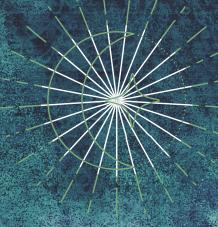
## PROSPERITY (H) sk and you shall receive

Use these tools to activate your power, remember your goals, and appreciate your gifts.



## TOOLS NEEDED FOR YOUR JAR

- 1. A clear jar (or container that displays well)
- Coin/money. Or Something highly valuable to you that will fit in your container (ex: jewelry, heirloom, gift)
- 3. A scent Stick: could be cinnamon, incense, palo santo, mini smudge stick
- 4. Paper or leaf you can write on.
- 5. Something green (crystals, etc).
- 6. Pen or marker
- 7. Journal and handout (handout is a calendar)

Each of these items can be found easily found around your home, or feel free to buy a new item for your jar.

## **HOW TO USE THE CALENDAR**

- Keep your calendar and jar where you will see it.
- Reconnect with your items, embody your intention with a deep breath in and mindfulness practice
- Close your eyes, hold your jar, and announce your affirmation in present tense (EX: "I am wealthy")
- Every time you receive a gift from the universe, mark it in your calendar with your symbol of gratitude.
- Look back on your month to see how often you have been receiving gifts.

SYMBOL OF GRATITUDE:

MY AFFIRMATION:

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23		2-		07
2	20	25	24	25	26	27
28	29	30	31			

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