

1:1 Support



# ABUNDANCE MANIFESTO

with Barbara Swiatkiwsky

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## The Abundant Woman

- follows a NO EXCUSES policy
- takes personal responsibility for getting the most out of our support sessions
- chooses to implement new strategies
- bravely stretches beyond what is comfortable
- practices self-care on a regular basis
- chooses to actively live in high vibration and come to problems or set backs with a solution-focused mindset
- is playful, fun and enjoys her journey

