

## Scarcity Mindset vs Abundance Mindset

\*\*\* Just a reminder, if you want to be entered to win a \$100 Visa AND a 1-1 Coaching Session, make sure you share a screen shot of the episode and tag me in it OR for <u>DOUBLE the points</u>, grab a friend to join you on this training. Every time you share, you add an entry\*\*\*

Why did you sign up for this course and what are you hoping to get from it? (Feel free to shoot me a message and let me know the answer to the answer so I can cheer you on)

What kind of mindset do you lean towards? Take a moment and circle any of the comments you catch yourself saying or believing.

Don't second guess yourself, there is no judgement only awareness.

## Scarcity VS Abundance

There is no way I can do

Arrggg, I wish I could do what \_\_\_\_\_ does.

Liust can't afford that

I am too afraid to put myself out there

I will do it when I have xyz in order

There is no way I can charge this amount

This is just who I am, I can't change

I don't have what it takes

If she can do it, so can I

She is showing me what is possible

There is enough to go

I always look for the possibilities

I focus on long term

I practice aratitude daily

I always look for how I

I am resourceful and can make it happen

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Which area did you score highest in?.

## Reflection Questions / Homework

Where do you struggle the most? Take a moment and really check in with you beliefs you have that are keeping you in a scarcity mindset.	rself and see what the	oughts or
How is this mindset holding you back?		
How would having an abundant mindset change your life and business?		

Pick 1-2 things that you want to work on to improve your scarcity mindset. Tomorrow we will dive into strategies on HOW to actually make the change.

(Ex. comparing yourself to others, changing the language you use, focus on solutions rather than problems, look for lessons and successes, surround yourself with people who have an abundant mindset, etc)

Circle the ones you are committed to work on and improve.

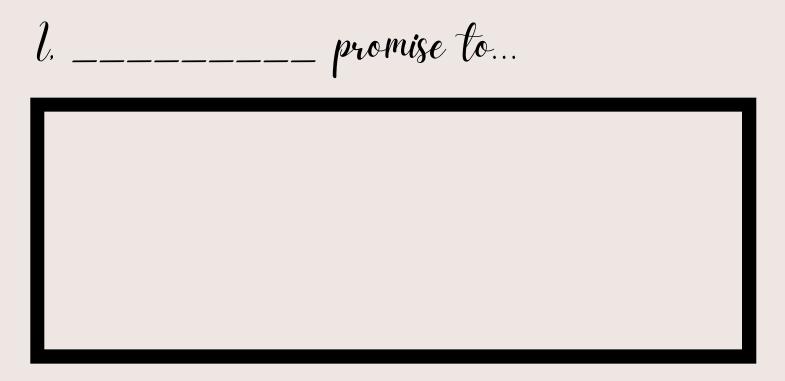
Abundance Focus Areas				
Focus on what you want				
Change your language				
Gratitude				
Focus on long term				
Create positive feelings towards others				
Create win/win mindset				
Declutter				
Positive Anchors				
Look for lessons and successes				
Envirnoment				

at is going to be your focus for your focus focus for your focus focus focus for your focus focu	our 
BONUS POINTS:	
Pick one action you can do RIGHT now to move you closer to an abundant mindset?	



Use this as an ongoing place to record any limiting beliefs that you might be carrying about yourself.						

It's time to start keeping the promises you make to yourself. Below, I want you to write out the promise you are going to keep to yourself. Put this somewhere where you can see it to remind you of why you signed up for this 3 day training.



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