

DECEMBER

- 1.What do you remember most about last December?
- 2.How have you grown since last December?
- 3.What feelings come up for you during the season of gifting?
- 4.What does abundance mean to you?
- 5.Describe the best gift that's ever been given to you.
- 6.How do you feel when you receive compliments or praise?
- 7.What beliefs do you hold about receiving that might be blocking you from experiencing more abundance in your life?
- 8.In what ways can you open yourself up to receiving more from others?
- 9.Do you feel obligated to reciprocate when someone gives you a gift or offers you a kind gesture? Why or why not?
- 10.How do you typically respond to gifts or acts of kindness?
- 11.List 3 positive affirmations that encourage an abundance mindset.
- 12.Do you believe you're worthy and deserving of receiving good things in your life?
- 13.What limiting beliefs do you need to release to make room for more abundance?
- 14.Describe a moment when you felt resistant to receiving. What caused this resistance?
- 15.What scares you most about receiving from others and why?
- 16.Pick a goal you want to achieve. How does the ability to receive can help you in actualising this goal?
- 17.How can you balance giving and receiving in your relationships?
- 18.List all emotions that arise when you're in a receiving mode.
- 19.Do you believe that you need to give to receive? Why or why not?
- 20.What have you intentionally kept yourself from receiving or enjoying?
- 21.What small things can you do daily to welcome more abundance into your life?
- 22.How does abundance show up in nature, and what can you learn from it?
- 23.List all things that you receive daily that go unnoticed.
- 24.Write a gratitude list for everything you wish to receive this month, imagining that it has already happened.
- 25.List 3 ways you can shift your mindset from scarcity to abundance.
- 26.How much is enough? Explain your answer.
- 27.How can you create an environment that welcomes abundance?
- 28.What are your thoughts on having an abundance mindset and living a minimalist lifestyle?
- 29.In what areas of your life do you struggle with scarcity thinking?
- 30.At what age did you feel the most abundant, and what was happening in your life at that time?
- 31.What do you believe is the root cause of your scarcity mindset?