

CREATE AN ABUNDANCE MINDSET

Seeing life through the lens of scarcity is looking at ourselves, our circumstances and other people from a place of not being, doing or having enough.

Where did it come from?

FAMILY SYSTEM:

How did your family relate to resources? Gratitude and abundance? Or, fear and lack?

Write about it here:

THE STORY WE MADE UP:

What's the story you made up about receiving/not receiving what you need and want in life?
How did you internalize your experience of provision?

For example: "there's not enough", "I'm not enough", "I'm not worthy of receiving what is available within the limited resources", etc.

Write about it here:

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What is your "money story"?

Describe your Mom's relationship to money.

What did you hear her say about money?

What did you learn from watching her interact with money?

Describe your Dad's relationship to money.

What did you hear him say about money?

What did you learn from watching him interact with money?

What are some of the beliefs about money you heard others say while growing up?

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What are some of the beliefs you have around money?
How do you speak to yourself about money?

How do you feel about money? Make a list of the feelings that come up for you around money. (for example: anxiety, gratitude, shame, doubt, etc.)

**You can repeat this process with any resource you feel lacking, i.e. time, skill, tools, relationships, opportunity, etc. Just replace "money" with the resource as you answer the questions. For example, "describe your Mom's relationship to time..."

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"IF ONLY..."

A huge way scarcity shows up for many of us is saying things like, "If only I had my fill in the blank, then I'd be happy." Or, putting it in the future saying, "When I have fill in the blank, then I'll be happy."

Write down all of the "If fill in the blank, then..." thoughts you've had recently, in any area of life.

List them here:

How can you shift your attention to what you DO have now, in the present moment?
How can you shift your thinking to generate a new feeling of abundance?

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LETTING GO:

Open your channels of receiving: soften your body through a regulation meditation, or practicing pause, and allow yourself to let things go: tears, emotions, unforgiveness, fear, bracing, judgment, a self-protective wall, a draining client, a toxic relationship...releasing all of this will open up your channels of receiving so you can welcome abundance in your life.

What do you need to let go?