



Ask Abundantly

Daily Inspiration To Help You Create The Life You Desire

Sylvia C. Kelsey



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Table of contents

1. Table of Contents

2. Table of Contents

3. Dedication

4. Why I Created This

5. How To Use

6. How To Continued

7. Be Content

8. Abundance

9. Intention

10. Know

11. Don't Push

12. Celebrate

13. All

14. Visualize

15. Be Selfish

16. Realize

17. Everything

18. Bankrupt

19. Listen

20. Healthy

Table of contents

21. You Are Better

22. Let Go

23. Freedom

24. You

25. Set Your Mind

26. Too Late

27. It Is Not

28. We Learn

29. Do Not

30. Imagine

31. Meditate

32. Be Willing

33. Seek

34. It Is Okay

35. Be Invested

36. Write Down

37. Remember

38. Never

39. Words

40. Be Grateful

41. This Book

Dedication

To my first born Burness Griffin III, who was the reason I never gave up as a nineteen year old single mother, and gave me the title for this book.

To Suzana Griffin who inspired the artwork for the inside of the book.

To my daughter Danielle, thank you for always having my back.

To my baby boy Devin for teaching me how to never give up and to stay true to who you are.

To my father John Kelsey deceased who never gave up hope for his children and loved us unconditionally.

To my mother Sarah Kelsey for always supporting me, who taught me it is not in the words said, but always in the actions taken.

Each of you helped to mold me into the person I am today and for that I am grateful.

YOU ARE MY WHY

Why i created this book?

My earliest memory of visualization was when I drew a picture of what would one day be my very own hair salon. I was about ten years old. The name of the salon was The Crystal Palace. I had no idea that just eight years later I would attend cosmetology school and grow in to one of the most popular stylists in my city and own my own salon in the following years. I also didn't know that drawing that picture was me creating my future. I didn't know that I had already begun to design the exact life that I would have, literally. I now realize that for years I had been creating the very life I am living today. Through journaling, drawing and asking. The Universe and God have been helping me navigate this life even before I knew how to create the things I wanted. When I look back, I remember every time I was ready to make a change, I would have a conversation with myself (God/Universe) and then I would make a written list and take the steps necessary to make those things happen. I began to study and research ways that could help me get the things I wanted in life and be the person I desired to be. Today I have raised my level of asking and no longer play it small, it's go BIG or go home.

I want you to **BE** more, **HAVE** more and **WANT** more.

I want you to be able to easily and quickly design the life you desire. When you read daily, you will experience a miraculous change, and begin to have a different perspective of your life. If you practice daily the lessons written out for you, you will grow mentally, emotionally and spiritually stronger. When you journal and express yourself in written word, you will begin to see astounding changes take place. When you share what you have learned, you will reap wondrous benefits. I want to see you win in every aspect of your life. With consistency and focus you can develop a pattern of success that will help you move into your desired lifestyle. Make this the year you do something for you! You deserve it!

How to use your new book?

This book is to be used daily to help retrain how you think,
how you talk to yourself and how you see the world around you.

When you become an active participant in how you manage your thoughts you can begin to make a miraculous change in your personal life. Abundance is something that is given freely to all, but many people have no idea that they have access to it. What is abundance? Abundance is having more than enough overflowing and without lack. It is readily available to everybody. Many people lack in areas of their life because they simply do not ask. Many times, it is out of fear and not feeling worthy or, not knowing what to ask for. As children we are taught not to ask for too much and only take what is needed.

While these things are noble, they
also always leave you wanting and needing more.

*Matthew 7:7. Ask and it shall be given you; seek, and ye shall find;
knock, and it shall be opened unto you: For everyone that asketh receiveth:*

There is no place written in this parable that says,
“don’t ask too much”, it simply says Ask and it shall be given.

Abundance is your birth right and I want to help you learn how to ask. It starts with the renewing of your mind. Ask Abundantly will help begin the process of getting you to a place of confidence in who you are and knowing what you are capable of. You are powerful beyond measure, and you have not been working in your higher self.

Now is your time!

When you read this book daily you will begin to see a whole new world
open up. It has always been there; you just didn't have the tools needed to find it.

We are often consumed with worry and negative self-talk. We lack support and feel alone. We think we are being punished or that God and the Universe have not heard our cry. I am here to tell you that they hear you loud and clear. They have already given you permission, but you have not taken the time to ask abundantly or boldly. As you grow and learn, it is important to believe in the words you read and repeat them to yourself daily. You must believe in not only the words in this book, but you must believe in yourself. You must have the drive to do something different, and you must take action to move forward. Finally, begin to visualize, see yourself as you wish to be. Paint a picture in your mind daily of the life you desire. I want you to strive to speak positively about life's situation and occurrences, don't allow yourself to speak negatively about yourself or anyone else. Always see the glass half full. As you read and write daily, I pray that you understand how important it is to most of all be grateful.

For gratefulness is fuel to the spirit and nurtures
the soul which activates abundance.

Ephesians 3:20

*Now to him who is able to do immeasurably more than all we ask or imagine,
according to his power that is at work within us.*

Enjoy!

Be Content



In order to *attract* what you want

remember to be *grateful* for what you have.

Do not *look* too far ahead

but rather *rejoice* in all that you have today.

Abundance



Abundance is not about running after things, stressing about things, pointing out other's differences or trying to make others see your point.


Abundance is about letting go.

Moving in the direction of your hopes and understanding that everything is working out for you because you are worthy.



Intention

Intention is keeping things focused. Creating a plan and sticking to it. Moving with purpose. Focus on letting go of control and letting the universe make the decisions today. Allow flow and ease to dictate your every move and enjoy the feeling of being free. Be grateful, for today is the beginning of what can be.



Anything you ask you can have.

A decorative background element consisting of a light green, stylized branch with several leaves and small dots, curving across the lower half of the image.

Know

that you are worth more than rubies.
Don't let anyone diminish your value. Always hold your
head up and be proud of who you are.

Don't Push.

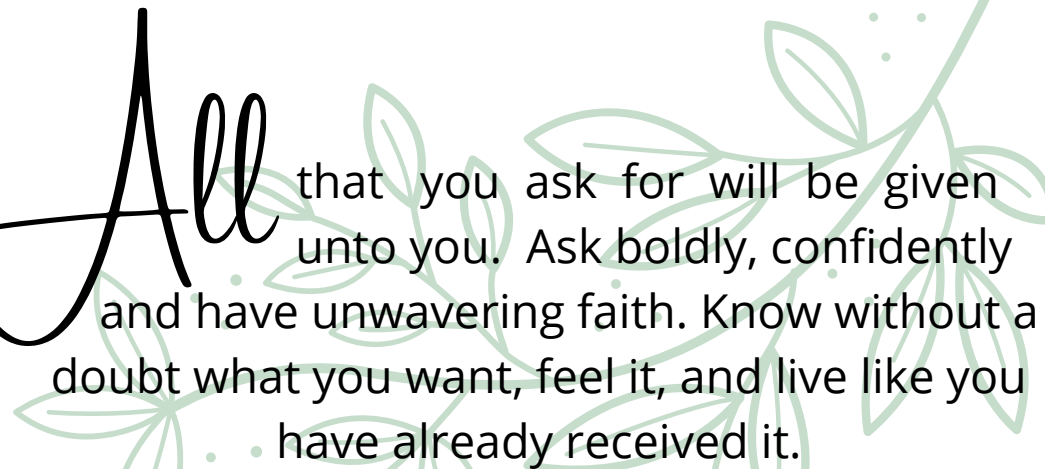
When *nothing* seems to be falling in to place,
step back, *breathe*, and know that everything
is lining up for your good. Nothing should be
forced or pushed. Let it be, watch with joy, and
it will be revealed in the perfect time.



Celebrate your
bad days

And watch them diminish.





All that you ask for will be given
unto you. Ask boldly, confidently
and have unwavering faith. Know without a
doubt what you want, feel it, and live like you
have already received it.

Visualize

The ability to see an image in your minds eye.
Creating an image of the thing you want will help
you move closer to your desired outcome.







Realize that you can let go.

When you accept that nothing in the past can serve you well, unhealthy memories fall off much easier. Letting go is not easy, but when you do let go, you will feel like you can fly.

What are you still holding on to?



Everything you want,
wants you!



You *cannot* expect abundance if you
are emotionally, physically, and mentally

bankrupt!

A light green palm frond with a brown stem, positioned in the lower right corner, partially overlapping the word 'bankrupt!'.



Listen

You get to choose how you feel every day.

When you are out of alignment, feeling sad, bad, uncertain, or just blah, it means that your inner being is unsatisfied with the current state of yourself and is trying to notify you that you need to get back on track to feeling good. Sometimes it takes a minute to realign your energy and start listening to what your inner self is telling you..

This is a great time to meditate.





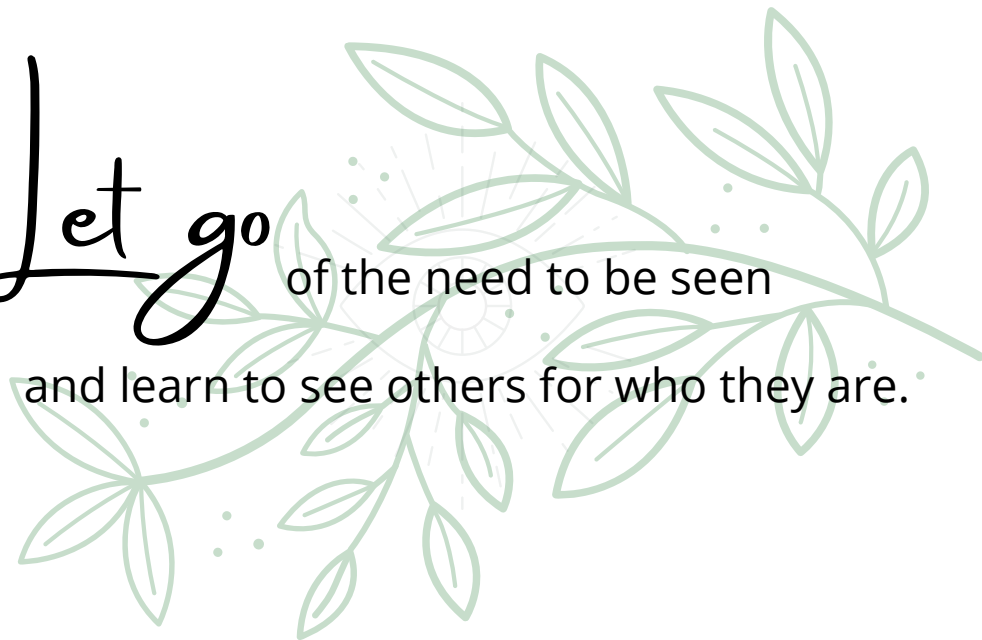
You are better
than you give
yourself credit for.



Let go

of the need to be seen

and learn to see others for who they are.



Abundant living is about freedom.

Free from doubt.

Free from over thinking.

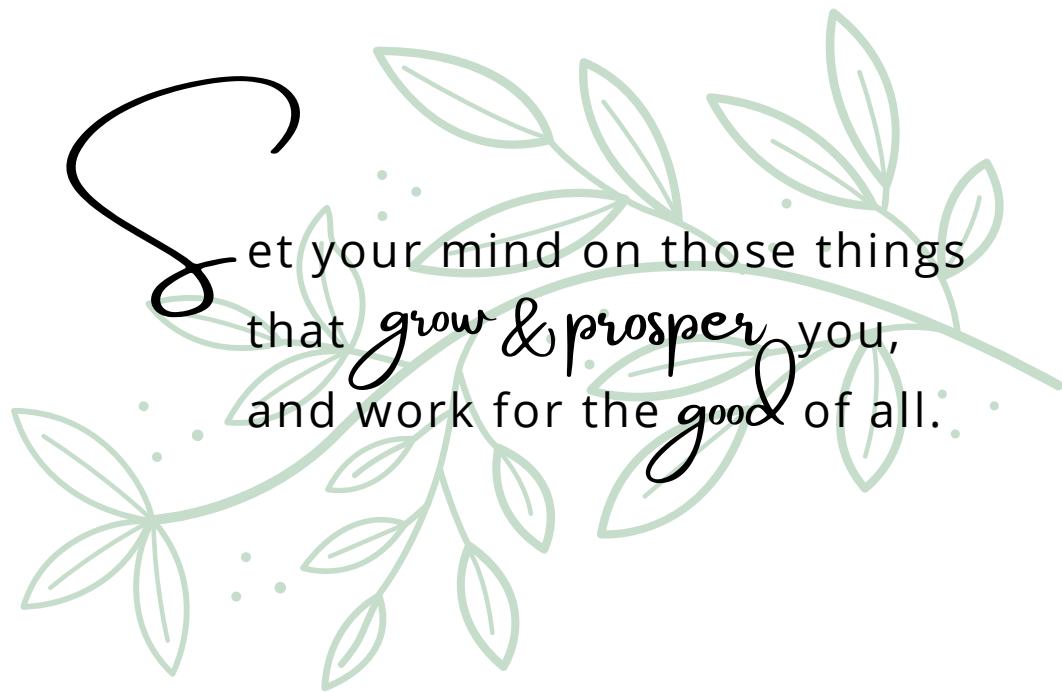
Free from fear.

Living abundantly is a daily practice.



You deserve happiness.





Set your mind on those things
that *grow & prosper* you,
and work for the *good* of all.





IT'S NOT THE WORDS THAT
COUNT

it's the actions you
take.



We do not learn from being

perfect.

We learn from seeing the

imperfect.





DO NOT

let people bully you!



I

magine your fellow man or woman
prosperous, imagine them living up to
their fullest potential. Imagine them living
a life full of abundance and *Love*
sharing with everyone.








Be willing to
accept defeat

for when we fail, we are now in
a position to learn.

A decorative palm frond with green leaves and a brown stem, positioned behind the text.

Seek and ye
shall find.

Only give attention to the
positive things you truly desire. What you look for
and seek after diligently will come to you in time.

A decorative monstera leaf with green leaves and white variegation, positioned behind the text.



It's okay to put you first.

It is important that you preserve your energy. Don't allow others with low voltage to steal your power. Make sure the people you deal with can match the energy you are putting out.

BE SO INVESTED IN YOUR
DREAMS

that everything
around you
is a blur.



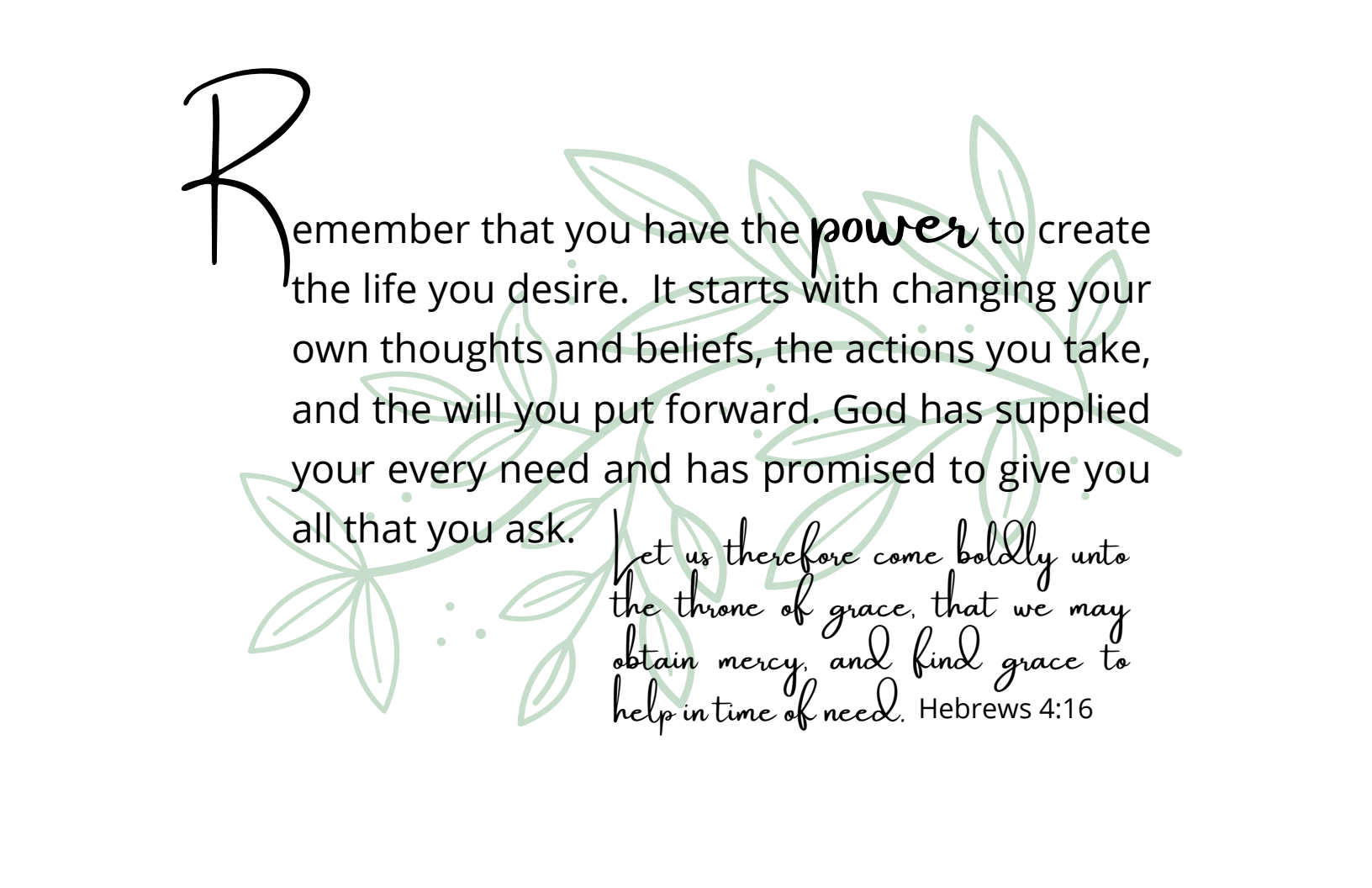


WRITE DOWN

the things you
want and desire.

Habakkuk 2:2 KJV

Write the vision and make it plain upon tablets,
that he may run that readeth it.



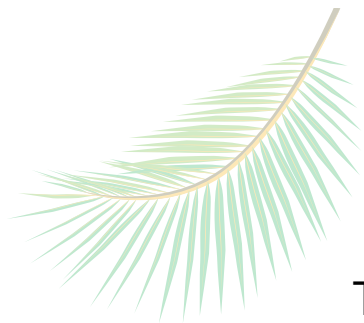
Remember that you have the **power** to create the life you desire. It starts with changing your own thoughts and beliefs, the actions you take, and the will you put forward. God has supplied your every need and has promised to give you all that you ask.

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. Hebrews 4:16

NEVER

give up on your
dreams.





YOUR WORDS
GIVE LIFE &
YOUR WORDS
TAKE LIFE AWAY.

Choose carefully the
words you speak.





This book was designed to help you make some positive changes in your life. But you must be willing to actively pursue more. I urge you to read this book daily until you find your voice repeating it back to you in your head, when you least expect it. When obstacles come the words on these pages help you to look for the lesson and not for the loss. Begin each morning with a few minutes of meditation to set your intentions for the day. Be sure to follow up expressing sincere gratefulness and take some time to write down all the things you want. Remember to think big. Enjoy the feeling of creating the life you desire, just as I created my career as a stylist at the age of ten. You can create a wonderful, fulfilled life with the stroke of a pen, persistence and perseverance. Be sure to look for the journal that will go along with this book. It will be a valuable tool to use and help you build momentum. Everything you want that is good, and full of love can be yours. Remember to

Ask Abundantly

www.askabundantly.com

Goals

[illegible]

Dreams

Intentions

[illegible]

Gratitude

[illegible]

Author Bio-

Sylvia has always lived life on her own terms not determined by the ideals of others. A believer in the higher good of others, with a strong will to live a life full of purpose, Sylvia understood that to succeed at becoming her best self, she had to change her mindset.

“Life is what YOU make it, and I have decided to make my life great.

Mother of three and a licensed Cosmetologist and serial entrepreneur, Sylvia has worked in the film and television industry as a beauty expert and has produced beauty segments for over 30 years for nationally syndicated morning shows. With her beauty and business background Sylvia has worked with people from all walks of life in their quest to live abundantly.



Sylvia

