

**ABUNDANT ALCHEMY**



# The Science of Getting Rich Course Workbook

8 Core Lessons • Lesson Reviews • 21 Daily Practices • 30-Day Tracker

Use with the Abundant Alchemy digital course and app  
[abundantthought.com](https://abundantthought.com)  
[abundantthought.com/abundance-alchemy](https://abundantthought.com/abundance-alchemy)

**BASED ON THE SCIENCE OF GETTING RICH BY WALLACE D. WATTLES**

An Abundant Thought Workbook

Created By Michael Soaries with AI assisted editorial and design

# How to Use This Workbook

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*This workbook is designed to help you understand, apply, and track the Certain Way in a structured, printable format.*

## Use this workbook with:

- **The Science of Getting Rich** - read and listen to the original text alongside each lesson.
- **The digital course** - move through the lessons in order and let the sequence work on you.
- **The separate Abundant Alchemy Journal** - use the journal for deeper narrative processing, prayer, and free-flow writing.
- **The review pages** - use them to check recall, apply the principle, and notice where it is becoming real in your life.
- **The 30-Day Tracker** - use it after the lessons to continue the rhythm of reading, review, gratitude, action, and reflection.

## Suggested rhythm

1. Read or listen to the lesson chapters.
2. Work through the lesson page slowly.
3. Complete the review page honestly.
4. Practice one action that same day.
5. Use the Journal for deeper reflection.

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

# Workbook Map

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Lesson 1 - The Right to Be Rich  
Lesson 1 Review - Check Your Understanding  
Lesson 2 - Opportunity and the Certain Way  
Lesson 2 Review - Check Your Understanding  
Lesson 3 - Increasing Life and Receiving Riches  
Lesson 3 Review - Check Your Understanding  
Lesson 4 - Gratitude as Creative Alignment  
Lesson 4 Review - Check Your Understanding  
Lesson 5 - Thinking in the Certain Way  
Lesson 5 Review - Check Your Understanding  
Lesson 6 - Acting in the Certain Way  
Lesson 6 Review - Check Your Understanding  
Lesson 7 - The Impression of Increase and Integration  
Lesson 7 Review - Check Your Understanding  
Lesson 8 - Closing Integration Review  
Answer Key and Clarifications  
30-Day Certain Way Tracker

*Core movement of the workbook: **Core Principle** -> **Shift** -> **Practice** -> **Integration**.*



# Lesson 1 — The Right to Be Rich

## YOUR BIRTHRIGHT IS FULL DEVELOPMENT

Chapters 1–2 • Word to hold: RICH

*“The desire for riches is really the desire for a richer, fuller, and more abundant life.”*

— WALLACE D. WATTLES

*The Science of Getting Rich*

To be rich, in Wattles’ sense, is not merely to have money but to have the means for full mental, spiritual, and physical development.

In this lesson, begin to release limiting beliefs and reclaim abundance as part of your birthright.

### IN THIS LESSON, YOU WILL:



Understand that the desire to be rich is the desire for fuller life.



Reconsider inherited beliefs about money, worth, and limitation.



Recognize abundance as part of your right to full development.



Notice where you have settled for less than your fuller life.

### REFLECT & APPLY

*Use these prompts to deepen your understanding and make this lesson your own.*

#### WHERE IN MY LIFE AM I SETTLING FOR LESS THAN FULL DEVELOPMENT?

*What areas of my life feel restricted, undernourished, or held back?*

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#### WHAT DID I LEARN ABOUT WEALTH GROWING UP?

*Which beliefs did I inherit about money, desire, and worth?*

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#### WHAT WOULD CHANGE IF I ACCEPTED THAT I HAVE A RIGHT TO BE RICH?

*How would I think, feel, and act differently?*

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#### WHAT IS ONE BELIEF I AM READY TO RELEASE?

*What old idea no longer serves my abundant life?*

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### TODAY’S PRACTICE

*Choose one area of life and practice fuller living in thought, speech, or action today.*

- Notice one place where I am holding back.
- Name one desire without apology.
- Replace one limiting belief with a truer one.
- Take one step toward fuller life today.

### MY ABUNDANCE STATEMENT

*Today I claim my right to fuller life by...*

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*I have a right to live more fully.*





LESSON 1 • The Right to Be Rich

# Check Your Understanding

*Use this page to test recall and clarify how this lesson shows up in your actual life.*

## A. CORE IDEAS

**Q1.** True or False: In The Science of Getting Rich, being rich means only having a large amount of money.

**Q3.** True or False: It is proper to desire to live in abundance.

**Q2.** Multiple Choice: Which best reflects Wattles' idea of being rich?

- A. Owning more than everyone else
- B. Having the free and unrestricted use of what is needed for full mental, spiritual, and physical development
- C. Living without desire
- D. Avoiding material life completely

**Q4.** Multiple Choice: According to this lesson, one of the first shifts is moving from:

- A. action to stillness
- B. guilt to punishment
- C. scarcity thinking to the right to full development
- D. performance to perfection

## B. APPLY THE CERTAIN WAY

*Use these prompts to localize the lesson in your actual life.*

**1.** What does full development mean for me right now?

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**2.** Where did I first absorb a limiting idea about wealth, worth, or abundance?

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## C. SELF-ASSESSMENT

On a scale of 1–5, how clearly am I currently living this lesson?

1

2

3

4

5

One brief note:

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One small adjustment I will make this week:

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# Lesson 2 — Opportunity and the Certain Way

THERE IS ALWAYS A WAY — THE FIRST PRINCIPLE OF THE CERTAIN WAY

Chapters 3–4 • Word to hold: OPPORTUNITY

*“There is a Thinking Stuff from which all things are made, and which, in its original state, permeates, penetrates, and fills the interspaces of the universe.”*

— WALLACE D. WATTLES  
*The Science of Getting Rich*

Wattles teaches that opportunity is never monopolized because supply comes not from limited channels but from the Thinking Stuff itself.

In this lesson, shift from scarcity and competition into creation, possibility, and a deeper trust that there is always a way.

### IN THIS LESSON, YOU WILL:



Understand why opportunity is not monopolized.



Shift from scarcity thinking to creative thinking.



Explore the first principle of the Certain Way.



Recognize new possibilities in present conditions.

### REFLECT & APPLY

Use these prompts to deepen your understanding and make this lesson your own.

#### WHERE AM I STILL THINKING IN SCARCITY?

What situation feels closed, limited, or controlled by conditions?

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#### WHAT WOULD IT MEAN TO THINK CREATIVELY HERE?

How might I respond if I believed there is always a way?

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#### WHERE AM I COMPETING INSTEAD OF CREATING?

What would shift if I stopped measuring myself against others?

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#### WHAT OPPORTUNITY MIGHT BE HIDING IN PLAIN SIGHT?

What possibility am I being invited to notice now?

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### TODAY'S PRACTICE

Choose one place where you feel limited and practice seeing possibility there today.

- Notice one area where I feel constrained.
- Ask, “What other way might this unfold?”
- Refuse comparison and return to creation.
- Write down one opportunity I can act on now.

### MY OPPORTUNITY STATEMENT

Today I open myself to possibility by...



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*I see possibility where I once saw limitation.*





LESSON 2 • Opportunity and the Certain Way

# Check Your Understanding

*Use this page to review the core idea, apply it to your life,  
and notice where this lesson is becoming real.*

## A. CORE IDEAS

**Q1.** True or False: Opportunity is monopolized by a limited few.

**Q3.** True or False: A creative mind looks for new ways to bring increase instead of fighting over existing supply.

**Q2.** Multiple Choice: The first principle in the science of getting rich begins with:

- A. Competition
- B. Thinking Stuff
- C. Borrowing money
- D. Waiting for luck

**Q4.** Multiple Choice: The central shift in this lesson is from:

- A. scarcity to creation
- B. worry to passivity
- C. envy to rest
- D. saving to spending

## B. APPLY THE CERTAIN WAY

**1.** Where in my life am I still interpreting limits as permanent?

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**2.** What is one place I can create instead of compete this week?

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## C. SELF-ASSESSMENT

On a scale of 1–5, how fully am I living this lesson right now?

1	2	3	4	5
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Why this number?

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One opportunity I am willing to see differently now:

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*“There is a thinking stuff from which all things are made.”*

— WALLACE D. WATTLES —



# Lesson 3 — Increasing Life and Receiving Riches

## CREATIVE EXCHANGE AND THE INCREASE OF LIFE

Chapters 5–6 • Word to hold: CREATIVE

*“You get rich by giving every person more in use value than you take from him in cash value.”*

— WALLACE D. WATTLES  
*The Science of Getting Rich*

Riches come through increase. To live creatively is to add value, enlarge life, and bring more use, beauty, and service into every exchange.

In this lesson, reflect on how you can increase life through your work, relationships, presence, and daily action.

### IN THIS LESSON, YOU WILL:



Understand the difference between creative exchange and competition.

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See how use value creates true increase.

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Recognize where you can give more life in your daily work and relationships.

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Practice becoming a person who contributes more than they consume.

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### REFLECT & APPLY

*Use these prompts to deepen your understanding and make this lesson your own.*

#### WHERE IN MY LIFE AM I CALLED TO INCREASE VALUE?

*Where can I bring more presence, care, excellence, or usefulness?*

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\_\_\_\_\_  
\_\_\_\_\_

#### WHAT DOES “USE VALUE” MEAN IN MY ACTUAL LIFE?

*How does it show up in my work, home, relationships, or service?*

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\_\_\_\_\_  
\_\_\_\_\_

#### WHERE AM I STILL OPERATING FROM COMPETITION?

*What would shift if I acted more creatively and less defensively?*

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\_\_\_\_\_  
\_\_\_\_\_

#### HOW CAN I INCREASE LIFE THIS WEEK?

*What one action would leave a person, place, or task better than I found it?*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### TODAY’S PRACTICE

*Choose one area of life and consciously give more use value than you take. Let today become an exercise in increase.*

- Notice one place I can be more helpful.
- Add care, excellence, or generosity to one task.
- Encourage or uplift one person.
- Leave one place better than I found it.

### MY CREATIVE INCREASE STATEMENT

*Today I will increase life by...*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



*Riches grow where life is increased.*





LESSON 3 • Increasing Life and Receiving Riches

# Check Your Understanding

Use this page to test recall and clarify how this lesson shows up in your actual life.

## A. CORE IDEAS

**Q1.** True or False: Riches come by taking more cash value than you give in use value.

**Q2.** Multiple Choice: Which best reflects the principle of increase?

- A. Compete for a larger share
- B. Add more life, use, beauty, and service
- C. Avoid all exchange
- D. Wait to be discovered

**Q3.** True or False: Use value is the real measure of increase in this lesson.

**Q4.** Multiple Choice: A creative person is learning to:

- A. consume more than they contribute
- B. add value in work and relationships
- C. withdraw from service
- D. rely only on image and appearance

## B. APPLY THE CERTAIN WAY

Use these prompts to localize the lesson in your actual life.

**1.** Where in my life am I called to bring more value, care, or usefulness?

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**2.** Describe one exchange where I can give more use value than I take.

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## C. SELF-ASSESSMENT

On a scale of 1–5, how clearly am I currently living this lesson?

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4

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One brief note:

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One small adjustment I will make this week:

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# Lesson 4 — Gratitude as Creative Alignment

## GRATITUDE ORGANIZES ATTENTION, FAITH, AND RECEPTIVITY

Chapter 7 • Word to hold: GRATITUDE

*“The grateful mind is constantly fixed upon the best; therefore it tends to become the best.”*

— WALLACE D. WATTLES  
*The Science of Getting Rich*

Gratitude keeps your mind turned toward supply instead of lack. It aligns thought, deepens faith, and opens you to receive what is already moving toward you.

In this lesson, practice gratitude as a creative force that steadies your attention and enlarges your capacity to receive.

### IN THIS LESSON, YOU WILL:



Understand why gratitude keeps the mind aligned with increase.



Notice how complaint weakens creative power.



Practice gratitude as faith in action.



Recognize gratitude as a way of receiving more life.

### REFLECT & APPLY

*Use these prompts to deepen your understanding and make this lesson your own.*

#### WHAT AM I TRULY GRATEFUL FOR RIGHT NOW?

*What in my life already reflects increase, support, or grace?*

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#### WHERE DO I STILL FOCUS ON LACK OR COMPLAINT?

*What keeps pulling my attention away from trust and abundance?*

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#### HOW DOES GRATITUDE CHANGE THE WAY I SEE MY LIFE?

*What becomes possible when I bless what is already here?*

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#### HOW CAN I PRACTICE GRATITUDE MORE INTENTIONALLY THIS WEEK?

*What simple habit will help me remember and receive?*

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### TODAY'S PRACTICE

*Choose one part of your life and consciously practice gratitude there today.*

- Name three things I am grateful for.
- Bless one current circumstance instead of resisting it.
- Speak gratitude aloud at least once today.
- Notice how gratitude changes my mood and attention.

### MY GRATITUDE STATEMENT

*Today I receive more life by...*

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*Gratitude turns my attention toward increase.*





LESSON 4 • Gratitude as Creative Alignment

# Check Your Understanding

*Use this page to test recall and clarify how this lesson shows up in your actual life.*

## A. CORE IDEAS

**Q1.** True or False: Gratitude is a passive feeling with no effect on the creative mind.

**Q3.** True or False: Gratitude helps keep the mind connected to its source of supply.

**Q2.** Multiple Choice: What does gratitude do in this lesson?

- A. It weakens vision
- B. It organizes attention and receptivity
- C. It replaces action forever
- D. It denies present facts

**Q4.** Multiple Choice: Which response best reflects this lesson?

- A. Waiting to be grateful until everything is finished
- B. Giving thanks while moving forward in faith
- C. Using gratitude as denial
- D. Complaining in order to stay realistic

## B. APPLY THE CERTAIN WAY

*Use these prompts to localize the lesson in your actual life.*

**1.** What am I genuinely grateful for right now, and how does that change my posture?

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**2.** Where could gratitude replace complaint or anxiety in my daily life?

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## C. SELF-ASSESSMENT

On a scale of 1–5, how clearly am I currently living this lesson?

1

2

3

4

5

One brief note:

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One small adjustment I will make this week:

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# Lesson 5 — Thinking in the Certain Way

## CLEAR VISION, RIGHT USE OF WILL, AND DISCIPLINED ATTENTION

Chapters 8–10 • Word to hold: VISION

*“You must form a clear and definite mental picture of what you want; you cannot transmit an idea unless you have it yourself.”*

— WALLACE D. WATTLES

*The Science of Getting Rich*

To think in the Certain Way is to hold a clear vision, guard your attention, and refuse to be ruled by appearances. Your will is used not to force outcomes, but to keep your mind aligned with what you truly want.

In this lesson, strengthen your vision, steady your thought, and practice directing your attention with greater intention.

### IN THIS LESSON, YOU WILL:



Clarify the vision you want to hold in mind.

\_\_\_\_\_



Understand the true use of the will.

\_\_\_\_\_



Notice where appearances distract your thinking.

\_\_\_\_\_



Practice disciplined attention and inner direction.

\_\_\_\_\_

### REFLECT & APPLY

*Use these prompts to deepen your understanding and make this lesson your own.*

#### IS MY VISION CLEAR AND DEFINITE?

*What do I truly want, and can I picture it clearly?*

\_\_\_\_\_  
\_\_\_\_\_

#### WHERE IS MY ATTENTION BEING PULLED OFF COURSE?

*What appearances, doubts, or distractions keep interrupting my focus?*

\_\_\_\_\_  
\_\_\_\_\_

#### HOW AM I USING MY WILL RIGHT NOW?

*Am I trying to force outer conditions, or guide my own thought?*

\_\_\_\_\_  
\_\_\_\_\_

#### WHAT WOULD IT LOOK LIKE TO THINK IN THE CERTAIN WAY THIS WEEK?

*How can I return again and again to vision, trust, and right attention?*

\_\_\_\_\_  
\_\_\_\_\_

### TODAY'S PRACTICE

*Choose one vision to hold clearly and return your attention to it throughout the day.*

- Write one clear statement of what I want.
- Spend a few moments seeing it as already real.
- Redirect my mind when distraction appears.
- Use my will to stay centered on vision.

### MY VISION STATEMENT

*Today I direct my mind toward...*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



◆ *My vision grows stronger as I think in the Certain Way.* ◆





LESSON 5 • Thinking in the Certain Way

# Check Your Understanding

*Use this page to test recall and clarify how this lesson shows up in your actual life.*

## A. CORE IDEAS

**Q1.** True or False: A clear and definite mental picture is central to this lesson.

**Q3.** True or False: Guarding attention is part of thinking in the Certain Way.

**Q2.** Multiple Choice: In this lesson, the will is mainly used to:

- A. force outside events directly
- B. hold your mind to the vision and the Certain Way
- C. dominate other people
- D. avoid practical action

**Q4.** Multiple Choice: Which statement best fits this lesson?

- A. A vague wish is enough
- B. Borrowed goals are stronger than personal vision
- C. Clear vision, disciplined attention, and inner coherence matter
- D. Vision should change every day without focus

## B. APPLY THE CERTAIN WAY

*Use these prompts to localize the lesson in your actual life.*

**1.** What part of my present vision still feels vague, borrowed, or uncertain?

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\_\_\_\_\_  
\_\_\_\_\_

**2.** How can I better train my attention to return to what I truly want?

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\_\_\_\_\_  
\_\_\_\_\_

## C. SELF-ASSESSMENT



On a scale of 1–5, how clearly am I currently living this lesson?

1     2     3     4     5

One brief note: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

One small adjustment I will make this week:

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\_\_\_\_\_  
\_\_\_\_\_



# Lesson 6 — Acting in the Certain Way

PRESENT ACTION, EFFICIENT ACTION, AND RIGHT WORK

Chapters 11–13 • Word to hold: ACTION

*“You must not merely think; you must live and act in the Certain Way.”*

— WALLACE D. WATTLES

*The Science of Getting Rich*

Thought becomes powerful when it takes form in action. Acting in the Certain Way means doing what you can do now, with clarity, purpose, and willingness.

In this lesson, reflect on present action, efficient action, and the kind of work through which your gifts can most fully move.

## IN THIS LESSON, YOU WILL:



Understand why present action matters more than waiting.



Learn the difference between busy action and efficient action.



Notice where your gifts, interests, and opportunity meet.



Practice moving forward with purpose today.

## REFLECT & APPLY

*Use these prompts to deepen your understanding and make this lesson your own.*

### WHAT ACTION IS MINE TO TAKE TODAY?

*What is one present step I can take right now?*

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### WHERE AM I DELAYING THROUGH OVERTHINKING?

*What am I postponing instead of acting on simply and directly?*

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### WHAT DOES EFFICIENT ACTION LOOK LIKE IN MY LIFE?

*How can I act with clarity, focus, and purpose instead of strain?*

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### WHERE DO MY GIFTS WANT TO WORK?

*What kind of work feels aligned, useful, and alive in me?*

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## TODAY'S PRACTICE

*Choose one meaningful action and complete it in the spirit of increase.*

- Do one clear task I have been avoiding.
- Complete the next step instead of planning endlessly.
- Bring more care and excellence to one action.
- Notice where action increases confidence.

## MY ACTION STATEMENT

*Today I move forward by...*

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*Action opens the way for increase.*





LESSON 6 • Acting in the Certain Way

# Check Your Understanding

*Use this page to test recall and clarify how this lesson shows up in your actual life.*

## A. CORE IDEAS

**Q1.** True or False: Thought alone, without personal action, is enough in this lesson.

**Q3.** True or False: Present action matters more than fantasizing about future action.

**Q2.** Multiple Choice: Efficient action means:

- A. frantic activity without direction
- B. doing what can be done today in the right spirit
- C. waiting for perfect conditions
- D. copying someone else's path without reflection

**Q4.** Multiple Choice: Getting into the right business is most closely about:

- A. chasing status
- B. placing your gifts where they can move and increase life
- C. avoiding responsibility
- D. changing goals every week

## B. APPLY THE CERTAIN WAY

*Use these prompts to localize the lesson in your actual life.*

**1.** What is the single most powerful action available to me today?

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**2.** Where can I become more efficient, steady, and purposeful in my present work?

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## C. SELF-ASSESSMENT

On a scale of 1–5, how clearly am I currently living this lesson?

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3

4

5

One brief note:

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One small adjustment I will make this week:

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# Lesson 7 — The Impression of Increase and Integration

## LEAVING EVERY PERSON AND PLACE BETTER

Chapters 14–17 • Word to hold: INCREASE

*“Give every man more in use value than you take from him in cash value.”*

— WALLACE D. WATTLES  
*The Science of Getting Rich*

Increase is the natural sign of creative living. To live in the Certain Way is to leave every person, place, and exchange touched with more life, usefulness, and encouragement.

In this lesson, reflect on the impression of increase, the way you affect others, and how to integrate the whole teaching into daily life.

### IN THIS LESSON, YOU WILL:



Understand what it means to leave an impression of increase.

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Notice how your presence affects the people around you.

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Reflect on how the whole teaching is integrating in your life.

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Practice becoming a source of increase wherever you go.

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### REFLECT & APPLY

*Use these prompts to deepen your understanding and make this lesson your own.*

#### HOW DO I WANT OTHERS TO EXPERIENCE MY GROWTH?

*What qualities of increase do I want my presence to leave behind?*

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#### WHERE CAN I BRING MORE LIFE AND ENCOURAGEMENT?

*Who or what in my world is asking for greater care, beauty, or support?*

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#### WHAT HAS CHANGED IN ME THROUGH THIS COURSE?

*How do I now think, feel, or act differently than before?*

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#### WHAT KIND OF INCREASE AM I HERE TO BRING?

*What unique contribution wants to move through my life now?*

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### TODAY'S PRACTICE

*Choose one way to leave a clear impression of increase today.*

- Encourage one person sincerely.
- Leave one place better than I found it.
- Add beauty, care, or usefulness to one exchange.
- Notice how increase feels when I give it.

### MY INCREASE STATEMENT

*Today I bring increase by...*

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*Increase grows where life is increased.*





LESSON 7 • The Impression of Increase

# Check Your Understanding

Use this page to test recall and clarify how this lesson shows up in your actual life.

## A. CORE IDEAS

**Q1.** True or False: You advance yourself best by making others feel diminished.

**Q3.** True or False: The advancing person leaves every person and place better than before.

**Q2.** Multiple Choice: The impression of increase means:

- A. leaving people with a sense of more life and possibility
- B. asking for more than you give
- C. proving superiority in every exchange
- D. hiding your growth from others

**Q4.** Multiple Choice: This lesson most directly asks you to consider:

- A. how others experience your presence and work
- B. how to avoid all relationships
- C. how to stay unnoticed
- D. how to withdraw from contribution

## B. APPLY THE CERTAIN WAY

Use these prompts to localize the lesson in your actual life.

**1.** How do I want people to feel after interacting with my work, words, or presence?

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**2.** What increase am I here to bring into the places I touch?

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## C. SELF-ASSESSMENT

On a scale of 1–5, how clearly am I currently living this lesson?

1

2

3

4

5

One brief note:

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One small adjustment I will make this week:




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LESSON 8 • Closing Integration

# Check Your Understanding

Use this page to test recall and clarify how this lesson shows up in your actual life.

## A. CORE IDEAS

**Q1.** True or False: Desire, gratitude, vision, value, and action all belong together in the Certain Way.

**Q3.** True or False: Integration is about creating a sustainable daily rhythm, not just finishing a course.

**Q2.** Multiple Choice: Which daily rhythm best reflects the course?

- A. Wish, worry, and wait
- B. Listen and read, study, practice, reflect
- C. Compare, complain, and retreat
- D. Copy others and avoid action

**Q4.** Multiple Choice: Which statement best expresses this closing lesson?

- A. Growth ends when the workbook ends
- B. The Certain Way becomes real through repeated lived practice
- C. Reflection is less important than speed
- D. There is no need for review or gratitude

## B. APPLY THE CERTAIN WAY

Use these prompts to localize the lesson in your actual life.

**1.** What one daily rhythm will I commit to for the next 30 days?

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**2.** Which lesson most needs to become more embodied in my life right now?

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## C. SELF-ASSESSMENT

On a scale of 1–5, how clearly am I currently living this lesson?

1	2	3	4	5
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One brief note: \_\_\_\_\_

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One small adjustment I will make this week:

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• WORKBOOK REFERENCE •

# Answer Key and Clarifications

*The answer key is for clarity, not self-condemnation;  
use it to refine your understanding, not to judge your worth.*

## Lessons 1–4

**Lesson 1:** Q1 False, Q2 B, Q3 True, Q4 C.

**Lesson 2:** Q1 False, Q2 B, Q3 True, Q4 A.

**Lesson 3:** Q1 False, Q2 B, Q3 True, Q4 B.

**Lesson 4:** Q1 False, Q2 B, Q3 True, Q4 B.

## Lessons 5–8

**Lesson 5:** Q1 True, Q2 B, Q3 True, Q4 C.

**Lesson 6:** Q1 False, Q2 B, Q3 True, Q4 B.

**Lesson 7:** Q1 False, Q2 A, Q3 True, Q4 A.

**Lesson 8:** Q1 True, Q2 B, Q3 True, Q4 B.

## Micro-Clarifications

- ◆ Rich means full development, not money alone.
- ◆ Gratitude and action work together in the Certain Way.
- ◆ Short-answer prompts are reflective; there is no single correct response.



CONTINUING THE PRACTICE

# 30-Day Certain Way Tracker

*Use this page to build a steady rhythm of reading, gratitude, action, and reflection.*

## DAILY RHYTHM

- ◆ Read or listen to one chapter or lesson section.
- ◆ Review one key idea.
- ◆ Practice gratitude in a real situation.
- ◆ Take one clear action in the Certain Way.

DAY	READ / LISTEN	REVIEW	GRATITUDE	ACTION	REFLECTION
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

◆ *At the end of 30 days, what change do I most notice in the way I think, act, and receive?* ◆

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ABUNDANT ALCHEMY

# Continue the Certain Way

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**Read. Listen. Study. Practice. Reflect.**

This is the way: repetition becomes embodiment.

Return to these pages as often as needed, and let the work keep moving and growing in you.

Visit [abundantthought.com](https://abundantthought.com) often to find new and exciting tools to support you in your growth!

*“You can help others more by making the most of yourself than in any other way.”*

**- Wallace D. Wattles**