

# DAY 1



FORENSIC HEALING

**REMOVE FINANCIAL BLOCKS  
& CREATE ABUNDANCE  
30 DAY FB CHALLENGE**

### Day 1: Welcome to the 30-Day Abundance Challenge

The three key points to transformation are knowledge, application and consistency. You will learn how the universal laws apply to create abundance. This includes the laws of attraction, or what you think and feel creates your reality. Changing your energy requires understanding yourself and being aware of your behaviour and habits.

This course will reveal and reverse the negative conditioning and programming that has kept you financially disempowered. You will cover every vital aspect to advance your prosperity levels in reading, exercises, videos and action steps that you complete.

Just as the Forensic Healing system covers every powerful avenue of using energy to heal in a physical, emotional and spiritual manner, this course is no different. You will be amazed at the depth you will reach to create financial abundance. Gaining financial abundance is a science and the laws and methods are all contained in this course.

The process of overcoming yourself and your weaknesses is a journey. Committing to your spiritual growth is a big part of becoming financially free. You will uncover how you have protected and maintained negative beliefs that have created your life.

For example, if you are complaining that things are not changing, then this is one of your behaviours to change. You will learn that your unconscious thoughts and feelings that you haven't addressed, are creating your reality.



## 30 Day Abundance Challenge



The answers to your life lie within you. You are a vibrational being and when you comprehend that abundance and spirituality go together, you will free yourself of inner conflict.

The 30-day abundance challenge is powered by Forensic Healing which is a power unto its own. It is a reservoir of amazing energy that will support you. You will be elevated and motivated by others' transformations and abundance creations.

There is nothing more powerful and life-changing than consistently applying new concepts in your daily life, therefore you will receive media and materials that cover specific topics daily. Each day builds on the next to create permanent change. If you miss a day, that won't matter. The materials can be accessed and reviewed at any time.

You will become the driver and navigator of your life, and no longer a victim to your circumstances. You have the option to repeat this course as many times as you choose.

If you are committed to your abundance levels, you can keep the financial abundance momentum going as the sky's the limit.

NOTE: Be mindful of how you express yourself with your money issues. This will reveal underlying thought patterns and why you keep yourself stuck.

**The more time and effort you INVEST in creating and changing your abundant blueprint, the more abundance you generate.  
The tools are all here. Now it is up to you!**

### **ACTIONS:**

- \*Feel free to download the design "OMG! Could this day get any better?"
- \*Fill out your list on what you want and why you want it.
- \*Find an abundance buddy to interact with so you can instill your new behaviours

### **Exercise 1: What Do You Want - The Sky's The Limit**

## 30 Day Abundance Challenge

Powered by  forensichealing™

	List what you want	Why you want it
1		
2		
3		
4		
5		
6		
7		