

**PERSONAL
EMPOWERMENT**

Presents:

**The 5 week
Abundance Principle
Coaching Program**

By:

Christy Whitman

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Welcome

Welcome to the Personal Empowerment 5 week, 40 day Abundance Principle Coaching Program. This program has been designed to assist you in creating prosperity in every area of your life. It is based on the premise that your inner world creates your outer world. The more you concentrate on changing your inner reality, the faster you will see new results in your outer reality. People are creatures of habit. Research shows that those who participate in a “daily” routine are three times likely to stay on their program than those who participate six days a week – and fare five times better than those who participate three, four, or five days a week. Therefore, during this container board, you must use your program daily for the entire 40 days. If you miss a day, you must start on day one all over again. Be easy on yourself. Our minds (egos) do not like change and will scream loudest before it will allow change to happen. This coaching program is about change. Therefore your ego may tell you that it does not like the program or that it won't work for you, or that you don't have time to do this. Don't listen! Don't allow your mind to take over! Simply say, “Thank you for sharing” and do your exercises for the day. This program is quick and simple and will take less than 20 minutes a day. Give yourself the gift you deserve. You deserve abundance and the ego is the block that prevents us from that abundance.

Preparation

1. Purchase a notebook or a journal that you can write down your insights.
2. Establish a specific date to start your program. Count out 40 days on your daily planner and mark the completion date. Write in your daily calendar/planner “40 day” to remind you to do your coaching exercises each and every day.
3. Each day you are to complete one page of this workbook. Day One will be the first day, and so on.
4. After reading the statement on your daily page, either after you wake up in the morning, or before you go to bed, meditate on the statement for at least 15 minutes. The more time you dedicate to the meditation process you will experience even greater results.
5. Following each meditation, write down in your journal the thoughts that come to you. Make sure to do this daily after your meditation.
6. Be available on the Tele seminar calls with Christy Whitman to get the most out of this program.

The 5 Week Abundance Principle Coaching Program

I Intend to Create . . .

I Intend to Receive ... Because

DAY 1

DATE: _____

1. The daily statement: God is lavish, unfailing Abundance, the rich omnipresent substance of the Universe. This all-providing Source of infinite prosperity is individualized as me – the reality of me.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

_____	_____
_____	_____
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DAY 2

DATE: _____

1. The daily statement: I lift up my mind and heart to be aware, to understand, and to know that the Divine Presence I AM is the Source and Substance of all my good.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 3

DATE: _____

1. The daily statement: I am conscious of the Inner Presence as my lavish Abundance. I am conscious of the constant activity of this Mind of infinite Prosperity. Therefore, my consciousness is filled with the Light of Truth.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 4

DATE: _____

1. The daily statement: Through my consciousness of my Divine Self, the God within, as my Source, I draw into my mind and feeling nature the very substance of Spirit. This substance is my supply, thus my consciousness of the Presence of God within me is my supply.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 5

DATE: _____

1. The daily statement: Money is not my supply. No person, place or condition is my supply. My awareness, understanding and knowledge of the all-providing activity of the Divine Mind within me is my supply. My consciousness of this Truth is unlimited therefore, my supply is unlimited.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 6

DATE: _____

1. The daily statement: My inner supply instantly and constantly takes on form and experience according to my needs and desires, and as the Principle of Supply in action, it is impossible for me to have any needs or unfulfilled desires.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 7

DATE: _____

1. The daily statement: The Divine Consciousness that I am is forever expressing its true nature of Abundance. This is its responsibility, not mine. My only responsibility is to be aware of this truth. Therefore, I am totally confident in letting go and letting God appear as the abundant all-sufficiency in my life and affairs.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 8

DATE: _____

1. The daily statement: My consciousness of the Spirit within me as my unlimited Source is the Divine Power to restore the years the locusts have eaten, to make all things new, to lift me up to the High Road of abundant prosperity. This awareness, understanding and knowledge of Spirit appears as every visible form and experience that I could possibly desire.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 9

DATE: _____

1. The daily statement: When I am aware of the God-Self within me as my total fulfillment, I am totally fulfilled. I am now aware of this Truth. I have found the secret of life, and I relax in the knowledge that the Activity of Divine Abundance is eternally operating in my life. I simply have to be aware of the flow, the radiation, of that Creative Energy, which is continuously, easily and effortlessly pouring forth from my Divine Consciousness. I am now aware. I am now in the flow.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 10

DATE: _____

1. The daily statement: I keep my mind and thoughts off “this world” and I place my entire focus on God within as the only Cause of my prosperity. I acknowledge the Inner Presence as the only activity in my financial affairs, as the substance of all things visible. I place my faith in the Principle of Abundance in action within me.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 11

DATE: _____

1. The daily statement: God is lavish, unfailing Abundance, the rich omnipresent substance of the Universe. This all-providing Source of infinite prosperity is individualized as me – the reality of me.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 12

DATE: _____

1. The daily statement: I lift up my mind and heart to be aware, to understand, and to know that the Divine Presence I AM is the Source and Substance of all my good.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 13

DATE: _____

1. The daily statement: I am conscious of the Inner Presence as my lavish Abundance. I am conscious of the constant activity of this Mind of infinite Prosperity. Therefore, my consciousness is filled with the Light of Truth.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 14

DATE: _____

1. The daily statement: Through my consciousness of my Divine Self, the God within, as my Source, I draw into my mind and feeling nature the very substance of Spirit. This substance is my supply, thus my consciousness of the Presence of God within me is my supply.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 15

DATE: _____

1. The daily statement: Money is not my supply. No person, place or condition is my supply. My awareness, understanding and knowledge of the all-providing activity of the Divine Mind within me is my supply. My consciousness of this Truth is unlimited therefore, my supply is unlimited.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

_____	_____
_____	_____
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DAY 16

DATE: _____

1. The daily statement: My inner supply instantly and constantly takes on form and experience according to my needs and desires, and as the Principle of Supply in action, it is impossible for me to have any needs or unfulfilled desires.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 17

DATE: _____

1. The daily statement: The Divine Consciousness that I am is forever expressing its true nature of Abundance. This is its responsibility, not mine. My only responsibility is to be aware of this truth. Therefore, I am totally confident in letting go and letting God appear as the abundant all-sufficiency in my life and affairs.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

_____	_____
_____	_____
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DAY 18

DATE: _____

1. The daily statement: My consciousness of the Spirit within me as my unlimited Source is the Divine Power to restore the years the locusts have eaten, to make all things new, to lift me up to the High Road of abundant prosperity. This awareness, understanding and knowledge of Spirit appear as every visible form and experience that I could possibly desire.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 19

DATE: _____

1. The daily statement: When I am aware of the God-Self within me as my total fulfillment, I am totally fulfilled. I am now aware of this Truth. I have found the secret of life, and I relax in the knowledge that the Activity of Divine Abundance is eternally operating in my life. I simply have to be aware of the flow, the radiation, of that Creative Energy, which is continuously, easily and effortlessly pouring forth from my Divine Consciousness. I am now aware. I am now in the flow.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 20

DATE: _____

1. The daily statement: I keep my mind and thoughts off “this world” and I place my entire focus on God within as the only Cause of my prosperity. I acknowledge the Inner Presence as the only activity in my financial affairs, as the substance of all things visible. I place my faith in the Principle of Abundance in action within me.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 21

DATE: _____

1. The daily statement: God is lavish, unfailing Abundance, the rich omnipresent substance of the Universe. This all-providing Source of infinite prosperity is individualized as me – the reality of me.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 22

DATE: _____

1. The daily statement: I lift up my mind and heart to be aware, to understand, and to know that the Divine Presence I AM is the Source and Substance of all my good.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 23

DATE: _____

1. The daily statement: I am conscious of the Inner Presence as my lavish Abundance. I am conscious of the constant activity of this Mind of infinite Prosperity. Therefore, my consciousness is filled with the Light of Truth.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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_____	_____
_____	_____
_____	_____

DAY 24

DATE: _____

1. The daily statement: Through my consciousness of my Divine Self, the God within, as my Source, I draw into my mind and feeling nature the very substance of Spirit. This substance is my supply, thus my consciousness of the Presence of God within me is my supply.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 25

DATE: _____

1. The daily statement: Money is not my supply. No person, place or condition is my supply. My awareness, understanding and knowledge of the all-providing activity of the Divine Mind within me are my supply. My consciousness of this Truth is unlimited therefore, my supply is unlimited.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 26

DATE: _____

1. The daily statement: My inner supply instantly and constantly takes on form and experience according to my needs and desires, and as the Principle of Supply in action, it is impossible for me to have any needs or unfulfilled desires.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 27

DATE: _____

1. The daily statement: The Divine Consciousness that I am is forever expressing its true nature of Abundance. This is its responsibility, not mine. My only responsibility is to be aware of this truth. Therefore, I am totally confident in letting go and letting God appear as the abundant all-sufficiency in my life and affairs.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 28

DATE: _____

1. The daily statement: My consciousness of the Spirit within me as my unlimited Source is the Divine Power to restore the years the locusts have eaten, to make all things new, to lift me up to the High Road of abundant prosperity. This awareness, understanding and knowledge of Spirit appear as every visible form and experience that I could possibly desire.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 29

DATE: _____

1. The daily statement: When I am aware of the God-Self within me as my total fulfillment, I am totally fulfilled. I am now aware of this Truth. I have found the secret of life, and I relax in the knowledge that the Activity of Divine Abundance is eternally operating in my life. I simply have to be aware of the flow, the radiation, of that Creative Energy, which is continuously, easily and effortlessly pouring forth from my Divine Consciousness. I am now aware. I am now in the flow.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 30

DATE: _____

1. The daily statement: I keep my mind and thoughts off “this world” and I place my entire focus on God within as the only Cause of my prosperity. I acknowledge the Inner Presence as the only activity in my financial affairs, as the substance of all things visible. I place my faith in the Principle of Abundance in action within me.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 31

DATE: _____

1. The daily statement: God is lavish, unfailing Abundance, the rich omnipresent substance of the Universe. This all-providing Source of infinite prosperity is individualized as me – the reality of me.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 32

DATE: _____

1. The daily statement: I lift up my mind and heart to be aware, to understand, and to know that the Divine Presence I AM is the Source and Substance of all my good.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 33

DATE: _____

1. The daily statement: I am conscious of the Inner Presence as my lavish Abundance. I am conscious of the constant activity of this Mind of infinite Prosperity. Therefore, my consciousness is filled with the Light of Truth.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 34

DATE: _____

1. The daily statement: Through my consciousness of my Divine Self, the God within, as my Source, I draw into my mind and feeling nature the very substance of Spirit. This substance is my supply, thus my consciousness of the Presence of God within me is my supply.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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_____	_____

DAY 35

DATE: _____

1. The daily statement: Money is not my supply. No person, place or condition is my supply. My awareness, understanding and knowledge of the all-providing activity of the Divine Mind within me are my supply. My consciousness of this Truth is unlimited therefore, my supply is unlimited.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 36

DATE: _____

1. The daily statement: My inner supply instantly and constantly takes on form and experience according to my needs and desires, and as the Principle of Supply in action, it is impossible for me to have any needs or unfulfilled desires.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 37

DATE: _____

1. The daily statement: The Divine Consciousness that I am is forever expressing its true nature of Abundance. This is its responsibility, not mine. My only responsibility is to be aware of this truth. Therefore, I am totally confident in letting go and letting God appear as the abundant all-sufficiency in my life and affairs.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 38

DATE: _____

1. The daily statement: My consciousness of the Spirit within me as my unlimited Source is the Divine Power to restore the years the locusts have eaten, to make all things new, to lift me up to the High Road of abundant prosperity. This awareness, understanding and knowledge of Spirit appear as every visible form and experience that I could possibly desire.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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_____	_____
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DAY 39

DATE: _____

1. The daily statement: When I am aware of the God-Self within me as my total fulfillment, I am totally fulfilled. I am now aware of this Truth. I have found the secret of life, and I relax in the knowledge that the Activity of Divine Abundance is eternally operating in my life. I simply have to be aware of the flow, the radiation, of that Creative Energy, which is continuously, easily and effortlessly pouring forth from my Divine Consciousness. I am now aware. I am now in the flow.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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DAY 40

DATE: _____

1. The daily statement: I keep my mind and thoughts off “this world” and I place my entire focus on God within as the only Cause of my prosperity. I acknowledge the Inner Presence as the only activity in my financial affairs, as the substance of all things visible. I place my faith in the Principle of Abundance in action within me.
2. Meditation for at least 15 min. _____
3. Journal daily thoughts _____
4. Visualization 2 minutes _____
5. I am grateful for:

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Congratulations!

You have successfully completed the Abundance Principle Coaching Program. If you have done the exercises on a daily basis, there is no doubt you will have ingrained several positive new habits and ways of thinking and being into your life. Chances are you are more joyful, peaceful, and have already experienced abundance showing up in your life. This could look like new opportunities, an increase in income, enhanced productivity, money coming from unexpected sources, an improvement in your current relationship, or even a new loving relationship. The key is to keep bringing in the abundance on a daily basis. It is very important to continue with the same exercises and habits to create abundance. Always be looking at what you do want, what is right in your life, and what you are grateful for. Your life is full of abundance, just allow it to flow.

**To Your Empowerment,
Christy Whitman**

For more information on Personal Empowerment products and services call (610) 883-7345

Or visit or website at:

www.christywhitman.com

Personal Empowerment

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Website: **www.christywhitman.com**

The daily statements in this activity book were originally from *The Abundance Book* by John Randolph Price.