

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.**

