

I Could if I Wanted To

This exercise helps you create a sense of abundance and prosperity, which helps align your thoughts to these states of being and sets a pattern of abundance in motion.

Find a bill that represents more money than you feel comfortable spending “frivolously” (\$100, \$50 or \$20 bill) and carry it around with you everywhere.

When you see something you would like, instead of thinking, “Oh, I can’t afford that” or “No, I shouldn’t buy that” say to yourself, “I could get that if I wanted to. I have the money right here in my pocket or purse”.

Doing this helps shift your thinking from “No I can’t” to “I could if I wanted to” and the more you dwell on “I could if I wanted to”, the more you begin to see yourself as having the resources to obtain things you really would like, if you chose to buy them.

This exercise is *not about spending the money*; it’s about shifting your thought process from one of continuous lack (no I can’t) to one of continuous abundance (well, if I really wanted to, I could).

It is very important not to get caught up in the rationalizing that can go along with doing this. You might tell yourself that you could buy something if you wanted to and then immediately think, “But I won’t because I really can’t afford to.” This completely defeats the purpose of the exercise. Instead, only focus on the thoughts of having the ability to buy what you want.

Have fun being abundant!