

# 30DayJourney

DAY 15:  
SEE THE  
GLASS AS  
HALF-FULL



**Watch:** Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

**Think:** Examine your mindset when it comes to scarcity and abundance. Do you see the glass of life as half-full or half-empty? Think about how you can embrace abundance more wholeheartedly.

**Do:** Give away something you value today with the mindset that it's going *toward* something good, not *away* from you forever. You can give money to a charity. You can give a valued object to a friend or family member with no strings attached. Be creative, and be generous.

**Tell:** After you've done something generous for someone else, tell others about it. If you use social media, share using the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

**Abundance comes to people  
who expect abundance.**

