

40-DAY ABUNDANCE PLAN

A practice of consciously choosing abundance

"I choose eternal abundance in my life."

DAGMARA COACHING INTERNATIONAL

The intention of the plan

Prosperity begins with the awareness that abundance is not only a state of having. It is also an inner experience of safety, love, worthiness, openness, and trust in life.

Ask yourself:

What nourishes me? What sustains me? What is already an expression of abundance in my life?

Write down everything that comes to mind: people, experiences, talents, health, knowledge, opportunities, relationships, places, and material resources. This practice does not replace action. It helps you direct your attention toward possibilities and make more conscious decisions.

Opening declaration

“Today, I no longer regard visible money as the sole source of my supply and support. I recognize the material world as an effect and a gift of the Universe. I declare that my Divine Heritage flows from the essence of the Universe. I recognize the Universe as the source of my substance, supply, and support.”

Write this declaration in your journal at the beginning of the 40-day practice.

How to follow the practice

1. Choose a specific starting date and mark the completion date on your calendar.
2. Each day, read all statements assigned to that day.
3. Pause for several minutes and consciously feel the meaning of the words.
4. Record your thoughts, ideas, feelings, and observed changes in your journal.
5. Repeat the ten-day cycle four times. If you miss a day, begin the plan again from Day 1.

Structure of each cycle

Cycle day	Read statements
1	1
2	1-2
3	1-3
4	1-4
5	1-5
6	1-6
7	1-7
8	1-8
9	1-9
10	1-10

Statements 1-5

1.

I know that energy follows thought, and I have as much abundance in my life as I choose. I choose eternal abundance in my life.

2.

I am rich, whole, complete, loving, and loved. I am highly successful. I see prosperity in my mind and body, my relationships, my accomplishments, and throughout my wonderfully abundant life.

3.

I forgive myself and everyone else. I know that by being here in this present moment, I claim my Divine birthright of abundance as a Being who is One with the Divine Source and All That Is.

4.

I consciously recognize that I AM overflowing abundance and an abundant supply. My consciousness is the very energy of abundance, and it has no limits.

5.

Every expression of my success is Divine activity. Creating a product or serving others in any way is my Divine Consciousness expressing its creative activity. My role is to remain aware of this truth and keep the channel open.

Statements 6-10

6.

I have released the gold mine within me. I am connected to the eternal golden stream of prosperity. Unexpected doors open, new channels appear, and endless abundance comes to me under grace and in perfect ways.

7.

I am serious about prosperity, and I maintain the consciousness of having rather than remaining in the energy of wanting.

8.

I am serious about prosperity, and I live my dream NOW rather than merely dreaming about how I want to live.

9.

I live according to my Divine Image. I allow scenes of abundant living to flow as though they have already happened, rather than placing them in the future. My Creative Mind recognizes that I am already in the flow and that the manifestation of prosperity is complete.

10.

In my consciousness, I see myself creatively living my dream of self-sustaining abundant prosperity, love, and peace in my healthy body, home, and community.

40-day tracker

Mark each completed day. The tracker shows which statements to read.

Day 1 Statements 1-1 ☐ completed	Day 11 Statements 1-1 ☐ completed	Day 21 Statements 1-1 ☐ completed	Day 31 Statements 1-1 ☐ completed
Day 2 Statements 1-2 ☐ completed	Day 12 Statements 1-2 ☐ completed	Day 22 Statements 1-2 ☐ completed	Day 32 Statements 1-2 ☐ completed
Day 3 Statements 1-3 ☐ completed	Day 13 Statements 1-3 ☐ completed	Day 23 Statements 1-3 ☐ completed	Day 33 Statements 1-3 ☐ completed
Day 4 Statements 1-4 ☐ completed	Day 14 Statements 1-4 ☐ completed	Day 24 Statements 1-4 ☐ completed	Day 34 Statements 1-4 ☐ completed
Day 5 Statements 1-5 ☐ completed	Day 15 Statements 1-5 ☐ completed	Day 25 Statements 1-5 ☐ completed	Day 35 Statements 1-5 ☐ completed
Day 6 Statements 1-6 ☐ completed	Day 16 Statements 1-6 ☐ completed	Day 26 Statements 1-6 ☐ completed	Day 36 Statements 1-6 ☐ completed
Day 7 Statements 1-7 ☐ completed	Day 17 Statements 1-7 ☐ completed	Day 27 Statements 1-7 ☐ completed	Day 37 Statements 1-7 ☐ completed
Day 8 Statements 1-8 ☐ completed	Day 18 Statements 1-8 ☐ completed	Day 28 Statements 1-8 ☐ completed	Day 38 Statements 1-8 ☐ completed
Day 9 Statements 1-9 ☐ completed	Day 19 Statements 1-9 ☐ completed	Day 29 Statements 1-9 ☐ completed	Day 39 Statements 1-9 ☐ completed
Day 10 Statements 1-10 ☐ completed	Day 20 Statements 1-10 ☐ completed	Day 30 Statements 1-10 ☐ completed	Day 40 Statements 1-10 ☐ completed

Notes and observations

How is my thinking changing? What opportunities am I beginning to notice? What specific actions am I taking?

Abundance grows when awareness meets gratitude, responsibility, and action.