

A top-down view of a desk with a laptop keyboard, a notebook, a pen, and glasses. The text is overlaid on a semi-transparent white rectangle.

FREE TRAINING WORKBOOK

.....

Using Mindset to Leverage your Business

the missing ingredient to help your business thrive

INFO@GINAKEEPING.CA

PROPERTY OF GINA KEEPING COACHING



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 DOUBLE the points, 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 that	If she can do it, so can I
Arrggg, I wish I could do what _____ does.	She is showing me what is possible
I just can't afford that	There is enough to go around
I am too afraid to put myself out there	I always look for the possibilities
I will do it when I have xyz in order	I focus on long term
There is no way I can charge this amount	I practice gratitude daily
This is just who I am, I can't change	I always look for how I can grow
I don't have what it takes	I am resourceful and can make it happen

WWW.GINAKEEPING.CA

Which area did you score highest in?.



Reflection Questions / Homework

Where do you struggle the most? Take a moment and really check in with yourself and see what thoughts or beliefs you have that are keeping you in a scarcity mindset.

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	<input type="checkbox"/>
Change your language	<input type="checkbox"/>
Gratitude	<input type="checkbox"/>
Focus on long term	<input type="checkbox"/>
Create positive feelings towards others	<input type="checkbox"/>
Create win/win mindset	<input type="checkbox"/>
Declutter	<input type="checkbox"/>
Positive Anchors	<input type="checkbox"/>
Look for lessons and successes	<input type="checkbox"/>
Environment	<input type="checkbox"/>
-----	<input type="checkbox"/>
-----	<input type="checkbox"/>

What is going to be your focus for your abundance shift?



BONUS POINTS:

Pick one action you can do RIGHT now to move you closer to an abundant mindset?



Notes

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.

1. _____ promise to...

WWW.GINAKEEPING.CA

