

## **Abraham-Hicks 30 day challenge**

There are a few specific things to do that Abraham mentions but the main idea is to focus ALL your attention on your Vortex reality and feeling good.

### 1. Stop watching TV

No TV for 30 days could be really difficult for you, or it could be really easy. The main thing is to not engage in anything that pulls your focus away from feeling good. If the news brings you down or makes you angry, don't watch it. If you feel guilty about your time spent watching TV, don't do it. It's up to you to determine how much TV, if any, keeps you in the vortex.

### 2. Stay off social media

For the next 30 days try to stay away from social media as much as you possibly can. You have to make the decisions as to what you feel able to withdraw from and what you feel that you can't. But the more you are exposed to other's thoughts, the more you are influenced by them. And let's face it, social media is full of annoyances.

### 3. Focus on your Vortex; Let your dominant intent be the attracting of what you want

Spend as much time as possible focusing on what you know you already have in your vortex escrow. What desire rockets have you already launched? Every day, make it a priority to focus on the attracting of what you want. Make it important to you to always be attracting what you want. Make it matter to you how you feel.

### 4. Make lists of positive aspects

Get a 'Positive Aspects Notebook' and write in it every day. Write as much as you have time for. Write about all the positive things in your life. Write down everything that is good in your life. If all you can come up with is "I like that I have a roof over my head" then write that down. Try to feel as much appreciation as possible. If you feel grateful for

your soft blanket, write that down, then also write down how much you appreciate the hands that made it, the brains that invented polyester, the store that stocked it, the system of money that enabled you to bring it into your life, etc.

#### 5. Meditate

Meditation is a great way to release resistance and accept expansion. Meditate every day. As part of this step, do the Bedtime Exercise from page 98 in the book.

#### 6. When inspired, act

On about day 3 or 4 you will start to feel inspired to act in new ways. Follow through with the inspiration. If you can, do it as soon as you feel the inspiration. This will be Source calling you towards the things that you have been wanting.

#### 7. Write down things as they show up

After the first few days you will start to see manifestations show up and as you notice them write them down in your notebook. Feel appreciation for every little thing because they are indicators that what you are doing is working. Appreciation for the things that show up will create more of the same. These manifestations can be big or small. It could be a thought or a feeling or an idea.

#### 8. Look at the things that you want

Go to shops and look at the clothes that you want. Go look at the cars that you want to drive. Go look at all the beautiful things that you want to attract. Appreciate them and the people who created them.

#### 9. Watch the people who are how you want to be

Watch rich people if you want to be rich. Watch the people who are famous if you want to be famous. Watch people who have what you want. Watch people who are doing what you want to be doing. Watch people who have the personality traits that you want to have. etc.