

ABUNDANT EVER AFTER

TOOLS FOR CREATING
A LIFE OF
PROSPERITY AND EASE

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Tune Your Receiver

A COMPANION
& BOOK CLUB GUIDE
FOR
ABUNDANT EVER AFTER
BY
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Hi there, beautiful soul!

I'm honored and thrilled to walk alongside you on your abundance journey.

Let this companion guide be your partner as you reflect on the key concepts offered in the book and actively apply what you've learned.

Remember that abundance is your birthright. When you intentionally create your reality from a place of wholeness, your dreams cannot miss you.

XO. Cathy

Chapter 1: Abundance = Be a Receiver

Key Takeaways

- ★ We didn't come into this world for a pile of things. We came for an elevated state of consciousness and connection to the fullness of our own life force.
- ★ Everything you desire in life is already here. You don't have to attract it. You just have to receive it.
- ★ All potentials exist in this moment, and the reality you're in is the one you're attuned to.
- ★ Abundance is your inherent right. Everything in this natural world is here to thrive and expand.
- ★ Our job here is to have radical reception and to be receivers, period.
- ★ Surrender the mind. Your soul is welcoming you home..

Discussion Questions

How do you define abundance in your life?

Chapter 1: Abundance = Be a Receiver

Discussion Questions

What is your understanding of being a "receiver"?
How can this mindset shift impact your daily life?

In what ways do you regularly connect with yourself?
How do you walk yourself back "home"?

Chapter 2: Connecting to the Divine



Key Takeaways

- ★ When we stop doing and sit in our stillness, we connect to the divine and our true Self.
- ★ The most powerful resource is love, and we are love itself.
- ★ Abundance is a state of being, not material things.
- ★ Oneness isn't sameness. Each thread in the tapestry may be different, but we're all part of the greater whole.

Discussion Questions

What role does stillness play in connecting to your inner Self?

Chapter 2: Connecting to the Divine



Discussion Questions

How do you experience love as a resource in your life?

How do you see oneness in your relationships with others?

Chapter 3: Dream a Bigger Dream

Key Takeaways

- ★ Don't make limitation your reality. Your capacity to experience life is calling out to you.
- ★ Move into nobody, nowhere, no time — your essence, where all potentials exist.
- ★ Drop the ego and fear. Creation happens in wholeness.
- ★ You have the freedom to live a life of ease, flow, and expansion.

Discussion Questions

In what areas of your life do you feel limited?
How can you shift to a more expansive mindset?

Chapter 3: Dream a Bigger Dream



Discussion Questions

How do you connect with your essence beyond ego?

What does "living in wholeness" mean to you?

Chapter 4: External Noise



Key Takeaways

- ★ You're offering your energy and vibration to the world.
- ★ Stop chasing the dream and enjoy the music that's been there all along.
- ★ The satisfaction comes from solving problems, finding courage, and allowing ease.
- ★ It's about who we become by working toward our goals.

Discussion Questions

How does your energy impact those around you?

Chapter 4: External Noise



Discussion Questions

What does it mean to "enjoy the music" in your life?

A large, empty rectangular box with a light beige background and a thin gold border, intended for writing an answer to the first discussion question.

How can you find more joy in the journey rather than the destination?

A large, empty rectangular box with a light beige background and a thin gold border, intended for writing an answer to the second discussion question.

Chapter 5: Test Your Limits



Key Takeaways

- ★ Your reality is created through your beliefs.
- ★ You are safe to receive abundance and be in flow.
- ★ How much can you receive? The answer is "endless."
- ★ Abundance creates more abundance.

Discussion Questions

How do your beliefs shape your reality?

Chapter 5: Test Your Limits



Discussion Questions

What does it mean to feel safe in receiving abundance?

In what ways can abundance create more abundance in your life?

Chapter 6: Set Yourself Apart from the Static

Key Takeaways

- ★ You are the director of your life's movie.
- ★ Meditation is about changing your relationship with thoughts and accessing your wise, essential consciousness.
- ★ We are so much bigger than our thoughts.
- ★ Make time to be unproductive and just be...

Discussion Questions

What kind of movie are you currently directing in your life?

Chapter 6: Set Yourself Apart from the Static

Discussion Questions

How can you change your relationship with your thoughts?

What creative ideas come to you in moments of stillness?

Chapter 7: Please Yourself



Key Takeaways

- ★ If we don't belong to ourselves, we don't belong to anyone.
- ★ Be bold—it's your one and only life.
Don't miss the thrill of being who you were created to be.
- ★ We're not designed to be all things to everyone.
We are meant to be unapologetically true to ourselves.
- ★ Play your authentic notes and let others follow suit.

Discussion Questions

How do you stay true to yourself in a world that asks for so much from us?

Chapter 7: Please Yourself



Discussion Questions

What bold steps have you taken in your life, and what bold steps are you ready to take?

How can you encourage others to be their authentic selves?

Chapter 8: Worthy of More



Key Takeaways

- ★ You are worthy to receive abundance simply because a soul is worthy.
- ★ You get what you have the courage to ask for and the capacity to receive.
- ★ Love is about giving, and one of the most beautiful ways to give is to receive.

Discussion Questions

How do you view your own worthiness when it comes to receiving abundance?

Chapter 8: Worthy of More



Discussion Questions

What have you asked for recently, and how did it feel to receive it?

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How can you cultivate a more abundant mindset in your relationships?

Blank space for writing the answer to the second discussion question.

Chapter 9: The Wealthy Woman Within

Key Takeaways

- ★ To raise your net worth, you must increase your sense of self-worth.
- ★ You are equipped with the greatest gift - the love that comes to and through you.
- ★ Abundance is an endless frequency available to everyone.

Discussion Questions

What daily practices can you implement to increase your sense of self-worth?

Chapter 9: The Wealthy Woman Within

Discussion Questions

How does your connection to love influence your abundance?

What beliefs around abundance are you ready to let go of?

Chapter 10: Invest in Yourself



Key Takeaways

- ★ Your attention and presence are the greatest gifts you can give.
- ★ You receive what you have the courage to ask for.
- ★ Money is like rain—it energizes whatever is there.

Discussion Questions

How do you show up fully present for others in your life?

Chapter 10: Invest in Yourself



Discussion Questions

What would you ask for if you knew you couldn't fail?

How do you feel about money as a resource for growth?

Chapter 11: Practice Purpose



Key Takeaways

- ★ The opposite of depression is purpose, not happiness.
- ★ You don't need to know the destination, just follow your enthusiasm and joy.
- ★ Ask yourself every day, "How can I connect with someone today?"

Discussion Questions

What gives you a sense of purpose in your life?

Chapter 11: Practice Purpose



Discussion Questions

How do you follow your enthusiasm and joy, even in small ways?

How can you make a difference in one person's life today?

Chapter 12: find Your Confidence

Key Takeaways

- ★ Courage comes before confidence.
- ★ It takes only 20 seconds of courage to change your life.
- ★ We overestimate what we need to have a more abundant life and underestimate what we can create by showing up.

Discussion Questions

When was the last time you showed courage, and what came from it?

Chapter 12: find Your Confidence



Discussion Questions

How can you give yourself permission to be a "C student" and just start?

What small step can you take toward your abundant life today?

Chapter 13: Create in the Moment



Key Takeaways

- ★ Creative ideas, impulses, and synchronicities are found in the present moment.
- ★ Abundance can't miss you when you allow for creative thought.
- ★ We get what we expect, so we should expect miracles.

Discussion Questions

How do you tap into your creative reserves?

Chapter 13: Create in the Moment



Discussion Questions

What creative thoughts or impulses have you had recently?

How can you set the expectation for miracles in your life?

Chapter 14: Be a Receiver



Key Takeaways

- ★ The universe will match whatever wavelength you're on.
- ★ It's not about what you do, it's about who you are.
- ★ The "How" is not our job.
Dream the dream and take one actionable step forward.

Discussion Questions

How do you feel about the unknown? How can you trust it more?

Chapter 14: Be a Receiver



Discussion Questions

What actionable step can you take today toward your dream?

How do you shift your vibration to match what you want to attract?

Thank you!

Thank you for taking the time to not only read this book, which I poured my heart and soul into, but for going a step deeper by reflecting on what you've learned with me. The 2-degree shifts you've experienced along the way have already created ripples of love and magic.

If you need further support we'll keep updating CathyHeller.com/More with resources and ways to work with me.

If you have questions or comments you can always email me at hello@cathyheller.com

XO. Cathy

