

Life Mastery Skills

Abundance Exercise

Sheila Radha Conrad, M.A.

DISCLAIMER: Should you have any reason to believe that you are not in a mental or emotional condition to begin the exercises provided on this website, you should seek the advice of a mental health professional to assist you in this decision.

Additionally, should you choose to begin any of the exercises provided on this website, you may find that some of the exercises may cause unpleasant or uncomfortable feelings. If you feel confused or overwhelmed by your reactions to this material, it is recommended that you find a mental health professional to assist you in your journey towards self awareness.

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**I AM CREATING MY REALITY ALL THE TIME
THE QUESTION IS: DO I LIKE WHAT I AM CREATING?**

The Vedanta is a Hindu scripture that is thousands of years old. It states, "The world is as you see it." If we don't like the world we are in, we need to change our vision.

Exercise Part 1: List three areas in your life in which you are aware your thoughts are creating (affecting) your reality, either positively or negatively. For each area, fill in the spaces on the following sentence, "I, your name, am creating my reality by seeing myself as..."

Example:

Area: Abundance

I, **Radha**, am creating my reality by seeing myself as **surrounded by abundance**.

Exercise Part 2: Next to each of these statements write whether you like or dislike your creation. If your answer is dislike to any of the statements, write two sentences saying what you are willing, right now, to do about it.

Example:

Willing to do: **Become aware of my negative beliefs about money.**

Area 1): _____

I, _____, am creating my reality by seeing myself as _____

Willing to do About it:

a) _____

b) _____

Area 2): _____

I, _____, am creating my reality by seeing myself as _____

Willing to do About it:

a) _____

b) _____

Area 3): _____

I, _____, am creating my reality by seeing myself as _____

Willing to do About it:

a) _____

b) _____

You have it within your power to change your experience of the world. Remember, it is not what you get in life, but how you deal with what you get that determines whether you are satisfied or dissatisfied.