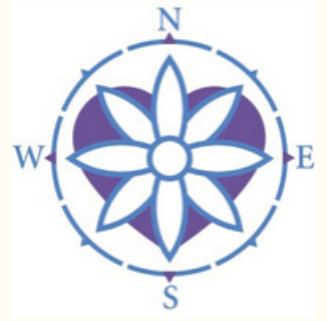


# 4-steps to simple abundance



[CompassionateConnecting.com/blog/simple-abundance](https://CompassionateConnecting.com/blog/simple-abundance)

- 1. List one thing you do that brings joy — this is a strategy.**
- 2. Why does that strategy bring you joy? Identify the needs/values satisfied.**
- 3. For the need/value that has the most intensity, list 3-5 new strategies to satisfy it.**
- 4. If you're feeling contentment in the abundance of options, you're done! — Otherwise, repeat...**

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