

THE ABUNDANCE I OVERLOOK

**An Eight-Week Practice for Noticing
the Abundance Already Here**



THE INNER LISTENER

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Noticing patterns that have been held back for a long time can sometimes bring up stronger feelings than expected. If that happens, pause the practice and speak with a qualified professional. There is no benefit to pushing through discomfort here, and the journal can always be picked back up later.

Layout & Design: The Inner Listener

Published by: The Inner Listener

theinnerlistenerhub.com

First Printing: 2026

BEFORE YOU BEGIN

Welcome

This is an invitation to notice, on purpose, just how much abundance is already quietly here, running so smoothly it stopped announcing itself.

The practice is light. Each day, you name one good, ordinary thing, let yourself actually feel it for a moment, and finish one honest sentence about the abundance already here. Nothing here needs to be dramatic. The smaller and more ordinary, the better it tends to work.

What will it look like? Eight weeks, each one built around a different place goodness quietly gathers, the senses, the people already close, small comforts, skills, resolved worries, ordinary days, small repeatable joys, and finally the present moment itself. One page a day, a short look-back every six days, and an overview at the back so the whole pattern shows up in one place.

What changes by the end of the eight weeks? A written, specific, ever-growing record of how much was already good, one small thing at a time, and a felt sense, not just an idea, of being genuinely happy, loved, and abundant right now.

If a day or two gets missed within a week, nothing beyond that week is affected, since each week stands entirely on its own.

WORTH ASKING

Why Journal This?

Noticing what already works rarely happens by accident. Writing it down does. It is one thing to feel, vaguely, that things are basically fine. It is another thing to name the specific, ordinary thing that made today good, and let yourself feel it properly, on the page, where it can actually take root.

The writer **G.K. Chesterton** wrote, "The world will never starve for want of wonders, but only for want of wonder."

Most of what this journal asks you to do is supply the wonder, a few lines at a time, for the abundance that was already here.

Cicero called gratitude not only the greatest of virtues, but the parent of all the others. A parent virtue does not stay small for long, and this journal is simply the daily practice that lets it grow into everything else.

Naming today's good is never a small act. Each page is a signal sent ahead of you, training your attention to find more of exactly this. The more clearly you can see the abundance already here, the more easily you recognise it the next time it arrives wearing a bigger shape.

This is where it begins, not with the bigger blessing you are still waiting for, but with the quiet one already sitting on this page.

WORTH KNOWING

The Shape of This Practice

The Good

The plain, ordinary thing that is already true today, and already worth naming.

Feel It

Pausing long enough to actually feel a good thing, rather than noting it and moving straight past.

The Abundance

Naming, in your own words, the abundance already here, without waiting for it to become more.

HOW TO USE THIS JOURNAL

The Daily Rhythm

The Good. Name one specific good thing from today, ordinary is fine, small is even better.

Feel It. Pause for a moment and actually feel it, rather than just noting it and moving on.

The Abundance. Finish the sentence, "Today, I have an abundance of..." This is the heart of the page.

Some prompts may bring up more than three lines can hold; if that happens, it is fine to write only part of it, or come back another day. There is no wrong way to enjoy this.

Three Small Things to Remember:

Protect your privacy: You never need to write full names. Initials, a nickname, or simply "someone from work" hold just as much truth as a real name.

Keep it light: Some moments bring up more than a few lines can hold. If that happens, it is completely fine to write only part of it, skip a day, or come back later.

Know your limits: A journal is a quiet space for awareness, but a trusted person or a professional is always a better place for anything heavier than a page is meant to carry.

Stuck Naming What Is Already Good?

Some days the good thing is obvious. Other days everything feels pleasantly ordinary, and that is exactly the kind of day this journal is for. If nothing comes to mind straight away, borrow a word below, or use it to point toward your own.

Feelings worth noticing

Relief / Ease / Warmth / Steadiness / Quiet Contentment

Small things people overlook, week after week

A sense that quietly works / A person who stayed / A roof that holds / A skill they stopped noticing / A problem that quietly passed / A longing look from your pet for attention.

Ways to enjoy it a little more

Name it specifically / Say thank you out loud / Sit with it for one extra breath / Write down the ordinary version, not the impressive one

None of these need to be exact. Naming the shape of today's abundance is usually enough to start feeling it.

Where Abundance Likes to Hide

Abundance rarely announces itself loudly. More often, it is hiding in plain sight, in places like these.

Hiding in the senses

A colour or sound taken in without noticing / A texture, taste, or smell that quietly added something / A sense that simply works, all day, without being asked to.

Hiding in the people nearby

Someone who is simply, reliably there / A small kindness offered without being asked / A memory or habit someone gave you that still shapes your day / A warm welcome from your pet after a long day at work.

Hiding in ordinary moments

A day where nothing dramatic happened, and that was genuinely fine / A small comfort making an ordinary task easier / A worry that quietly stopped being one

None of this needs to be dramatic to count. It is simply worth noticing, the same warm way this journal asks you to notice everything else.

BEFORE DAY ONE

How This Works

This journal is not asking you to feel grateful on command. Instead, once a day, for eight weeks, it asks you to notice one good, ordinary thing, and actually let yourself feel it.

Each week opens with a different place goodness tends to gather, the senses, the people already close, small comforts, skills, resolved worries, ordinary days, small repeatable joys, and finally the present moment itself. Six days of noticing, then a short, warm review to see what showed up.

It does not need to be impressive. The smaller and more ordinary the good thing, the better this practice tends to work, since the whole point is noticing the abundance already quietly here.

From there, the practice repeats, the same light size and shape, every single week, until noticing abundance starts to happen on its own, without a page prompting it.

BEFORE DAY ONE

Set Your Intention

Before starting Day One, take a moment to name what you are quietly hoping this month of noticing will grow into. Not a strict goal, just an honest starting point.

The bigger thing I am quietly hoping is closer than it feels is:

I will know I am getting there when:

A note for the journey:

Come back to this page whenever a day feels like there is not enough abundance. It is here to remind you what you were actually practising noticing.

“Dedicating a few minutes to this page is the ultimate investment in my own lifelong wellbeing.”