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I am filled with the joy of gratitude for all that I have. I am blessed to have such abundance in my life.

I take time each day to count my many blessings. **I am fortunate to enjoy good health, wealth, and happiness.** I deserve these things because I act daily to cultivate them. I make my health, finances, and happiness a priority.

My friends and family are another source of abundance. I am the recipient of great love, respect, and admiration. The people in my life are constant reminders of my value to the world. I am innately important and valuable.

Whatever I require, I am provided. All the resources I require to live an exciting and fruitful life are around me. My biggest task is to identify the resources I need and keep my eyes open. **Whatever I need is sure to be found quickly and easily.** I know what I need and I know how to get it.

While I enjoy unlimited abundance, I avoid

the burden of accumulating excessive possessions. **I take what I need and remain free of greedy behavior.** Living this way keeps my time and conscience free and unburdened.

Today, I give thanks for all that I have. The bounty of the world is mine to enjoy and use as necessary. I am grateful for the abundance that I experience daily.

Self-Reflection Questions:

1. What do I have in my life that fills me with feelings of gratitude?
2. How can I be more open to receiving abundance into my life?
3. How have I impeded receiving abundance?