

The 30-Day Prosperity Challenge Process:



Set aside **30 minutes each day** to commit to the Prosperity Consciousness Expansion Process.

- Spend 5 minutes allowing yourself to get centered and peaceful. Release all worries, fears, and concerns and focus on your breath, becoming very aware of your inhalation (thinking the words “I am one...”) and exhalation (“with the One.”)
- Focus your attention on the affirmation of the day (listed below). Repeat it aloud a minimum of three times, and write it three times in your journal. Then close your eyes and meditate on the affirmation for 10 minutes or longer.
- Once you come out of your meditation, capture any thoughts you have in your Prosperity Journal. Thoughts might include people to forgive, things or beliefs to release, fears to face and act through, service for you to provide, and Divine ideas to attract prosperity.
- At the end of each day, determine the appropriate amount for your Spiritual Giving Practice, based on income (both expected and unexpected), applying the percentage you selected. Using your Spiritual Prosperity Practice Envelope, prayerfully and joyfully deposit the appropriate amount into the envelope, saying again the affirmation for the day. Record your deposit in your Journal, and check off the day on your calendar to celebrate your successful accomplishment of the Prosperity Plan.
- At the end of each week, choose one or more channels contributing to your spiritual enrichment and make donations to sources of your spiritual enrichment (using the money you have placed in your envelope) as your **Prosperity Celebration** for the week. Repeat all the affirmations you have used throughout the week, with enthusiasm and joy. Honor your generosity of spirit as you give.
- **Share your experiences with a “Prosperity Partner” (someone willing to go through this challenge with you).** This reinforces your commitment to continue with the Challenge — and it contributes to your Prosperity Experience. (One big secret of Prosperity consciousness is a Consciousness of Giving, and by sharing your experiences and giving feedback to others, you are priming the Prosperity Pump!) If you can’t find a partner, consider us as supporting you — and email us to keep us posted on your progress!

Affirmations:

Below you will see five different affirmations. Use one each day, going through each of them six times during the 30-day process. Feel free to adapt these slightly to include whatever term resonates with you, such as Divine Spirit, Field of Infinite Potential, The One, God, etc.

- #1:** My Consciousness is greater than any fear I feel! I am one with the instant, constant, inexhaustible Source of my abundant, manifested supply. (Days 1, 6, 11, 16, 21, 26)
- #2:** I release everyone who has injured or harmed me in any way, and affirm the highest and best for each person. I also forgive myself for any choices I have made that were not for my highest good. My way is now clear and free for abundant flow in unexpected and amazing ways. (Days 2, 7, 12, 17, 22, 27)
- #3:** I let go of anything that is no longer serving me, and open sacred space for my abundant good to manifest. I give and receive joyfully, knowing there is always plenty! I am meant to prosper! I am rich, healthy, happy, and at peace in all areas of my life. (Days 3, 8, 13, 18, 23, 28)
- #4:** Only thoughts of health, plenty, and joy fill my mind. I step forward in faith, knowing the Infinite Field of Potential is open to me, and I am richly blessed. I deserve to be prosperous, and money flows to me easily and effortlessly! (Days 4, 9, 14, 19, 24, 29)
- #5:** Nothing stands in my way of Divine Abundance! I sizzle with zeal and enthusiasm, living in a spirit of generosity and love, knowing that abundant resources are manifesting with speed, ease, comfort, and joy! I am grateful! (Days 5, 10, 15, 20, 25, 30)