

HOW TO CULTIVATE AN ABUNDANCE MINDSET

Have you ever found yourself thinking:

- You cannot find a **partner** because all the good ones are taken
- You cannot create a **business** because everything has already been done
- You can't get a better **job** because there is a limited number of good jobs and they aren't available anyway
- You can't improve your **health** because you are limited by your genetics.
- You cannot be **rich** because there is a limited amount of money in the world

These are all signs of a scarcity mindset. A scarcity mindset can lead people to believe that there is a limited amount of resources or opportunities available, which can cause them to feel that they are not able to have certain things. **An abundance mindset on the other hand leads people to believe that there is plenty out there for everyone and this helps them achieve things that those stuck with a scarcity mindset will have trouble achieving.**

But how do you change your mindset in order to open yourself up to abundance? **Cultivating an abundance mindset takes practice and effort, but it can be done with some intentional actions.** Here are some ways to cultivate an abundance mindset:

PRACTICE GRATITUDE

Instead of focusing on what you lack, focus on what you already have. Practice gratitude for the blessings in your life and acknowledge your strengths and accomplishments.

Fill in the table below with things you are grateful for and make it a habit to regularly reflect on the things you are grateful for.

FOCUS ON ABUNDANCE

Train yourself to see abundance everywhere. Start by noticing the abundance of natural resources, opportunities, and talents around you.

List 5 natural resources, opportunities around you or talents you have or could develop. The idea is to get yourself thinking about abundant resources and it doesn't matter which ones you think about.

Practice seeing possibilities instead of obstacles.

Describe an obstacle you have encountered at one point in your life.
Describe how you could turn this into an opportunity.

REFRAME SCARCITY BELIEFS

- **Recognize scarcity thinking:** The first step in overcoming scarcity thinking is to become aware of it. Pay attention to your thoughts and beliefs, and identify when you are thinking in terms of scarcity.
- **Reframe negative thoughts:** Reframe negative thoughts into positive ones. For example, instead of thinking "I can't afford it," try thinking "How can I make it happen?" Instead of thinking that there is not enough time, focus on how you can make the most of the time that you have.
- **Practice abundance thinking:** Focus on abundance and possibilities. Train yourself to see opportunities instead of limitations, and focus on what you have, rather than what you lack.

Identify the scarcity beliefs that you hold and reframe them into abundance beliefs.

SCARCITY BELIEF	ABUNDANCE BELIEFS

SURROUND YOURSELF WITH ABUNDANCE

Surround yourself with people who have an abundance mindset. Seek out individuals who inspire and motivate you, and who believe in your potential.

An abundance mindset recognizes the value of collaboration and teamwork. Seek out opportunities to collaborate with others and learn from their strengths and expertise.

Think of a person who you can contact who you think has an abundance mindset, someone who inspires and motivates you or someone you can learn from. Make an effort to meet with this person.

TAKE ACTION

Actively pursue your goals and take risks. The more action you take, the more opportunities you will create for yourself.

An abundance mindset encourages setting goals and taking action towards achieving them. Break your goals down into smaller, manageable steps and celebrate your progress along the way. You can find many worksheets and planners to help you achieve your goals on 101planners.com.

Describe a goal you would like to set for yourself and the action you will take to reach this goal.

Goal	Action

PRACTICE VISUALIZATION

Use visualization techniques to imagine the abundance you desire.

Close your eyes and visualize yourself achieving your goals and living the life you want, then describe your visualization below.

GIVE BACK

Practice generosity by giving back to others. Giving can help you feel more connected to others and increase your sense of abundance.

List something you can do to give back and make it happen.