

Integrity

Encourages

self-love
healthy & well
high levels of awareness
love & support
good relationship skills
manages stress well
effective communication
teamwork & leadership
mental fitness
sense of humor & perspective
virtues & principles
manages money issues
abundance
tender loving care
attention & appreciation

Discourages

self- hate
poor health
low levels of awareness
lonely & isolated
lack of skills
in distress or fear
ineffective communication
uncooperative and missing leadership
lack of mental and emotions skills
flight or fight
vices & weaknesses
problems dealing with money
scarcity
"ouches"
lack of acknowledgement

Abundance Company

Bob Czimbai

2501 SE Madison Portland, OR 97214 503/232-3522
Bob@abundancecompany.com www.abundancecompany.com