

ABUNDANT THOUGHT
TRANSFORMATIONAL MENTAL ALCHEMY

The Science of Being Great Course Workbook

10 Core Lessons - Lesson Reviews - Daily Practices - 30-Day Tracker

Use with the Abundant Thought lesson pages and Abundance Alchemy app

abundantthought.com/resources/science-of-being-great

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An Abundant Thought Workbook

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ABUNDANT THOUGHT

HOW TO USE THIS WORKBOOK

This workbook is designed to help you understand, apply, and track The Science of Being Great in a structured, printable format. Each lesson clusters a short set of chapters into one coherent lesson. Read the clustered idea, complete the review, practice the exercise, and choose one concrete action.

The goal is not speed. The goal is understanding that becomes practice.

Use this workbook with:

- **The original text** - read or listen to The Science of Being Great alongside each lesson.
- **The lesson pages** - move through the study path in order and let the sequence work on you.
- **The companion journal** - use it for deeper narrative processing, prayer, and reflection.
- **The Abundance Alchemy app** - carry the daily practice into ordinary life.

Workbook Rhythm

- 1 Begin with the original text**
Read or listen first so the workbook responds to the source, not memory.
- 2 Name the core idea**
Put the lesson in one clear sentence.
- 3 Review honestly**
Notice where your life currently agrees or disagrees with the teaching.
- 4 Apply one exercise**
Turn the idea into a concrete practice.
- 5 Practice one great action**
Do one small thing in a great way today.

ABUNDANT THOUGHT

WORKBOOK MAP

Move through the lessons in order. Repetition is part of the work.

LESSON 1 - CHAPTERS 1-3

Becoming Great

Establish that greatness is not reserved for a few, but is inherent and trainable.

LESSON 2 - CHAPTER 4

Wisdom and the Mind of God

Identify the universal source of wisdom beyond personal intellect.

LESSON 3 - CHAPTERS 5-7

Preparing the Vessel

Clear fear, partial viewpoints, and unworthy motives so truth can be received.

LESSON 4 - CHAPTERS 8-9

Consecration and Identification

Align the whole life with the highest inner principle and recognize unity with the Highest.

LESSON 5 - CHAPTERS 10-11

Idealization and Realization

Hold a high thought-form and express it through present action.

LESSON 6 - CHAPTERS 12-13

Hurry, Habit, and Thought

Replace hurry with poise and passive reading with sustained constructive thought.

LESSON 7 - CHAPTERS 14-15

Greatness at Home and Abroad

Practice greatness in ordinary relationships and public embodiment.

LESSON 8 - CHAPTERS 16-18

Advancing Viewpoint and Service

Relinquish domination and serve through the highest possible self-expression.

LESSON 9 - CHAPTERS 19-21

Evolution, Serving God, and the Mental Exercise

Live as a channel for the advancing life and practice the mental exercise until it becomes habit.

LESSON 10 - CHAPTER 22

Summary and Integration

Consolidate the science of being great into a personal covenant and daily rhythm.

ABUNDANT THOUGHT

LESSON 1 - BECOMING GREAT

"Every person contains the Principle of Power and may awaken genius by becoming self-active."

GREATNESS IS INHERENT AND TRAINABLE.

Chapters 1-3

Word to hold: POWER

CORE FOCUS

Establish that greatness is not reserved for a few, but is inherent and trainable.

IN THIS LESSON

Chapter 1: Any Person May Become Great

The Principle of Power is in every person; greatness awakens through self-active living.

Chapter 2: Heredity and Opportunity

Heredity and circumstance do not finally limit trained faculties and habits.

Chapter 3: The Source of Power

Wisdom knows right ends and means and draws from a larger intelligence.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 1 - PRACTICE & INTEGRATION

Becoming Great

Chapters 1-3 - Word to hold: POWER

REFLECT & APPLY

List inherited limits, old viewpoints, or unworthy motives these chapters invite you to release. Write beside each a greater truth you will practice instead.

TODAY'S PRACTICE

- Notice one inherited limit.
- Choose one self-active step.
- Practice one faculty.
- Do one small thing greatly.

MY GREATNESS STATEMENT

Today I choose to act from the Principle of Power by...

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 2 - WISDOM AND THE MIND OF GOD

"True greatness receives wisdom from Cosmic Intelligence, not from personal intellect alone."

DRAW WISDOM FROM A LARGER INTELLIGENCE.

Chapter 4

Word to hold: WISDOM

CORE FOCUS

Identify the universal source of wisdom beyond personal intellect.

IN THIS LESSON

Chapter 4: The Mind of God

Recognize and draw from Cosmic Intelligence / Universal Mind as the source of truth and power.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 2 - PRACTICE & INTEGRATION

Wisdom and the Mind of God

Chapter 4 - Word to hold: WISDOM

REFLECT & APPLY

Choose one life area where this truth can be expressed. Write the highest end, the honorable means, and the guidance you sense.

TODAY'S PRACTICE

- Pause before one decision.
- Ask for the highest end.
- Choose honorable means.
- Act from guidance.

MY GREATNESS STATEMENT

The highest end I am choosing now is...

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 3 - PREPARING THE VESSEL

"Fear, worry, greed, pride, envy, and condemnation narrow the mind that would receive truth."

CLEAR WHAT BLOCKS TRUTH.

Chapters 5-7

Word to hold: **PREPARATION**

CORE FOCUS

Clear fear, partial viewpoints, and unworthy motives so truth can be received.

IN THIS LESSON

Chapter 5: Preparation

Clear fear, worry, greed, pride, appetite, and unworthy motives so truth can be perceived.

Chapter 6: The Social Point of View

See the world as advancing toward completion; this viewpoint creates faith.

Chapter 7: The Individual Point of View

See yourself and others as advancing beings; condemnation creates a small mind.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 3 - PRACTICE & INTEGRATION

Preparing the Vessel

Chapters 5-7 - Word to hold: PREPARATION

REFLECT & APPLY

List the fears, judgments, or partial viewpoints that narrow your mind. Beside each one, name the advancing viewpoint you will practice.

TODAY'S PRACTICE

- Name one fear.
- Release one condemning thought.
- Practice the advancing viewpoint.
- Choose one constructive word.

MY GREATNESS STATEMENT

The greater truth I am practicing instead is...

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 4 - CONSECRATION AND IDENTIFICATION

"Consecration gathers body, mind, and soul under divine guidance."

ALIGN THE WHOLE LIFE WITH THE HIGHEST.

Chapters 8-9

Word to hold: ALIGNMENT

CORE FOCUS

Align the whole life with the highest inner principle and recognize unity with the Highest.

IN THIS LESSON

Chapter 8: Consecration

Obey the soul and highest inner principle; body, mind, and soul align under divine guidance.

Chapter 9: Identification

Identify with the Highest and recognize unity with divine substance and power.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 4 - PRACTICE & INTEGRATION

Consecration and Identification

Chapters 8-9 - Word to hold: ALIGNMENT

REFLECT & APPLY

Name one ordinary area of life that can become consecrated practice. What lower motive will you refuse, and what higher guidance will you follow?

TODAY'S PRACTICE

- Consecrate one ordinary task.
- Refuse one lower motive.
- Remember unity with the Highest.
- Act from inner guidance.

MY GREATNESS STATEMENT

Today I align my body, mind, and soul by...

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 5 - IDEALIZATION AND REALIZATION

"The ideal must be lived through present action, beginning with small things done greatly."

HOLD THE IDEAL AND EXPRESS IT NOW.

Chapters 10-11

Word to hold: IDEAL

CORE FOCUS

Hold a high thought-form and express it through present action.

IN THIS LESSON

Chapter 10: Idealization

Form and hold a clear thought-form of the person you are called to become.

Chapter 11: Realization

Express the ideal through present action; begin by doing small things in a great way.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 5 - PRACTICE & INTEGRATION

Idealization and Realization

Chapters 10-11 - Word to hold: IDEAL

REFLECT & APPLY

Describe the person you are becoming in concrete terms. Then choose one ordinary duty where that ideal can be expressed today.

TODAY'S PRACTICE

- Picture the person you are becoming.
- Choose one present expression.
- Do one small duty greatly.
- Refuse to postpone realization.

MY GREATNESS STATEMENT

The ideal I am expressing today is...

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 6 - HURRY, HABIT, AND THOUGHT

"Greatness is formed by sustained thinking until great truth becomes habitual thought."

REPLACE HURRY WITH POISE.

Chapters 12-13

Word to hold: POISE

CORE FOCUS

Replace hurry with poise and passive reading with sustained constructive thought.

IN THIS LESSON

Chapter 12: Hurry and Habit

Hurry is fear; poise and habitual great thought replace small self-concepts.

Chapter 13: Thought

Greatness is formed by sustained thinking about great truths until they become habitual.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 6 - PRACTICE & INTEGRATION

Hurry, Habit, and Thought

Chapters 12-13 - Word to hold: POISE

REFLECT & APPLY

Where does hurry still govern your day? Write one great thought you will return to whenever pressure rises.

TODAY'S PRACTICE

- Slow one hurried action.
- Return to one great thought.
- Avoid passive reading.
- Hold poise under pressure.

MY GREATNESS STATEMENT

The great thought I will sustain today is...

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 7 - GREATNESS AT HOME AND ABROAD

"Greatness begins in ordinary life through kindness, dignity, justice, and non-interference."

PRACTICE GREATNESS WHERE YOU ARE.

Chapters 14-15

Word to hold: EMBODIMENT

CORE FOCUS

Practice greatness in ordinary relationships and public embodiment.

IN THIS LESSON

Chapter 14: Action at Home

Practice kindness, dignity, justice, and non-interference in ordinary domestic life.

Chapter 15: Action Abroad

Carry greatness into work and community through embodiment rather than meddling.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 7 - PRACTICE & INTEGRATION

Greatness at Home and Abroad

Chapters 14-15 - Word to hold: EMBODIMENT

REFLECT & APPLY

Choose one relationship or responsibility nearest to you. How can your conduct teach before your speech?

TODAY'S PRACTICE

- Practice dignity at home.
- Serve without meddling.
- Let conduct teach before speech.
- Bring greatness into one public interaction.

MY GREATNESS STATEMENT

Today I will embody greatness in this relationship or responsibility by...

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 8 - ADVANCING VIEWPOINT AND SERVICE

"True greatness is service, not domination, high place, control, or unhealthy self-erasure."

SERVE LIFE WITHOUT DOMINATION.

Chapters 16-18

Word to hold: SERVICE

CORE FOCUS

Relinquish domination and serve through the highest possible self-expression.

IN THIS LESSON

Chapter 16: Some Further Explanations

The world is advancing; this viewpoint expands the mind and strengthens faith.

Chapter 17: More About Thought

Sincere thought about truth and human worth transforms perception, will, and relationship.

Chapter 18: Jesus' Idea of Greatness

True greatness is service, not domination, high place, control, or unhealthy self-erasure.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 8 - PRACTICE & INTEGRATION

Advancing Viewpoint and Service

Chapters 16-18 - Word to hold: SERVICE

REFLECT & APPLY

Name where you are tempted to control, dominate, or disappear. What would useful service look like instead?

TODAY'S PRACTICE

- See one situation as advancing.
- Serve without control.
- Think sincerely about human worth.
- Choose usefulness over display.

MY GREATNESS STATEMENT

The service I am called to offer now is...

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 9 - EVOLUTION, SERVING GOD, AND THE MENTAL EXERCISE

"The highest service to God is to make the most of oneself so divine life may be fully expressed."

BECOME A CHANNEL FOR ADVANCING LIFE.

Chapters 19-21

Word to hold: **PRACTICE**

CORE FOCUS

Live as a channel for the advancing life and practice the mental exercise until it becomes habit.

IN THIS LESSON

Chapter 19: A View of Evolution

Humanity evolves as God seeks fuller expression through people and conditions.

Chapter 20: Serving God

Serve God by making the most of yourself so divine life may be fully expressed.

Chapter 21: A Mental Exercise

Practice relaxation, health, viewpoint, consecration, identification, idealization, and realization.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 9 - PRACTICE & INTEGRATION

Evolution, Serving God, and the Mental Exercise

Chapters 19-21 - Word to hold: PRACTICE

REFLECT & APPLY

Write your short mental exercise sequence for today. Keep it simple enough to repeat until it becomes habit.

TODAY'S PRACTICE

- Practice the mental exercise.
- Relax into the advancing view.
- Serve God by making the most of yourself.
- Let one habit become deliberate.

MY GREATNESS STATEMENT

My mental exercise for today is...

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 10 - SUMMARY AND INTEGRATION

"Greatness is realized through viewpoint, consecration, identification, idealization, thought, and great action."

MAKE THE SCIENCE A DAILY RHYTHM.

Chapter 22

Word to hold: COVENANT

CORE FOCUS

Consolidate the science of being great into a personal covenant and daily rhythm.

IN THIS LESSON

Chapter 22: Summary of the Science of Being Great

Gather the whole path into a covenant: viewpoint, consecration, identification, idealization, thought, and great action.

REVIEW *Write honestly before moving to practice.*

1. What teaching feels most alive?

2. Where am I practicing the opposite?

3. What truth needs repeated thought?

I do small things in a great way.

ABUNDANT THOUGHT

LESSON 10 - PRACTICE & INTEGRATION

Summary and Integration

Chapter 22 - Word to hold: COVENANT

REFLECT & APPLY

Review the full path and write the daily rhythm that will keep this work alive after the course is complete.

TODAY'S PRACTICE

- Review the full path.
- Name your covenant.
- Choose a daily rhythm.
- Begin again where you are.

MY GREATNESS STATEMENT

My greatness covenant begins with...

I do small things in a great way.

ABUNDANT THOUGHT

30-DAY CERTAIN WAY PRACTICE

Morning intention. Evening reflection. One day at a time.

This 30-Day Practice is designed to help you carry the work of the course into the unfolding of your life. It is alchemy of the soul - beginning within and extending outward.

Each morning, set your intention before the day begins and the battle for your attention takes hold. Throughout the day, return to that intention whenever you need to, letting it guide your awareness back to center. Take a few quiet moments to rest in the Divine Presence of your understanding, and release your intention into it.

Each evening, set aside time before retiring to review the day. Reflect as honestly as you can, without judgment. Notice the moments when you clearly followed your intention, and the moments that could use more care. Is there anything left unfinished that may need attention when the moment presents itself? Close with a few quiet moments in the Divine Presence, offering gratitude for the day now past and the day to come.

Remember, these courses - The Science of Getting Rich, The Science of Being Well, and The Science of Being Great - carry real depth across course, workbook, and journaling. Take the work at the rhythm that suits you best. Some will move through it step by step; others will pick and choose where to begin, working daily, weekly, or monthly. Only you can determine what's right for you. What matters most is that you do something.

Choose one point of practice

You may work with one point each day, or use all three together when that feels natural.

Lesson Focus

The chapter or lesson idea I am carrying today.

Example: I will act from the greater self.

Great Thought

The thought I will return to when my mind drifts.

Example: Debt is not a divine idea.

One Small Thing

One small action performed with care, dignity, and intention.

Example: Pick up litter and place it in the trash.

Personal Instruction Notes

Use this space to name your own rhythm, reminder, or practice emphasis for the 30 days.

Greatness becomes real when it becomes daily.

ABUNDANT THOUGHT

30-DAY PRACTICE - DAYS 1-5

Set the morning. Review the evening.

Each morning, choose one point of practice: a lesson focus, a great thought, or one small thing done greatly. Each evening, write a few honest lines about what happened.

DAY 1

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 2

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 3

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 4

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 5

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

Continue this rhythm for Days 6-30.

ABUNDANT THOUGHT

30-DAY PRACTICE - DAYS 6-10

Set the morning. Review the evening.

Each morning, choose one point of practice: a lesson focus, a great thought, or one small thing done greatly. Each evening, write a few honest lines about what happened.

DAY 6

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 7

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 8

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 9

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 10

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

Continue this rhythm for Days 11-30.

ABUNDANT THOUGHT

30-DAY PRACTICE - DAYS 11-15

Set the morning. Review the evening.

Each morning, choose one point of practice: a lesson focus, a great thought, or one small thing done greatly. Each evening, write a few honest lines about what happened.

DAY 11

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 12

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 13

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 14

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 15

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

Continue this rhythm for Days 16-30.

ABUNDANT THOUGHT

30-DAY PRACTICE - DAYS 16-20

Set the morning. Review the evening.

Each morning, choose one point of practice: a lesson focus, a great thought, or one small thing done greatly. Each evening, write a few honest lines about what happened.

DAY 16

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 17

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 18

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 19

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 20

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

Continue this rhythm for Days 21-30.

ABUNDANT THOUGHT

30-DAY PRACTICE - DAYS 21-25

Set the morning. Review the evening.

Each morning, choose one point of practice: a lesson focus, a great thought, or one small thing done greatly. Each evening, write a few honest lines about what happened.

DAY 21

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 22

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 23

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 24

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 25

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

Continue this rhythm for Days 26-30.

ABUNDANT THOUGHT

30-DAY PRACTICE - DAYS 26-30

Set the morning. Review the evening.

Each morning, choose one point of practice: a lesson focus, a great thought, or one small thing done greatly. Each evening, write a few honest lines about what happened.

DAY 26

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 27

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 28

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 29

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

DAY 30

Morning Intention

Today I will:

Evening Reflection

strength, help, clean-up, or tomorrow's practice

Close the thirty days with gratitude, honesty, and a next right step.

ABUNDANT THOUGHT

MY GREATNESS COVENANT

I commit to doing small things in a great way, beginning where I am, with the people and responsibilities nearest to me. I will practice poise instead of hurry, service instead of domination, and inner guidance instead of fear.

The old self-concept I am releasing:

The great thought I will practice:

The service I am called to offer:

The daily rhythm I commit to:

Signed: _____

Date: _____

I do small things in a great way.