

THE BIG LIFE

ONLINE TRAINING  
WORKBOOK

Attract Abundance in 10 Simple Steps

—  
*with your host, Carl Harvey*

# Abundance Attraction

## Discover 10 Steps To Effortlessly Create The Abundant, Happy and Successful BIG Life Of Your Dreams

In this training session, you will discover TEN key principles for attracting – and creating – **ever-increasing levels of abundance**... these are hard-fought insights I've uncovered interviewing the biggest experts in personal growth.

You're getting the exact beliefs, strategies and systems that legends like T. Harv Eker, John Assaraf, Jack Canfield, Bob Proctor, Christie Marie Sheldon, Lisa Nichols, Dr Joe Vitale, Bob Doyle, Carol Tuttle and Tom Cronin use to live big, happy, abundant lives.

I continue to experiment with these 10 principles in my life – and continue to be *humbled* by the results. Not only will they help you create more financial abundance, but **abundance in every sense** – passion, love, fulfilment, adventure, joy, enthusiasm, service... and more.

I'm convinced that if you TAKE ACTION on even a fraction of what you learn on today's training, you will start to benefit, almost instantly.

And the results only get better with time, and practice!

Enjoy,

Carl Harvey  
Host, The Big Life

P.S. There's plenty of "fill in the blanks" space in this workbook. Make sure you fill it out – you'll get **WAY better results**, retain more of what you learn... *and* be able to look back and see how much you've grown :-)







Principle #4: Take \_\_\_\_\_ % R \_\_\_\_\_

The more R \_\_\_\_\_ you take, the more M \_\_\_\_\_ you make.

Even though it feels good in the moment, when you B \_\_\_\_\_ others - or C \_\_\_\_\_ you LOWER your personal power and magnetism.

If you want to attract and create abundance, this must be SKY HIGH!

Plus, you actively R \_\_\_\_\_ abundance when you make excuses.

“Argue for your L \_\_\_\_\_ , and they’re yours.” - Richard Bach

**EXERCISE:** Where have you NOT been taking full responsibility for your current level of abundance?

(Write down anyone / anything you’ve been blaming or complaining about - or using to justify your current results - like your boss, the economy, your parents, your limiting beliefs, your age, education, etc. BE HONEST! :)

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**NOTES AND KEY INSIGHTS:**

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## Principle #5: G \_\_\_\_\_ V \_\_\_\_\_

Abundance comes from:

=> Solving P \_\_\_\_\_

=> H \_\_\_\_\_ People

In other words, it comes from P \_\_\_\_\_ V \_\_\_\_\_ !

Deepak Chopra teaches in *7 Spiritual Laws of Success*  
"The Law of G \_\_\_\_\_"

This states: the more you G \_\_\_\_\_ the more you R \_\_\_\_\_

Dr Joe Vitale - "You can't out-give the U \_\_\_\_\_"

You DON'T simply focus on "How can I M \_\_\_\_\_ more M \_\_\_\_\_ ?"

Instead, put your focus and attention on:

How Can I GIVE More V \_\_\_\_\_ ?

Have a B \_\_\_\_\_ Impact ?

H \_\_\_\_\_ more people?

### NOTES AND KEY INSIGHTS:

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## Principle #9: Be G\_\_\_\_\_

Whatever you F \_\_\_\_\_ on, you get M\_\_\_\_\_ of.

So when you focus on L \_\_\_\_\_ that's what you'll attract.

But when you are G \_\_\_\_\_ for A \_\_\_\_\_, you get more abundance.

When you appreciate all the P \_\_\_\_\_ in your life – and all your blessings and successes – you attract more to be grateful for.

Spend time every day feeling gratitude for what you already have.... it's truly M \_\_\_\_\_ !

**EXERCISE:** Write down all the abundance you already have, and that you're grateful for.

(Bonus points: FEEL the emotion of gratitude now, as you write.)

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**NOTES AND KEY INSIGHTS:**

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## Principle #10: U \_\_\_\_\_

T. Harv Eker says if you want to create abundance, you must aim to be the B\_\_\_\_\_ in the W\_\_\_\_\_ at whatever it is you do.

You simply must L \_\_\_\_\_ new skills.

As Napoleon Hill wrote in *Think and Grow Rich*, "Specialised K \_\_\_\_\_ is the fourth step to riches."

You can't just M \_\_\_\_\_ or attract abundance....

The more you study - and T \_\_\_\_\_ A \_\_\_\_\_ - the more abundance you'll CREATE.

Also, you become like who you S \_\_\_\_\_ the most time with...

So make sure your community and social group are positive, abundant, supportive, happy, ambitious, lovely... and sexy :-)

2 key principles here:

1. L \_\_\_\_\_ from the very best teachers.
2. Surround yourself with people who I \_\_\_\_\_ you.

### NOTES AND KEY INSIGHTS:

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