

FROM SCARCITY TO ABUNDANCE

Set a timer for ten minutes.

During that ten minutes write down everything that comes to you, without editing or analyzing – just keep it raw and real, in response to the following questions:

- Without limiting yourself in any way and without considering what's possible, what do you want your life to look like? (If you have trouble with what you want, start with what you don't want, then use that to move toward what you want.)
- How do you feel about the possibility of having all of those things? Why?
- What would have to happen in order for you to have all those things?

Consider what you wrote in response to these questions. Select ten that might represent scarcity mindset or Money Lies and write them here:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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For each of these ten thoughts representing a Money Lie, cultivate it into an abundant mindset:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

For example, if the Money Lie was I just don't want to give up my weekends to grow my business, one way to shift that to abundance is it's possible I can grow my business and still have a flexible schedule.

Pick at least one of these shifts to focus on over the next 10 days.
Abundant Thought to Practice: