

# ALLOWING ABUNDANCE



*step 5*

WHAT *IF* IT ALL  
CAME TRUE?

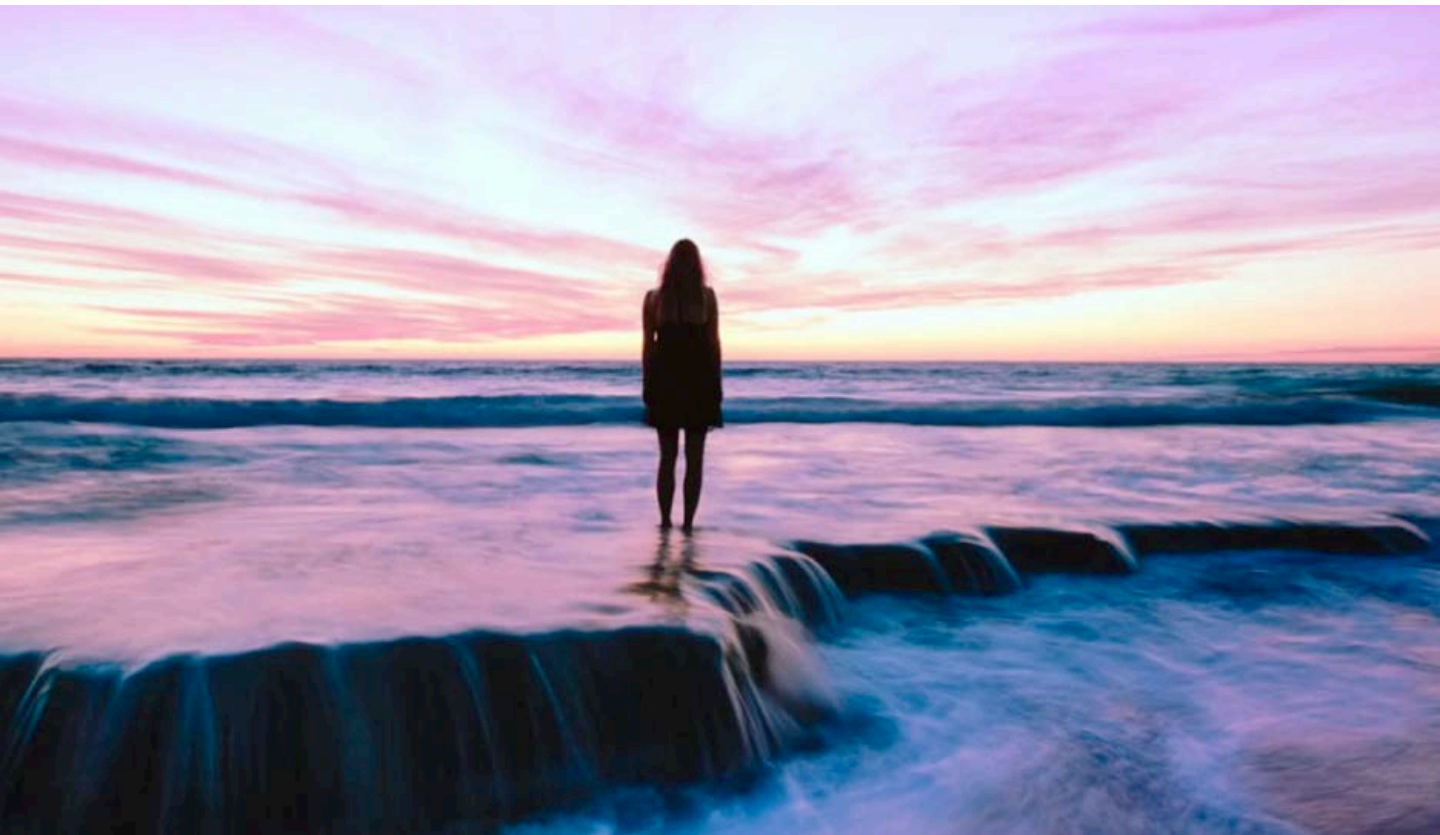


THE  
*five*  
SIMPLE TOOLS TO AN  
**ABUNDANCE MINDSET**

# HOW TO INCREASE THE FLOW

*start with your...*  
*#yourflow*

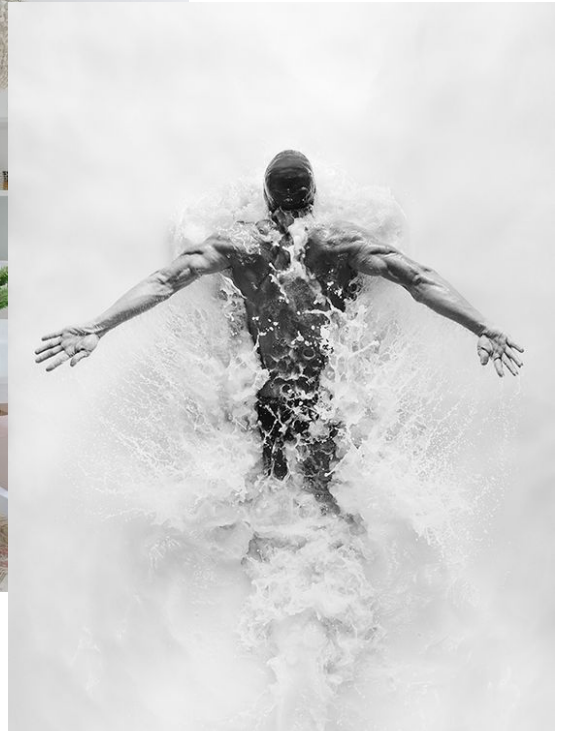
- 1 Imagination
- 2 Become Aware
- 3 Practice Expansion



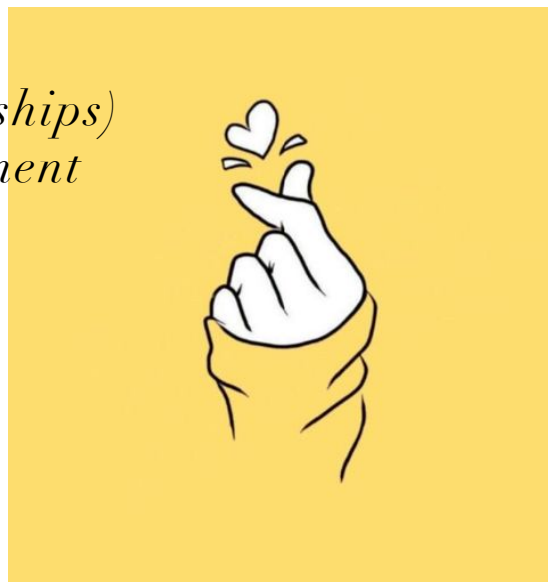
# HOW TO INCREASE THE FLOW

*what if it all came true...*

*#yourflow*



- 1 Eat Healthier Food
- 2 De-Clutter Your life  
(home/website/emails/relationships)
- 3 Exercise to stimulate movement
- 4 Re-direct Thoughts



*Well done! You are now onto the next step!*



# Next Step

Remember that change is what we often feel we want but when it comes we don't feel comfortable. CHANGE IS GOOD, so embrace the discomfort (if you have having it) and know it's just resistance in moving forward.

Any questions, then don't forget to sign into the CLOSED FACEBOOK GROUP to ask any questions or just share what's happening for you – it always helps.

If you need some more help, then I offer 'unblocking sessions, personal brand sessions just for my members or clients.

**FIND OUT MORE**

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