

UNASHAMEDLY *You*  
ABUNDANCE WORKBOOK



*Jamie Herndon*

## MEET THE FOUNDER

Some facts about me:

- Wife to Matt
- Mom to 2 girls & 1 boy
- Directional Coach

I am a regular mom and wife, who lives a busy life, with great passion for encouraging other women to live their most abundant life.

### CONTACT ME:

Unashamedly.you@gmail.com

# WELCOME TO UNASHAMEDLY *You*

## HEY SIS!

I'm so happy that you're here! I know what it's like to have the feeling deep inside that God has a life of abundance for me, but no real guidance on how to make it happen. How to live in abundance verses scarcity; That's why I've created this free workbook.

A few years back, life was completely different for me. I knew that I was called for more, but I didn't know how to get from point A to point B.

I was a stay at home mom when God started making us uncomfortable financially to the point I decided to start working with a social marketing company to make an income while still being a present mom. We saw amazing success, and I felt I was serving my purpose leading a team of women and training them how to level up their mindset and see they're made for more. However, God started calling me to a place of fully trusting Him to let go of what I had built with a company, and to go out and offer these things to all Kingdom minded women wanting to serve in their purpose. While I was "passionate" about my team and company, I started slowly letting go of it all and focusing on finding a bigger purpose and calling.

Was it easy? Absolutely not! But over the past few years, I've learned so much valuable information and now I feel my calling is to share it with you. I'm here to help you realize God wants you to live a life of more, a life filled with purpose; Not just living day by day, but living in dominion; Living a life filled with abundance. Let's dive in!

HUGS,

*Jamie*

# DEFINITION OF *Abundance*

an ample quantity relative degree of plentifulness

Before you can move into an abundance mindset you have to know where your mindset on abundance is right now.

**WHAT DOES THE WORD  
ABUNDANCE MEAN TO YOU?**

**FIRST THING YOU THINK OF WHEN  
YOU THINK OF ABUNDANCE?**

**WHAT AREA OF LIFE DO YOU FEEL  
YOU ARE LIVING IN ABUNDANCE?**

**WHAT AREA OF YOUR LIFE WOULD YOU  
LIKE TO MOVE INTO ABUNDANCE?**

*Now to him who is able to do far more abundantly than all that we ask or think,  
according to the power at work within us. Ephesians 3:20*

# ABUNDANCE

doesn't have to just be positive- we can believe in abundance for the negative, but then we wonder why we are attracting so many negative things in our lives?

01

Do you feel like you have an abundance of bills and/or problems?

02

Do you have an abundance of good things in your life?

03

Are you living in a scarcity mindset or an abundance mindset?

04

Do you think there is a life of abundance for you?

05

Does God want you to live in abundance?

The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

**LUKE 6:45 ESV**