



THE ABUNDANCE MINDSET

CHECKLIST

The Abundance Mindset Checklist

Mindset

- A way of thinking

Two types of mindset

- Scarcity mindset
- Abundance mindset

Benefits of an Abundance mindset

- Appreciate your life
- Access more opportunities
- Decrease your daily stress
- Reduce your anxiety
- Take control of your life
- Foster happier and fulfilling relationships
- Improve your health

Research and mindsets

- Scarcity mindset and opportunities
 - If you focus too much on what you don't have, you could be missing the abundance around you
- Scarcity mindset and decision-making
 - make instant gratifying purchase as opposed to “think about it
- Scarcity mindset and learning
 - lower the psychological freedom of an individual
 - limit their ability and openness to learn
 - undermine their capacity to change
- Scarcity mindset and health
 - poor decisions in regard to the consumption of food
 - leading individuals down the path of obesity, chronic disease and illness

Limiting behaviors

- Focusing on the gaps
- Won't ask for help
- Uncomfortable with compliments
- Dwelling on the past
- Using words like “can't” or “don't”
- Envy others
- Feeding a sense of urgency
- Blaming others

Law of abundance

- Balance between giving and receiving in various areas of life
 - Work
 - Relationships
 - Finances
- Define what you want with a clear statement of your goal
 - Specific
 - Measurable
 - Achievable
 - Relevant
 - Time-bound
- What you need to attract abundance
 - Learn to receive
 - Find what you love
 - Feel what you want
 - Appreciate what you have
 - Accept and let go
 - Accomplish small actions
- Implement changes with the GROW model
 - Goal
 - What do you want to manifest?
 - What does that look like?
 - Reality
 - What is getting in the way?
 - What blocks you from manifesting what you want?
 - Options
 - What steps could you take to reach your goal?
 - What could you do differently?
 - Will
 - What will you do and how will you do it?
 - When do you plan on taking those actions?
- Daily practice of abundance
 - Be mindful
 - Focus on what you want
 - Show gratitude
 - Reduce expectations
 - Change your vocabulary

- Manifest what you want now
 - Write daily in a gratitude journal
 - Express self-love