

THE ABUNDANCE MINDSET

The Ultimate Guide To
Living an Abundant,
Unlimited, and
Content Life

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INTRODUCTION



Introduction

We live in a world where it can be difficult to manifest what we want. It is easy to believe there aren't enough resources for everyone to enjoy. Some will make you believe that only with advance education or a college degree will you be able to access a better quality of life but that is not the key to abundance. What you need is to switch your mindset.

Anyone has the opportunity to see the abundance around them, and quickly realize that any goal is attainable. You only have to change your way of thinking and be more open to receive. In this guide, you will learn to change your mindset. Acquiring an abundance mindset will allow you to see and access all the wealth that is available for you.

During your learning, you will have a few sections dedicated to reflections. It is strongly recommended that you take the time to do those activities. It will give you a better opportunity to manifest what you want in your life and kick-start your mindset change.

Abundance can mean different things to different people. It is important that you have a clear understanding of what abundance means to you. Let's start by defining abundance.

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What does an abundant life look like? Is abundance about finance, love, health, happiness or else? Write down your own definition of abundance, what it would look like in your life.

This guide's objective is to provide you with an understanding of what you need to live an abundant and happy life. You will learn about the research that exists but also what successful people do to have a fulfilling life. You will be able to identify your current mindset and follow a step-by-step guide that will open the door to manifest all your desires. By the end of this guide, you will have everything that you need to manifest an abundant life!

CHAPTER 1

WHAT IS A MINDSET?



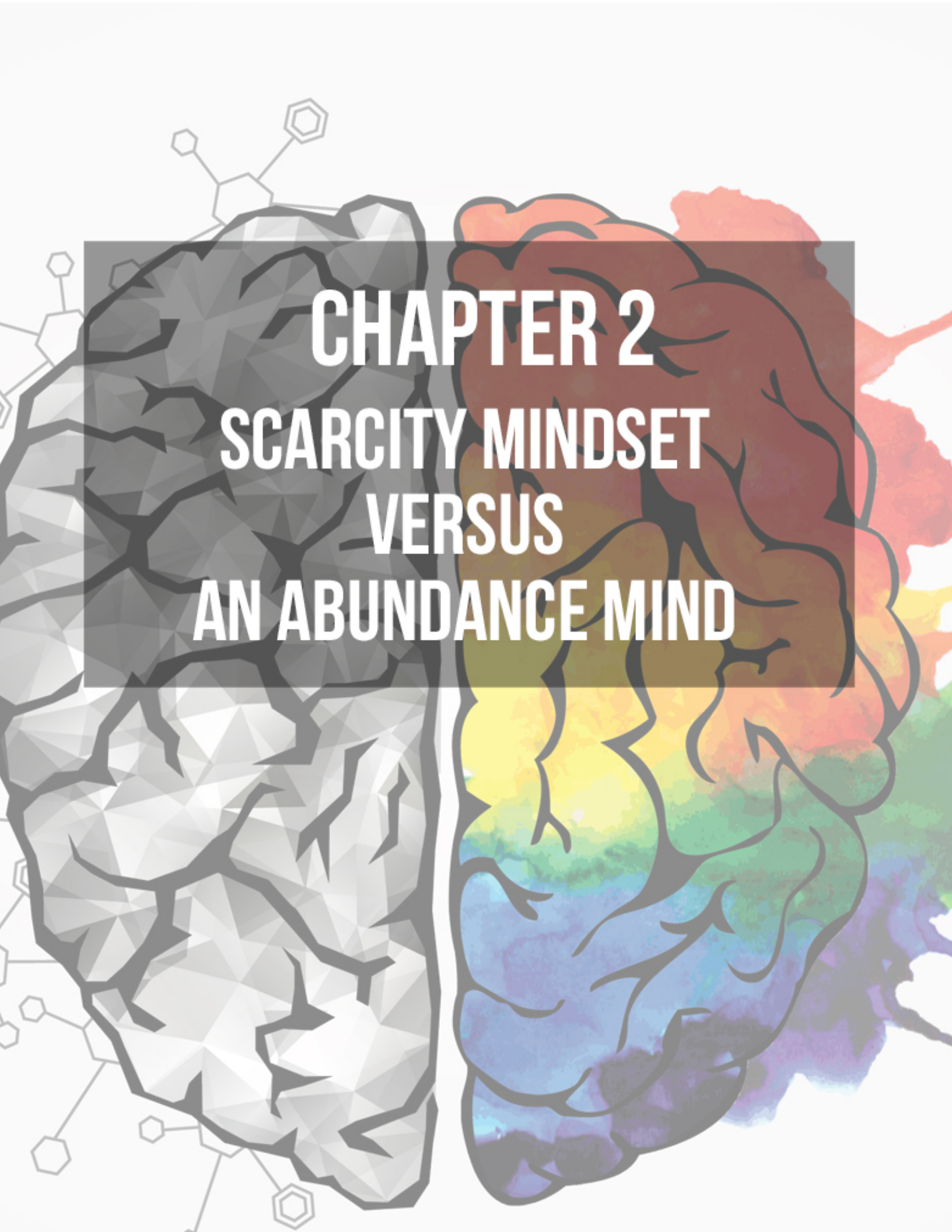
Chapter 1: What Is a Mindset?

A mindset is a way of thinking. It is a lens that allows you to see what you want in this world. Unlike beliefs and values, a mindset is something that is fairly easy to change with awareness, practice and determination. It is the general perspective you have on life and how you react to various situations. In some ways, you can say that values are what unites us, beliefs can divide us and mindsets will decide if you live a fulfilling and abundant life.

Our mindset can stop us from achieving our goals and accessing our desires in life. It doesn't matter what beliefs or values you have, if you have the wrong mindset, it can limit you and hinder your general sense of happiness. On the other hand, feeding the right mindset will be essential for you to create the life you want.

An individual can have a mindset but we can also observe mindsets in organizations, groups, families and friends. In the case of a group mindset, it is basically the way that a group will think when together. For example, you might think in more creative ways when you are at work because your team encourages you to think outside the box.

The goal is to empower you to switch your mindset to one that will positively transform your life and attract abundance and wealth. In the next chapter, you will learn about the different mindsets that exist.



CHAPTER 2

SCARCITY MINDSET VERSUS AN ABUNDANCE MIND

Chapter 2: The Difference Between a Scarcity Mindset and an Abundance Mind

There are two types of mindset that was coined by the author of *The 7 Habits of Highly Effective People*, Stephen Covey. These are a **scarcity mindset** and an **abundance mindset**. The scarcity mindset is more about focusing on what we don't have and our limits. Meanwhile, an abundance mindset is about creating opportunities and believing that there are enough resources for everyone to benefit.

A person with a scarcity mindset will be absorbed with what is missing in one's life. In that situation, the mind becomes busy worrying and stops us from accessing what we want from life. A scarcity mindset will focus on limitation and manifest obstacles which can seriously limit our success. When you limit yourself with your beliefs and actions, you are not open to receive or recognize the abundance that surrounds you.

For a scarcity mind, there is never enough. The person wakes up in the morning thinking they didn't have enough sleep or won't have enough time to accomplish all the things that can be accomplished that day. No matter what it is, the scarcity mind is set on acknowledging what is not available.

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Think of your life. Which area do find yourself focusing on what you don't have? What limits do you place on yourself? Which area of your life (love, relationships, finances, work, etc.) do you apply a scarcity mindset?

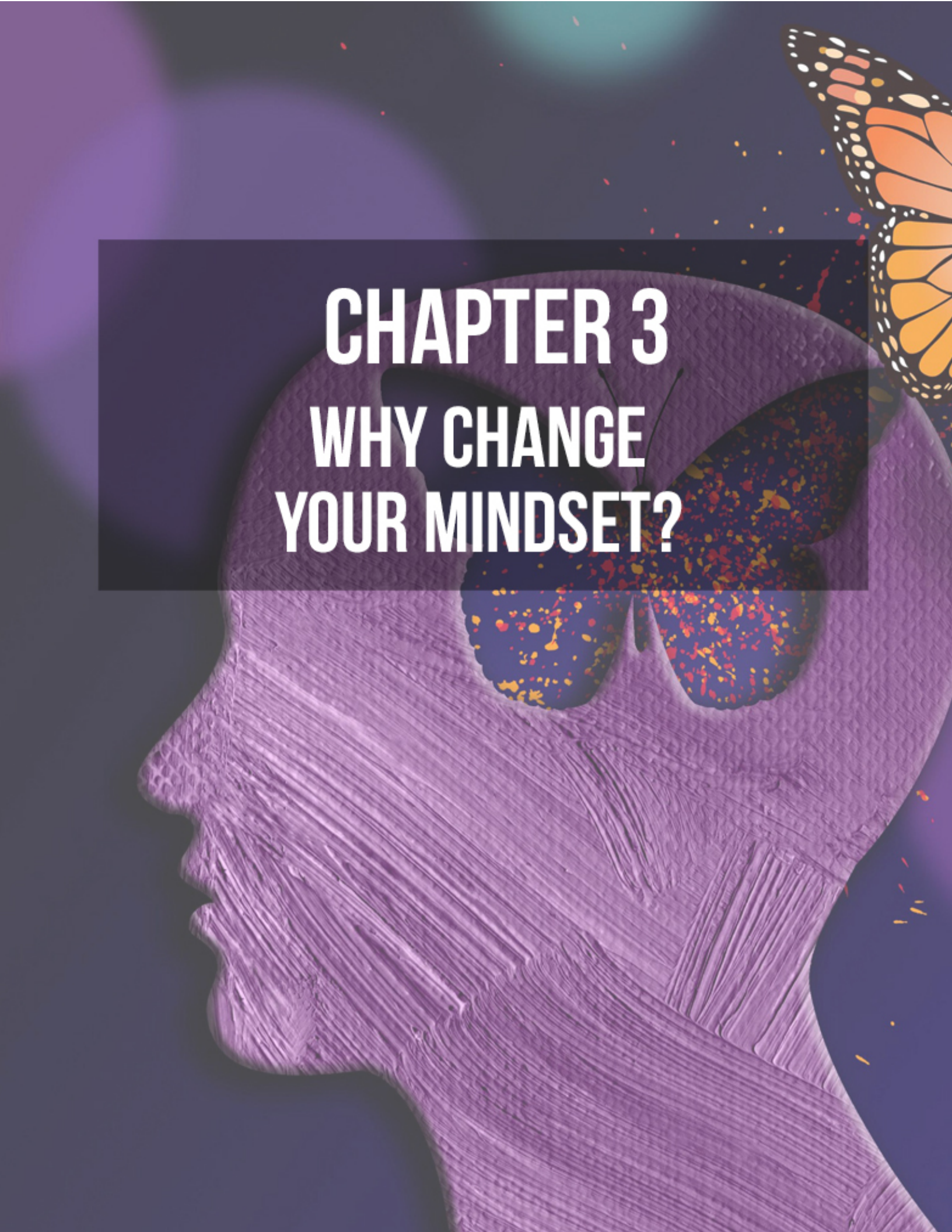
The other side of the medal is the abundance mindset. With that mindset, we realize that there is enough in this world for everyone to receive. You let go of negative feelings like jealousy, envy or pity for yourself and take matters in your own hands. You move from being a victim in your life to a leader. In addition, you don't focus on the limitation but you recognize the good things that are already present in your life and set your intention to manifest more of what you want. With an abundance mindset, the person gets up thinking that they will make time to rest in the afternoon and then

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make a list of what can be accomplished in the day. It's about what is possible or about what is available in the present moment.

Think of what you currently have in your life. Make a list of the things, situation or people that make your life rich. What are you grateful for in your life? What do you appreciate about yourself?

Now that you know a little bit more about the two mindsets, you can start applying behavior change and thinking style that match what you want. The more you will be aware of your mindset, the easier it will be to shift toward an abundance mindset. In the next chapter, you will learn about the benefits of making that shift and what you can expect by bringing more of an abundance mindset into your life.



CHAPTER 3

WHY CHANGE YOUR MINDSET?

Chapter 3: Why Change Your Mindset?

As you've seen in the previous chapter, a mindset is what will likely determine how you experience your life and if you enjoy it or not. The benefits of having an abundance mindset are endless. Individuals with an abundance mindset are, in general, more successful and feel less stress in their daily life. Here are a few other benefits:

Appreciate your life: Individuals who have an abundance mindset will appreciate more what they have and also the people in their life.

Access more opportunities: With an abundant mindset, more opportunities are revealed because you actually look for them.

Decrease your daily stress: Because people with an abundance mindset are less likely to have expectations that cannot be met, this allows them to live a life that has less stress and disappointment.

Reduce your anxiety: When you strongly believe that there are enough resources for everyone, you automatically trust that you can access what you need when you need it. Instead of finding yourself worrying about what you don't have, you are able to reduce your anxiety by knowing that you can manifest what you want when you need it.

Take control of your life: When you live with a scarcity mindset, you are often living as a victim. Like life happens to you as opposed to you making life happen. An abundance mindset will place you in the driver's seat and will give you more control over your life and a greater ability to create what you want to experience.

Foster happier and fulfilling relationships: We tend to attract people that think like us. If you are stuck in a scarcity mindset, you will have the tendency to attract people that limit themselves. Alternatively, if you cultivate an abundance mindset, you will start manifesting relationships that are uplifting, supportive and most of all that brings more abundance in your life.

Improve your health: People who demonstrate an abundance mindset are more grateful which is tied to better physical and psychological health. They are less likely to experience depression, anxiety, stress and other chronic diseases that are often connected to one's lifestyle.

In the next chapter, we will go deeper into the facts that surround an abundance mindset. We will look at what the scientific world has discovered about abundance and scarcity mindsets.

The background is a complex, abstract composition. It features a blue-tinted, semi-transparent human face in the lower right corner, looking upwards. Overlaid on this and the rest of the image are various digital and scientific motifs: binary code (0s and 1s) in the upper left, glowing circuitry and data lines in the center and right, and a large, faint DNA double helix structure in the upper right. The overall color palette is dominated by blues, purples, and oranges, creating a high-tech, futuristic atmosphere.

CHAPTER 4

THE RESEARCH ON LIVING AN ABUNDANT LIFE

Chapter 4: The Research on Living an Abundant Life

In this chapter, we will explore the research that was completed on mindsets. These researches have brought forward some very interesting conclusion that will likely make you want to shift your perception of your life. The research on scarcity and abundance reveals results that we could not foresee, like a reduced intelligence quotient (IQ) or how we limit ourselves with a scarcity mindset.

These results provide us with more knowledge about the difference between mindsets and also encourage us to make positive changes in how we perceive the world around us. As William James, American psychologist and philosopher, once said: “The greatest discovery of my generation is that human beings can alter his life by altering his attitudes of mind.”

Mindsets and Intelligence

Changing our mindset can have a big impact on our life. One of the most interesting findings comes from research done at Harvard University. The study looked at the Intelligence Quotient (IQ) of individuals when they had a scarcity mindset versus when they had an abundance mindset. The results revealed that the difference between having a scarcity mindset and an abundance mindset can be as much as 10 to 14 IQ points.

In perspective, that is enough of a drop to bring you down of two classifications on the scale, for example, from average IQ to borderline deficient. What is fascinating is that as soon as you change your way of thinking, you can gain the IQ quickly. We can conclude from that research that having an abundance mindset will make you brighter and enable you to be better at making decisions and find solutions to problems in a quicker and more efficient way.

Mindsets and Opportunities

Another noteworthy research what conducted by cognitive psychologists, Daniel Simons and Christopher Chabris. In their study, they demonstrated that when our mind is set on a specific thing, we tend not to see the other opportunities that surround us. It's like wearing blinders that completely obstruct your perception.

In their study, they use a video and ask the participants to focus on a basketball and count how many times the ball is being passed. Meanwhile, a gorilla walks on the video scene. Most people won't even see it. This finding shows that if we are too focused on something specific, we are more likely to ignore the opportunities around us.

This research reveals two important things, not only are we missing out on something better, we are completely oblivious to the fact that we are missing out on something. Applied to scarcity and abundance, you can say that if you focus too much on what you don't have, you could be missing the abundance around you.

Mindsets and Decision Making

In a recent study published in the Psychological and Cognitive Sciences, demonstrated that our brain is negatively affected by a scarcity mindset when it comes to make purchase decisions. We are less likely to price items correctly and therefore purchase an item that could have a higher price than normal. In another publication that looked at the effect of the mindset on decision-making, the results showed that people who have a scarcity mindset are more likely to make instant gratifying purchase as opposed to “think about it” for a certain time prior to buying the item.

Mindsets and Learning

Learning is a very important aspect of our life. It allows us to grow and become better people. Research, led by a professor at the University of Maryland, indicated that a scarcity mindset will lower the psychological freedom of an individual and therefore limit them in their ability and openness to learn and undermine their capacity to change. Not only will they don't but it also impacts their motivation to learn. It is a vicious circle that creates more limitation.

Mindsets and Health

A study featured in the European Health Psychologist showed that the participants that had a scarcity mindset made poor decisions in regard to the consumption of food (eating unhealthy food and over indulging). This poor health decision is likely leading individuals with a scarcity mindset down the path of obesity, chronic disease and illness.

In the next chapter, we will guide you in a series of reflections that will help you identify your mindset. Awareness of how you think is the key to enable you to stop feeding scarcity-based thinking. It is easier to apply changes when you know what it is that limit you in your life.

CHAPTER 5

WHAT IS YOUR MINDSET?



Chapter 5: What Is Your Mindset? Determine How You Think

As mentioned before, a mindset is the way that ones think. It is possible to hold different mindsets in different areas of your life. In this chapter, you will find a description of behaviors often exhibited by individuals stuck in a scarcity mindset. You can make a list of the ones that you recognize yourself in. Being aware of your challenges will be helpful in identifying what can change in your life to access more abundance.

Focusing on the Gaps

A common mistake that we tend to do in a scarcity mindset is to place all our attention and energy on what is missing in our life. On the other hand, people that live an abundant life are natural at putting their energy on what they want to manifest. By switching your thoughts to be more oriented to what you want, you are painting a clear picture of what it is that you desire. By doing so, it is easier to find what you seek when you know what you want, as opposed to what you know you don't want. Do you find yourself listing things that you are missing in your life? Do you sometimes wonder why you don't have what you want? Are you the type of person that is always focused on getting more?

Take the time to write down the areas of your life where you tend to focus more on what you don't have.

You Don't Ask for Help

In order to bring more abundance in your life, you need to be open to receive. And that includes receiving help from others. If it is difficult for you to say "yes" to someone who offers you help, you are telling the universe that you are not deserving of receiving from others. The same applies if you have a hard time asking for help. That is often a surprise to many that showing independence in our life can lead to blocking the flow of abundance. This is because if you can't accept help from others, you can't accept a little help from the universe. In order to shift this habit to bring more abundance in your life, try to find ways to ask for help, most people love helping. Accepting someone's help might just make their day.

Thinking of your daily life, where could you use more help? For example, do you ask for help at work? If not, what can you do to change that?

You Are Uncomfortable With Compliments

Compliments are a form of receiving similar to asking for help. If you are uncomfortable with receiving compliments from others, you are demonstrating that receiving is difficult for you. This can automatically lead you to more scarcity. Try to reflect on how you behave when someone compliment you on your skills. Do you try to find excuses for why you are not that great? If you want to be more open to receive and attract more wealth, start by saying thank you when someone recognizes your value.

When was the last time that you've received a compliment?

What was your reaction? How did you respond?

You Dwell on the Past

To dwell on the past means that you spend a lot of your precious energy thinking about things that are no longer relevant. That behavior leaves you with little energy to manifest what you want in life. If you want to change or accept your past, you have to make a choice now and bring your focus back to what you can do, now, to feel happier. If you want to have a more fulfilling life, ask yourself, what choice you can do right now to help you access more abundance. What good do you have going on in your life now? People with an abundance mindset don't delay living a happy life based on something they will get later. They find the joy in the present.

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Is there something from the past that occupies your mind a lot?

How can you make peace with it and let go of it?

You Often Use the Words Don't or Can't

Our vocabulary says a lot about our mindset. A person with a scarcity mindset will use many limiting words such as “can't,” “won't,” or “don't.”

These words have the tendency to nourish a deep belief that we don't have enough and will never be able to access what we want in life. To shift to a more abundant life, pay attention to the words you use. Catch yourself using words that set a limiting belief and reframe them into words that empower you to do something about the situation. Here are a few examples:

Scarcity Mindset	Abundance Mindset
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I don't have enough money to go on a trip with you.	I can save some money if we go on that trip next year.
I can't seem to attract the love that I want.	I want to attract a partner who is supportive and loving.
I don't like my job and hate that I am stuck in this.	This job allows me to stay in the work force while I find the perfect job that will fulfill me.
Why can't I be pretty like the people on Instagram?	Every day, I will recognize something that I like about myself. I will express more self-love.
I can't do what I want because I am broke.	I want to be able to travel the world, let's find the opportunities to do it.
I won't be able to go out with my friends tonight because of my work shift, my life sucks.	My work shift tonight will allow me to bring more financial abundance in my life.
I can't do this.	Let's figure out how I can make it happen.

Now it's your time to learn to reframe some of the limiting thoughts that you have throughout a day.

Pick a day and make a point of noticing when you use limiting words such as can't and don't. Make a list of the sentences and at the end of the day, take the time to rephrase those sentences to be more aligned with an abundance mindset.

You Envy Others

When we live with a scarcity mindset, we tend to experience feelings of jealousy and envy. We will often catch ourselves looking at others and wondering why we can't have what they have. One of the thoughts you could often have is wondering why is it that everyone else has what want and not you. Envy is a feeling that attracts scarcity because we focus on what we don't have. It can also lead to resentment toward some people and ruin relationships with friends and families. In order to shift to an abundance mindset, you need to start recognizing the good in your life and stop comparing yourself with others. Start by acknowledging what it is that you like about yourself, others or your life in the present moment.

Do you sometimes look at your Instagram and envy the people in the pictures? What do you envy them for? Instead of being envious, take the time to write it in a positive affirmation and set an intention to manifest it in your life. For example, if you see a

person that is in Hawaii and you envy them. Your intention could be: “I am saving \$10 a week for my trip to Hawaii.”

Feed a Sense of Urgency

Some believe that being in the present moment means to manifest everything you need now. In fact, it is demonstrated that people who feed a scarcity mindset will be more likely to focus on immediate “wants.” They feel the need for instant gratification, a sense of urgency that the need has to be met now. This type of behavior can be detrimental to one’s life and have a negative impact on one’s future. A great example is when an individual receives a sum of money that wasn’t expected. Those with a scarcity mindset will have the urge to spend it right away on things that are not necessarily essentials in the long run but something that they really want in the present moment. It is almost as if they think the money will disappear overnight if they don’t spend it now.

Blame Others

Do you feel like life isn't fair? Maybe you feel that a lot of the unfortunate situations you have experienced are not your fault but someone else. If so, it might be time for you to take matters into your own hands. It is basically giving up on your power and leaving all control of your life to external factors like another person. When you give up on your power, it leads you with hopelessness and inability to change your situation. One of the most common behaviors in people with an abundance mindset is their ability to take responsibility and do something to change their situation. If you don't acknowledge your responsibility in your life, you are unable to feel empowered to do something about improving your life.

Make a list of things that you find unfair in your life. Once you have a list, review it. This next step will be very hard but try to see how you can take responsibility for those and what you can do to change the situation.

The points above are examples of behaviors that could be limiting you in your life. These behaviors are what we are trying to change with this guide. In the next chapters, we will go deeper into what abundance is and how you can access it.

The background is a vibrant, abstract composition of paint splatters and brushstrokes in shades of purple, blue, teal, and yellow. A dark, semi-transparent rectangular box is centered in the upper half of the image, serving as a backdrop for the chapter title.

CHAPTER 6

LAW OF ABUNDANCE

Chapter 6: Law of Abundance - Know What Can Make a Difference

The law of abundance has two premises. One is the balance between giving and receiving and the other is the ability to define what we want. Without those two, we are more likely to live with a scarcity mindset. It is important to understand these premises because it is often connected to behaviors that are subtle and not necessarily obvious that they block you from accessing abundance in your life.

Giving and Receiving

In the law of abundance, it is important to understand that life is always about balance. And when we are not in balance, we are not able to manifest what we want. Balance means that you give as much as you receive. It also means that you are open to receive and open to give.

Most people who are unable to receive the abundance in their life are out of balance. Signs that you are out of balance would be:

- You give a lot of your time and energy to others and don't do much self-care;
- You love giving gifts to others and are very uncomfortable when others give you something;
- You love helping others but refuse to ask for help because you feel you are independent;

- You always get the tab at the restaurant and you feel very uneasy when another person pays for you;
- You love complimenting others but when others compliment you, you try to find excuses or change the subject.
- You tend to do all the talking and might forget to ask your friend or partner how they are doing. Or the opposite, you always listen to your friend and don't share much about your life with them.

If you find yourself in those statements, you are unconsciously telling the universe that you do not deserve to receive. You are the one who block the flow of abundance in your life because you are not open to receive simple gifts from others. You are throwing yourself off balance by giving more than receiving.

Here are other examples of being unbalanced in specific areas of your life.

Relationships

When we find ourselves off balance in the area of relationships, it could be that we give too much or we take too much. Giving too much would mean that you completely forgot yourself to please others (whether it's a love, family or friend relationship). On the other hand, taking too much would be when someone is always talking and seeking attention from others to fulfill their own needs. It would be like those individuals that tend to do all the

talking when you are interacting with other people and not really being interested in how the other person is doing.

Work

Being off balance at work would mean that you might be spending more time in the office than most. It might be that you do the roles of two people instead of one and that you always get the work done, even if that means a non-existent personal life. The opposite, when you take too much, could be that you have a sense of entitlement and won't help others and maybe arrive at work late and take two hours lunch.

Finances

When you are not able to balance the giving and receiving aspect of your life, it might show up as too much spending or being too greedy about your savings. Some people spend way more than what is in their account and forget about saving. Or worse, some people refuse to spend money on others or donate to those who need. In the law of abundance, that is as bad as saving too much and not enjoying your financial freedom with the constant worry that you will not have enough.

The good news is that you can find balance today.

Take a moment to reflect on which aspect of your life is not aligned with the law of abundance. Make a list of where you could bring more balance between giving and receiving, try to identify ways that you can improve.

Define What You Want

Knowing what you want is so important to manifest it. Imagine that you work at an electronic store. You see a customer wandering around looking like he can't find what he is looking for. You want to help him so you approach him and ask if you can help them finding what they are looking for. The customers say: "Yes, I would appreciate some help!" Then you proceed to ask what he is looking for. And the customer answer: "I am not sure; I was hoping you could help me finding it." How confusing would that be for you. Where would you start? The moral of this story is that it is practically impossible for the universe to give you what you want if you don't know what you want. People who know exactly what they want can manifest their desires. It is sometimes easier to identify what we want by focusing on a feeling. For example, you know you don't want to be tied financially because you need to feel financial freedom. That feeling will be

important because the more that feeling is present in your life, the more you will know that you are moving toward what you desire.

When you define what you want, simply start with the following statement: “I want...” That will stop you from describing what you don’t want.

A simple way to be clear in what we want to manifest is to create a SMART goal. A SMART goal is basically a statement that is specific, measurable, attainable, relevant and time-bound. Let’s say that what you want to manifest is \$5,000 in your saving account by the end of the year. If we use the SMART goal approach, it would look like this:

Specific	I want \$5,000 in my saving account by the end of the year.
Measurable	\$5,000
Achievable	Yes, that is achievable since it is around 417 per month which is less than what I currently spend on non-essential items in a month.
Relevant	Yes, it is relevant because this \$5,000 will allow me to make a deposit on a car that I need to go to work and make my life more efficient.
Time-bound	By December 31, 2020

As you can see from this example, the SMART goal will allow you to be very specific in what you want but also create a reflection that may lead you to realize that your goal might not be as relevant as it could be.

Take the time to make a list of what you would like to manifest.
You can use the SMART goal to help you create a clear intention.



CHAPTER 7

CHANGING YOUR MINDSET

Chapter 7: Changing Your Mindset

Find What You Need to Live an Abundant Life

The best way to move from a scarcity mindset to an abundance mindset is to be aware of your scarcity-based thinking patterns. The activity you've done previously gave you a start on identifying which area of your life you perceive as not "being enough." That could be financial, relationships, work, social, or personal.

Now that you have identified the area that is the most challenging for you, reflect on what it is that you want. What does abundance in that area looks like? What are you doing now that is limiting you from accessing abundance? What can you do to change your situation?

Once you've identified what you can do in your life, make sure that you choose to express what you want as opposed to what you don't want.

Here's an example. Sally feels like she is unhappy in her love relationship. She would love to access an abundant love life. She wants to manifest a love relationship that is fulfilling and allowing her to be happy. What she perceives as limiting her from accessing an abundant love life is her partner who is not present for her. Instead of sitting back and feeling sorry for herself, she chooses to express her feelings to her partner by sharing with him that she wants, which is to grow closer to him. By focusing on what she wants, she is able to clearly express the need as opposed to the gap.

Learn to Receive

The biggest reason that blocks many of us from receiving the abundance that exist in our world is a deep belief that we are not worthy of it. Ask yourself, how do you behave when someone compliment you on your skills or how you look? Do you have the tendency to find an excuse? Or maybe you simply change the subject. People with an abundance mindset are not afraid to say thank you when somebody gives them a compliment. If you want to start receiving the abundance, start with a simple thank you.

There is nothing more meaningful than receiving a compliment from yourself. What do you appreciate about yourself? How can you express more self-love?

Find What You Love

In order to have an abundant life, you need to figure out what it is that you love doing. Many times, we try to do something that others do, simply because they are successful. The more you will align with what you love doing, the more abundance you will attract in your life. If you are trying to be someone else, you will block the flow of abundance because you are not in the heart space, but in the mind space. If someone succeeds at something, it isn't because of what they do, but because of who they are.

What type of activities do you love doing? Is there something that you loved as a child that you haven't done in a long time? If so, how can you bring it back into your adult life?

Feel What You Want

It is not only important to identify what you want but it is more important to feel what you want. The more you will align with the feeling that what you want brings you, the more you will attract it in your life.

Take a moment to picture yourself in a home. What is it that you feel? Joy? Happiness? Try to identify the feeling attaches to that idea. Now see how you can bring that feeling into the present moment. What can you do right now to bring you the same feeling?

Appreciate What You Have

A simple step to abundance is to start recognizing how rich your life already is. Take the time to appreciate what you have in your life. Maybe it is health, people you love, your colleagues, skills, or the simple beauty of nature that surround you every day. The more you bring your mind in a space of appreciation and recognition, the more you are allowing yourself

to attract positive things in your life. You will find yourself realizing how abundant your life is and that what you need is right there in front of you.

What do you appreciate in your life right now? It could be something, a situation, an experience or people.

Accept and Let Go

The opposite of an abundant life is scarcity. Scarcity is when we perceive that we don't have enough in our life. In order to move yourself from that space of "not enough" you need to accept that sometimes you don't have what you want at that moment. The worse you can do next is to dwell on it. When you focus too much on what you don't have, you get into a space where you are unable to manifest what you want. You need to let go of those destructive thinking patterns and instead, give you energy to create what you want. When you realize that you don't have something, rephrase to state what you want to have.

Is there something in your life that you don't have and you are consistently reminding yourself of that injustice? If so, how can you reframe the situation to accept and let go of that destructive thinking pattern?

Accomplish Small Actions

Abundance doesn't happen overnight. Most people who live an abundant life will tell you that they work at it every day. On a daily basis, they are accomplishing small actions that aligns them with what they want in life. For example, if what you want is more money, each day, you can make small deposits in a saving account. Five dollars a day will become \$150 at the end of the month and \$1,825 at the end of the year. If, on the other hand, you want more love in your life, start with self-love. Every day, make a point of bringing to recognizing one thing you love about yourself.

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When you look at the list of SMART goals you've done in the previous chapter, what small action can you take today that will lead you one step achieving to manifesting that goal?

CHAPTER 8

THE GROW MODEL



Chapter 8: The GROW Model

Implement Changes in a Successful Way

The **GROW** model is another useful technique that is utilized in executive coaching. The letter stands for **G**oals, **R**eality, **O**ptions and **W**ill. This approach to goal setting allows the individual to explore what they want in terms of accomplishments, identify the barriers to manifesting what they want, determine options available to them and choose an action.

Goal

In the goal phase, you identify what it is that you want to reach. What are your desires? What would you like to manifest in your life? In that phase, we try to identify something that we really want to accomplish without putting any limitation to our goal. An example of a goal would be to increase our financial wealth.

Reality

In the reality phase, we explore our current state and future state. By exploring what our current situation is, we are able to clearly understand the barriers that lies ahead of us. It gives us an idea of what the obstacles are to accomplish our goal. List all the obstacles that are in your way. For example, the obstacle to reach financial wealth could be:

- Credit Card debt
- Job that doesn't pay enough

- Too many expenses in comparison to the income
- Chronic disease that requires a lot of expenses

List all the issues that you can think of in regard to what limit you in attaining your goals.

Options

In the option phase, we want to brainstorm on potential solutions but keep a small step approach. The smaller the step is, the easiest it is to do it and the less overwhelm you will be in regard to reaching your goal. When a step is too big, we often find ourselves paralyzed of fear or stress because it feels like it is too big to do. Examples of options would be:

- Stop using the credit card
- Research insurances that will make the chronic disease more manageable financially
- Research jobs to see if we have opportunity to find something better
- Review expenses on a weekly basis and make changes on spending where it is applicable.

A small step today is all you need to get closer to what you desire.

Will

Now it's time for you to choose what will be the action that you opt to take. From all the options that you've listed previously, which one seems to be an "easy target," which one seems to be easily implemented into your life now.

Now your turn to try. Answer the following questions based on the GROW model.

Goal

What do you want to manifest? Once you've manifest what you want, what does that look like? What will you have that you don't have now? Imagine yourself six months from now, all obstacles are removed and you have manifested what you want: What do you see or feel? What is different from now?

Reality

How important is it for you to manifest that goal? How do you feel about that goal? What are you currently doing that lead you to your goal? What are you doing that is getting in the way of your goal? What blocks you from manifesting what you want?

Options

What could you do differently? What strategies do you have to solve the problems identify in the previous step? Is there anyone that could help you with this? What are the steps that you could take to reach your goal?

Will

What will you do and how will you do it? When do you plan on taking those actions? Is there anything that needs to be put in place before doing these actions? What do you need to commit to that goal?

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This powerful coaching technique is known to bring success to those who apply. You are invited to apply that questioning process in anything that you would like to manifest. By doing so, you will be more prepared to achieve what you want. In the next chapter, you will learn more practical ways to bring an abundance mindset into your daily life.

CHAPTER 9

PRACTICAL WAYS TO IMPLEMENT TODAY



Chapter 9: Practical Ways to Implement Today - Make It a Daily Practice

In this chapter, we will learn about simple things you can do today to bring more abundance into your life.

Be Mindful

Being mindful is our ability to be aware of the present moment. It is one of the key techniques we can use to attract more abundance into our life. By being in the present moment, you are able to not worry about the future or simmer on the past. Normally, when we are in the present moment, we recognize that at that moment, we are safe, well and can have access to inner peace. To practice being in the present moment, you can simply observe your surroundings. Take a minute to notice what you see, what you smell, what you hear, what you feel and what you taste. This will help you let go of the past and stop worrying about the future.

Focus on What You Want

Most of us have the tendency to think of situations that we don't want to see happen. For example, let's say that you are trying to increase your financial status. You have applied for three jobs. It's been two days and you haven't received any words from the places you've applied for. You will likely start focusing on the fact that you don't have an update from the companies. This way of thinking is the downfall toward negative emotions. On the other hand, you have the ability to switch your mindset and focus on

something that you want. For example: You have applied for three jobs and you will manifest the one that is best for you.

Show Gratitude

A scarcity mindset is a mindset where we perceive that we don't have enough. To shift your mind to an abundance mindset, you have to recognize the good in your life. A great way to do so is to take the time, every day, to write down three things you are most grateful for in your life. You can also take the time to tell people around you why you are grateful to have them in your life. Whatever you put out into the universe will come back to you tenfold.

Reducing Expectations

Having expectations is not always a good thing. It can limit you in the opportunities that surrounds you but also bring disappointment. By reducing your expectations, you allow more opportunities to show up and also become more easy-going and at peace with whatever happens in your day.

Change Your Vocabulary

One last thing is that an abundance mindset is more likely to exist in an environment where the word "can't" doesn't live. The word "can't" is not useful and serve one purpose, to limit your growth. If you catch yourself using that word, try to redirect yourself to something more empowering. When you say "I can't do it," go back to rephrase by stating what you can do. For example, the sentence "I can't be happy with him" would become "I

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can choose to be happy now” or “I can’t pay off my credit card” would become “I can stop using my credit card.”



CHAPTER 10

GO BEYOND ABUNDANCE

Chapter 10: Go Beyond Abundance - Start to Manifest What You Want

In this chapter, you will learn about small actions you can implement in your life right now. These actions are known to help people move from a scarcity mindset to an abundance mindset and mostly manifest whatever you desire in this life!

Write Daily in a Gratitude Journal

Being grateful about what is present in your life is a great way to attract more positive experiences. If you take the time to recognize the good things happening in your life, you are more likely to express appreciation toward the people around you and your life in general. When you are in a space of appreciation and positive thinking, you are saying “yes” to the universe. You are moving yourself out of the scarcity mindset, which is a mindset that attracts limitations, and moving into an abundance mindset which will allow you to be more open to receive.

Express Self-Love

We often hear that we should not be selfish, that we should be kind and show compassion toward others. In reality, self-love is not selfishness, it is putting ourselves as a priority so that we can be our best self in our life and for others. Being your best self means that you have the energy and a state of mind that allows you to be present and love who you are. By appreciating yourself more and accepting that you don't need to be perfect

to receive love, you are shifting your mind to be more open to receive. If you are able to receive love from yourself, you will quickly see that love is more present in your life. The more you are comfortable with yourself, the more you will attract positive experiences and open your arms to welcome abundance in your life.

Receive With Arms Wide Open

Some people are really uncomfortable with receiving help, gifts or a compliment from a friend. If that is the case for you, you need to learn to say thank you and stop trying to find excuses that express that you are not worthy of receiving. It doesn't matter in what form you refuse receiving. When you do so, you are sending a message to the universe that you are not worthy of receiving something and that completely blocks the flow to manifest an abundant life. Start today by learning to say thank you when you receive something.

See the Opportunity in Difficulties

When you perceive obstacles as something that is not negative but more as an opportunity, you allow yourself to learn from those obstacles and trust that something better is coming your way. The less time you will spend on being angry or frustrated with the obstacle, the more time and energy you will have to find the opportunity and the solution ahead.

Gabrielle Bernstein has this lovely quote which is: "Obstacles are detours in the right direction."

CONCLUSION



Conclusion

Living an abundant life is available to all individuals on this Earth and it all depends on the mindset. By applying the tips provided in this guide, you will increase your ability to access the abundance that surrounds you and also allow you to manifest what you desire in your life.

It will take some time for you to adapt to your new behaviors, it is said that it takes about 21 days to form a habit so be patient with yourself and give yourself some time to learn. Success doesn't happen overnight but can happen with small steps toward the direction you want to go.

The more you will find yourself living with an abundance mindset, the more you will realize that your life might have not changed a lot, yet, you will feel that it is rich and abundant. One thing that might likely change is how you perceive what you already have. On the other hand, when you want to change something in your life, an abundant mindset will empower you to take control over your life and implement the changes that you want to see.

You will find an abundant, happy and fulfilling life once you are fully aware of your thoughts and your ability to change your thinking process of letting go of limiting beliefs and scarcity-based thinking. Know that anyone can successfully access an abundance mindset and achieve whatever they deeply want and believe they deserve.