

7 DAYS OF ABUNDANCE WORKBOOK

ATTRACT
ABUNDANCE
NOW!

private podcast



With
Success Coach & Mindset Expert
DEIDREA KIESLING

Welcome to Your 7 Days of Abundance Journey



Hi there!

I'm so happy and grateful that your here and you said YES to Abundance NOW.

Over the next 7 days, you're going to dive deep into the powerful practices that will help you reprogram your subconscious mind and open yourself up to the abundance you truly deserve.

Each day, we'll explore a new concept, provide actionable steps, and dive into reflections that will elevate your mindset and move you closer to living your most abundant life.

By the end of this journey, you'll have a new perspective on what it means to live abundantly, and you'll be ready to take inspired action to make it your reality.

I'm Deidrea Kiesling, a passionate coach, speaker & consultant who's been on this journey myself and have helped women just like you break through the limits they've placed on themselves. I truly believe that we're all meant for more—and this is your time for you to step into the abundance that's waiting for you.

You deserve to life a life you love.

xoxo

Deidrea Kiesling

“WE CANNOT SOLVE OUR PROBLEMS WITH THE SAME THINKING WE USED WHEN WE CREATED THEM.”

ALBERT EINSTEIN

My Intention

What is your Intention for these 7 Days of Abundance Podcast Series?

“
Abundance is NOT
something we acquire;
it is something we tune
into.

Wayne Dyer”

My Daily Gratitude Journal

Day 1: Today I am grateful for:

- _____
- _____
- _____

Day 5: Today I am grateful for:

- _____
- _____
- _____

Day 2: Today I am grateful for:

- _____
- _____
- _____

Day 6: Today I am grateful for:

- _____
- _____
- _____

Day 3: Today I am grateful for:

- _____
- _____
- _____

Day 7: Today I am grateful for:

- _____
- _____
- _____

Day 4: Today I am grateful for:

- _____
- _____
- _____

“Gratitude is a gift you give yourself.”

Deidrea Kiesling

Notes:

My Abundance Toolkit

Each of the 7 Days of Abundance NOW private podcast will have an abundance tool for you to apply in your life. After you listen to the episode, write in your workbook what the tool is and how you can start using it right away.

Abundance Tool #1:

Abundance Tool #2:

Abundance Tool #3:

Abundance Tool #4:

Abundance Tool #5:

Abundance Tool #6:

Abundance Tool #7:

DAY 1: What is Abundance?

What are your thoughts about abundance?

What is the story you are telling yourself about abundance?

DAY 1: What is Abundance?

What beliefs about money or abundance did you grow up hearing?

How do you think those beliefs might still be influencing you today?

DAY 2: My Vision

Health & Well-Being

I am so happy and Grateful Now That...

This or something Even Greater Still

DAY 2: My Vision

Vocation/Creative Expression

I am so happy and Grateful Now That...

This or something Even Greater Still

DAY 2: My Vision

Time & Money Freedom

I am so happy and Grateful Now That...

This or something Even Greater Still

DAY 3: *My Future Self*

Describe Your Future Self:

DAY 4: My Abundance Blocks

This content on Abundance Blocks is from the Brave Thinking Institute

Abundance Block	Affirmation	Rating (1-5)*
1: Lack of Deserving	I am Worthy and Deserving of all the things I would love in my life.	
2: There's Not Enough	I am connected to Source of Infinite Abundance. There is no real lack.	
3. Negative Money Mindset	I have a loving relationship with money - the symbol of my freedom	
4. Clutter, Chaos or Drama	Every day my life is organized, calm and peaceful. This growing order allows a growing flow of abundance in my life.	
5. Fear of Loss because of Money	I am in harmony with the frequency of abundance - which welcomes increasing positive things into my life.	
6. Harboring Resentments & Blame	I am filled with gratitude and love. Abundance is overflowing in my life.	
7. Focusing on What's Missing	I have everything required to allow ever increasing abundance in my life	
8. Living in a "Get" Mindset	I choose to live in a giving mindset. Being a person of increase is creating an increasing flow of abundance in my life.	

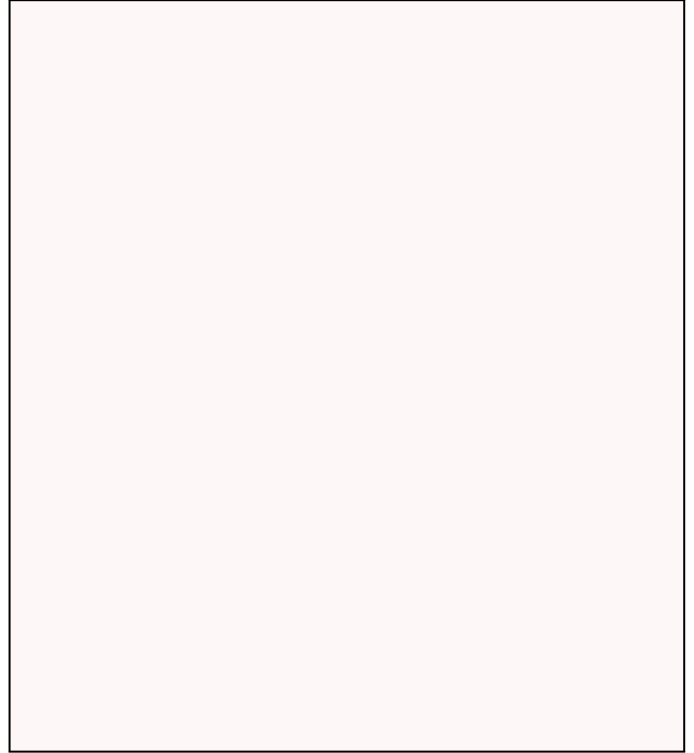
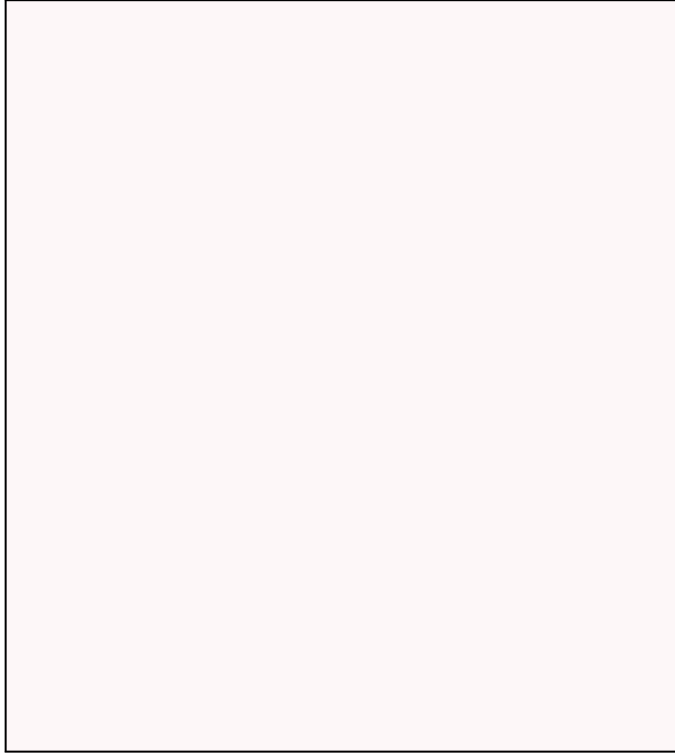
*1=No Block at All — 5=Significant Block in My Life



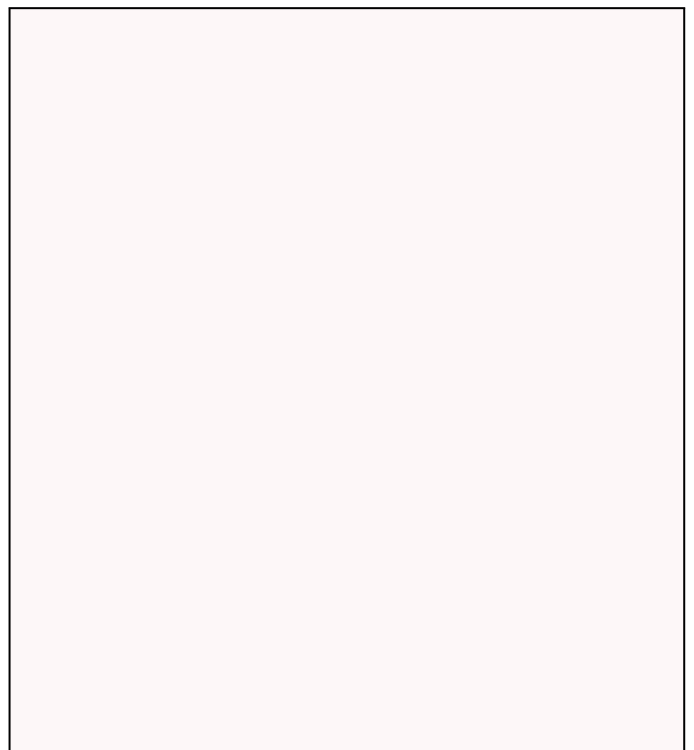
DAY 4: My Abundance Blocks

Pick the 2 blocks you rated the highest and journal about those.

What are your thoughts about your abundance blocks?



How do they show up in your Life?



DAY 4: My Abundance Blocks

Pick the 2 affirmations that go with the blocks you identified and journal about how this is TRUE now in your life. Look for evidence in your life that prove this affirmation...even a little hint of something is a great place to start!

Evidence of how this affirmation is true right now in my life...

My Affirmation:

My Affirmation:

DAY 5: Subconscious Reprogramming

Here are some of my favorite affirmations (There are 50 more in the Abundance NOW e-book)	Write your favorite affirmations here.
This is what it looks like while its all coming together.	
What would I love? What step can I take?	
Everything is always working out for me.	
My word is my wand.	
My success is inevitable.	
I decline to be discouraged.	
I am Wealth. I am Abundance. I am Joy.	
Wealth comes to me by following my purpose.	
I am worthy of abundance in all areas of my life.	
Dollars flow to me easily.	



Day 6: Be a Person of Increase

How will you be a person of increase today?

Person#1

Person #2

Person #3

Notes

DAY 7: Living in Abundance

What I've learned and how I will integrate abundance practices into my daily life in my mindset, habits and actions:

DAY 7: Living in Abundance

The Action Steps I will take

By When

“

INSPIRATION
WITHOUT ACTION IS
MERELY
ENTERTAINMENT.

MARY MORRISSEY

”

LET'S CONNECT

Complementary Vision Roadmap Session

*Are you ready to make 2025 Your Most Abundant Year Yet!
It IS POSSIBLE for you and it starts right now.*

A Deep Dive Into You: Here's What to Expect in your powerful 60 minute private zoom call: we'll take a look at where you are right now in the different areas of your life and get crystal clear on your vision for the life you would love!

Identify Roadblocks: Together we'll identify the obstacles that might be holding you back and some strategies you can use to overcome them.

Action Plan: You will leave this session with a clear roadmap and even more confidence and inspiration to take action towards your dream.



Vision Roadmap



www.thedreamacademy.com/visionsession