGRESS

Reflect on your wins so far. Write down three ways you've experienced abundance since starting this challenge.

10. VISION BOARD CREATION

Spend some time creating or updating your vision board. Use images, words, or symbols that represent abundance to you.



11. ABUNDANCE WALK

Take a mindful walk in nature. As you walk, focus on the abundance around you - the air, trees, sunshine - and allow yourself to feel part of that flow.

12. CELEBRATE OTHERS

Celebrate someone else's success today. Send them positive energy and be genuinely happy for their abundance.



DAILY PRACTICES

13. DECLUTTER MINDSET

Write down any limiting beliefs around abundance. Let go of one belief today by acknowledging it and choosing a new, positive belief to replace it.

14. ABUNDANT SELF-CARE

Treat yourself to something that feels luxurious but doesn't have to be expensive - maybe a special tea, a face mask, or reading your favourite book in peace.



15. AFFIRM AND ANCHOR

Choose a new affirmation and anchor it into your daily routine. Say it whenever you do a specific task, like brushing your teeth or making your coffee.

16. JOURNAL ON ABUNDANCE

Take 5-10 minutes to journal about what abundance means to you. How do you feel when you're in an abundant state?

DAILY PRACTICES

17. MANIFESTING RITUAL

Light a candle and write down something you'd like to manifest. Visualise it coming into your life with ease.

18. SELF-CARE AND RELAXATION

Focus on deep relaxation today. Engage in a long meditation, a nap, or anything that makes you feel completely rested.



19. AFFIRMATION WALK

Go for a short walk while repeating your favourite affirmation silently. Feel it as you move your body.

20. CELEBRATE FINANCIAL ABUNDANCE

Review your finances and celebrate any financial abundance, no matter how small. Focus on gratitude for what you have.

DAILY PRACTICES

21. GIVE BACK

Find a way to give back today. It could be your time, knowledge, or a material gift. Notice how it makes you feel abundant.

22. PAMPER YOURSELF

Treat yourself to a pampering experience - it might be doing your nails, getting a massage, or simply having some quiet 'me' time.



23. MINDFUL BREATHING

Take time to engage in mindful breathing. With each breath in, imagine you're breathing in abundance; with each exhale, release any scarcity or lack.

24. DECLUTTER MORE SPACE

Declutter another small area, like your wardrobe or bathroom counter, creating more space for abundance.

DAILY PRACTICES

25. CELEBRATE SMALL WINS

Look back at your journey so far and celebrate a small success that made you feel abundant.

26. AFFIRM AND VISUALISE

Combine an affirmation with visualisation today. As you repeat your affirmation, picture your abundant life unfolding.



27. ABUNDANCE RITUAL

Create your own abundance ritual. It could involve lighting a candle, saying affirmations, or meditating on abundance flowing into your life.

28. GRATITUDE REFLECTION

Write down five things you're grateful for. Focus on abundance in all areas - relationships, health, finances, and opportunities.

DAILY PRACTICES

29. TRACK YOUR GROWTH

Reflect on how far you've come. Celebrate your growth in mindset and the abundance you've created over the past month.



30. AFFIRMATION CELEBRATION

Choose your favourite affirmation and celebrate the abundance that's already present and the abundance yet to come!

TAKE THE NEXT STEP IN YOUR ABUNDANCE JOURNEY



If you're ready to dive deeper into nurturing abundance and embracing flow, **TransformU** is the perfect next step!

Designed to guide you through a profound personal transformation, you'll unlock your full potential and step confidently into the abundant, fulfilling life you've been wanting!

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