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# Foreword

*"It is good to grasp the one and not let go of the other.*

*Whoever fears God will avoid all extremes."*

*Ecclesiastes 7:18*

*I have learned  
that God's truth,  
while not grey as  
the relativists of  
the world would  
have us believe,  
is multi-faceted  
and colourful  
and alive.*

## I know why you are here.

Anyone who begins a study called "Life More Abundantly" is here for one reason: they know there is more, and they want more. Maybe your longing for more is so great that you can taste it, and maybe it is weak enough that you are able, on some days, to push it down and pretend it's not there. But, no matter who you are, at this moment, you can feel it. Part of you might feel guilty that you want more. Part of you might feel impatient to get more. But, let me reassure you: you are here for a reason. You want more because you were created for more. You get glimpses of it when you look in the mirror, when you surprise yourself with what you're capable of, when you take time to listen to the still small voice that is calling you onward. That voice speaks your name and whispers to you the plans He has for your life, plans to prosper you and to give you a bright future.<sup>1</sup> That voice is familiar because it is one that quiets you with love and rejoices over you with singing. Friend, it is time for you to begin to walk in the more—in the abundance—that God has for you: abundance in your physical health, your emotional health, your financial health, and your spiritual health. Jesus said that He came that you might have life more abundantly and, while there will be a day when we will be gathered in His Kingdom where there will be no lack and no crying, there is much abundance to be had before that day—abundance in this life to walk in your destiny to accomplish His purposes. This book is the culmination of my experiences and my reflections on the abundance that God has brought into my life over the past 25 years of walking with Him. It is not a book of secret formulas or magic incantations; rather, it is a book of practical knowledge and workable principles that you can apply to your life to begin walking in a greater level of abundance. Through much of my Christian walk, I have tried to apply the black and white version of truth that I learned in my accounting career to the Bible and to life in general. In this I have failed. I have learned that God's truth, while not grey as the relativists of the world would have us believe, is multi-faceted and colourful and alive. Throughout the Bible, we are presented with paradoxes of truth. We know that we find strength in weakness<sup>1</sup> and wisdom in foolishness.<sup>2</sup>

We know that the greatest gain comes by losing oneself,<sup>3</sup> that we rise to the greatest



## Reflection Question

- Spend some time quieting yourself as you contemplate the changes that are coming.
- What changes are you hoping to experience through this study?

**Be as specific as possible.**

heights by going low,<sup>4</sup> and that we see most when we close our eyes. Through these Biblical principles, God is calling us to find truth — to find Him — in the paradoxical middle. As you read this book, you will need to discipline yourself in the exercise of balance. What causes disease, and therefore a lack of physical abundance? Is it poor food choices? Is it lack of exercise? Is it your negative emotions that are the problem? Or is it maybe your negative outlook on life? Wait, perhaps it is financial stress or lack of connection with God that is shaving years off your life? The answer is yes.

Each lesson will share with you principles that, when put into practice in your life, will bring about greater abundance in that specific area of your life. You can read the lesson, implement what you learn there, and benefit greatly. But for the impatient among you, I will warn you now: there are no quick fixes here. The truth is there are no quick fixes anywhere. Life doesn't work that way. And if you are looking to walk in abundance, it is not going to happen by seeking out a quick solution.

What you will find here is what will work: changes to your lifestyle that you will continue to work on and implement over the course of your life. That's why I've created this workbook: to really help you chew through the material and take steps to apply it. Be patient with yourself. And be hopeful. Change is possible and, if you tune into that voice that has been calling to you, you know change is coming.

1. Jeremiah 29:11  
2. I Corinthians 3:18  
3. Luke 9:24  
4. James 4:10

# A Word About Me

**This book is a collection of my knowledge, my reflections and my experiences. It is a chronicle, of sorts, of what has worked in my life to bring about the abundance that I now walk in.**

To that end, there are two things that form the foundation of everything I teach and that will be woven throughout this book: my compass for truth—the Bible—and the products I use—dōTERRA.

To begin with, I am a born-again believer in Jesus Christ. He is the lover of my soul, and I could never do life without Him. You don't have to be a Christian to be able to learn from and apply the principles I talk about here. They are universal truths and will “work” no matter what your perspective on God is. But because my foundation is in the Word of God, you will find me referencing the Bible throughout this book.

I am also a Canadian Founder and Presidential Diamond leader with dōTERRA Essential Oils. I have been growing a business with this company for the past six years.

You do not need to be a believer in essential oils (though I will lay out my case for them in Session 3), and you do not have to use dōTERRA products. But I cannot talk about the physical, emotional, and financial healing that has come to my life and pretend that dōTERRA has not been a huge part of it. It has, and I sell these products because they're effective.

You don't have to become my customer to benefit from what I teach here, but because these products have been so foundational to my health, you will find me referencing them often. When you find something that works, people want to know what you found; this is my way of letting you know what I found. What you do with this information is up to you.

*When you find something that works, people want to know what you found; this is my way of letting you know what I found.*

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# Welcome to Life More Abundantly

*"The thief does not come except to steal, and to kill, and to destroy.*

*I have come that they may have life, and that they may have it more abundantly."*

*John 10:10 (NKJV)*

*The principles you will learn throughout this course, when you apply them, will bring about lasting change and help create greater abundance in your life.*

## Welcome friend!

I can't tell you how excited I am that you are here! We may not have met, but I feel like I know you already. You have been in my heart and in my prayers as I have written this study. Together, we are going on the journey of a lifetime! But it's not just the journey of a lifetime, it's a journey *for* your lifetime.

The principles you will learn throughout this course, when you apply them, will bring about lasting change and help create greater abundance in your life. However, Rome wasn't built in a day and creating a more abundant life won't happen in a day--or a week, or a year. An abundant life is created day by day over

the course of your whole life. The Life More Abundantly course will guide you through ten key areas of your life. It is important that you go through all ten areas over the next ten weeks.

You will need this "bird's eye view" of abundance so you can see what you are working toward overall in your life. However, you will not be able to put equal effort into each of these ten areas immediately. For this reason, as we start the study together, let's take some time to consider the ten areas. Start by rating yourself on a scale of 1 to 10 in each of the following areas.

As you reflect on each area, consider: how much abundance am I experiencing in this area of my life?

## PHYSICAL HEALTH



**FOOD** / what you eat.

RANK 1 2 3 4 5 6 7 8 9 10



**FITNESS** / how you move.

RANK 1 2 3 4 5 6 7 8 9 10



**PHARMACOLOGY** / how you heal your body when you are sick.

RANK 1 2 3 4 5 6 7 8 9 10



**PHYSICAL APPEARANCE** / how you look and how you feel about it.

RANK 1 2 3 4 5 6 7 8 9 10

## EMOTIONAL HEALTH



**FOCUS (AND MINDSET)** / what thoughts you have in your mind.

RANK 1 2 3 4 5 6 7 8 9 10



**FAMILY (AND RELATIONSHIPS)** / how are your relationships.

RANK 1 2 3 4 5 6 7 8 9 10

## FINANCIAL HEALTH



**FINANCES** / how much you make and how much you have.

RANK 1 2 3 4 5 6 7 8 9 10



**PHILANTHROPY** / how and how much you give.

RANK 1 2 3 4 5 6 7 8 9 10

## SPIRITUAL HEALTH



**FAITH** / what foundation you have for how you live.

RANK 1 2 3 4 5 6 7 8 9 10



**FUTURE** / what you live for and what you are moving toward.

RANK 1 2 3 4 5 6 7 8 9 10





Now take your answers and graph them on the Life Abundance Circle.

For each area, shade in the segment up to the number that reflects how you rated yourself in that area. As you do this, you may begin to see how whole aspects of your health are needing attention,

For example, you may notice that you are doing well spiritually but are lacking in physical health. Or you may see that you are experiencing financial abundance but are lacking spiritually.

Similarly, you may also notice that you are experiencing abundance in three of the four areas of physical health, one area is needing attention. For example, perhaps you are consistently making healthy food choices and exercising and you are happy with how you look, but you still find that you are experiencing health challenges and are turning to pharmaceuticals as a solution.

Looking at your Abundance Circle, what stands out to you as needing your immediate attention?

Keep in mind that the goal isn't necessarily to have 10's all around, but to grow in abundance in all areas of your life. If you are at a level of 6 in all areas, but your family/relationships score is only at a level 2, that would be an important area of focus since, eventually, it will start to pull the other areas down as well, if it hasn't already.

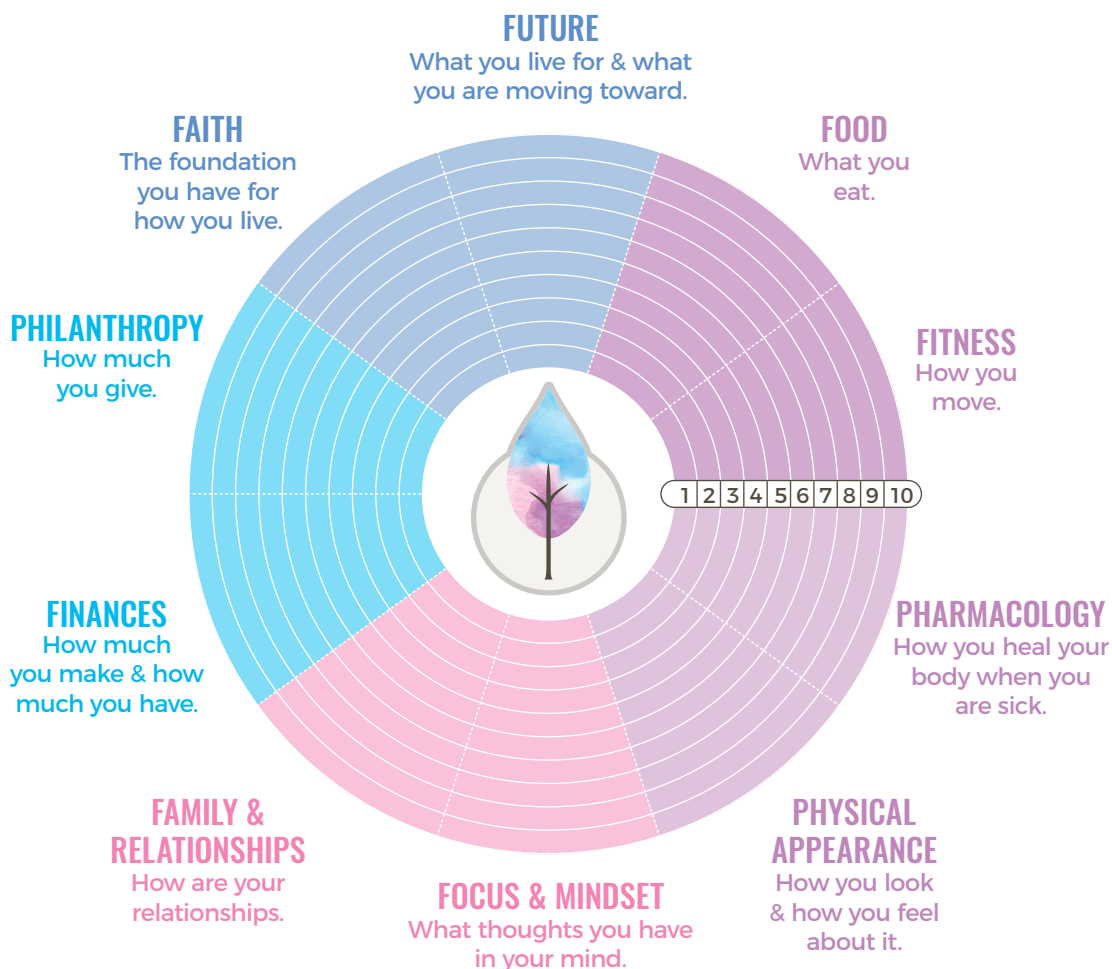
With your reflections and your abundance circle scores in hand, you can embark upon this study with a sense of clarity and focus.



## Reflection Question

- What area have I determined would be my immediate focus?
- What are the next two areas I want to focus on?

## LIFE ABUNDANCE CIRCLE



# How to use this guide

Any time I go on a hike with other people, I like to check my trail book to see the difficulty level of the trail.

Then I check back with those in my group to see what they feel they are capable of. Are they ready to tackle the Challenging trails or are we sticking to the Easy ones because of an injury?

As I prepared this guide for you, I envisioned that there would be those of you at both levels. Those who, because of life circumstances or an “injury” need to have an easier path and those who are ready to dive right in to get everything they can from this study. There is a place for both of you here. Below I outline how the guide can help each of you along your path.

## LEVEL 1



**YOU WILL WATCH THE WEEKLY VIDEOS,** making notes using your Viewer Guide, and then read through all the content for each of the five days of homework.



**YOU WILL RESPOND TO THE REFLECTION AND CONTENT QUESTIONS.** You may want to read over the Research Questions, skim over the Dig Deeper section, and take note of the Success Steps.



**THEN GIVE YOURSELF A TIME FRAME** of when you want to circle back and revisit that content. Put a note in your daytimer and a reminder in your phone so you don't forget that you promised yourself that you would revisit that content.

## LEVEL 2



**YOU WILL WATCH THE WEEKLY VIDEOS,** making notes using your Viewer Guide, and then read through all the content for each of the five days of homework.



**YOU WILL RESPOND TO ALL THE QUESTIONS.** This includes the Content Questions, Reflection Questions and Research Questions. You will also read the Dig Deeper sections and take the Success Step for the area you identified as being your primary area of immediate focus.



**FOR EACH OF THE OTHER AREAS,** you will put a date when you will incorporate that Success Step.



**THE AREAS YOU IDENTIFIED** as the second and third areas to address should take priority, but you may find that your priorities shift as you go through the course. That's OK. Just keep in mind the goal of abundance in all areas of your life. Whatever dates you set for yourself, write them in your daytimer and put reminders in your phone.

Now, if we were starting a race, I'd say “Ready, Set, Go!” But since we are starting a lifelong journey, I'll just say, “Here we go; one step at a time!”