

# 15 ABUNDANCE MINDSET EXERCISES

**1. Seek awareness:** First, take stock of where you are. Are you currently coming from a place of abundance or scarcity? Understanding where you are now can help you pinpoint what you want to focus on as you move towards an attitude of greater abundance. To turn this into a practice, establish your “scarcity vs abundance” baseline with journaling or introspection. Then, observe your thoughts as you go about your day, and notice when thoughts pop up that are from a place of abundance or scarcity. No need to judge—just notice.

**2. Gratitude journaling:** To live an abundant lifestyle, it’s important to focus on what you have, rather than what you lack. Gratitude is the perfect antidote to scarcity, because when you’re grateful, you’re focused on being content with the things you already have. Gratitude journaling is a simple way to exercise and strengthen your gratitude muscle. You don’t have to give thanks for anything too big or too meaningful. Just notice and give thanks for anything around you.

**3. Rephrase your narrative:** If you’re coming from a place of scarcity, you might view your life and your prospects for the future in a negative light. That’s okay. Try to gently shift your narrative. The story you tell yourself is important. For example, instead of “I hate my job and I want to quit,” rephrase into “I’m grateful for what my job has taught me about what I do and don’t want, and for the motivation it’s giving me to create change in my life.”

**4. Create an abundant vision:** If your current mindset and situation fills you with feelings of scarcity, create a vision that’s the complete opposite. What would your life look like if you approached it with abundance? Where would you live? Who would your friends be? What would your relationships look like? What would you do for work? What would your hobbies be?

**5. Dream big:** Creating an abundant vision won't work if you're limiting yourself by dreaming small. When you envision your future, throw what feels "realistic" out the window and instead, create a vision that's all about what you want, as if there were no limitations. It's common to notice yourself "playing small" even when you give yourself this freedom. That's okay. Notice it, and gently pull yourself back to dreaming bigger.

**6. Boundaries:** Changing who you are, how you think, and how you act is hard enough. Managing other peoples' reactions and expectations makes it even harder. Notice who in your life is supporting the dreams you share, and who belittles them or makes you feel as if you don't deserve more. Remind yourself that you're in control of your time and energy. You don't owe others your attention or presence, especially if you feel unsupported or limited.

**7. Give to others:** Giving is hard when you're coming from a place of scarcity. But giving generously is a powerful way to rewire your mind. Instead of telling yourself "I can't give. I don't have enough for myself." you tell yourself, "I am happy to give. I have more than enough for myself and others."

**8. Self-compassion:** The road to changing your mindset and outlook can be a long and difficult one. Be gentle with yourself along the way. Self-compassion is an essential tool to support the switch to an abundant outlook. When you catch yourself holding limiting beliefs or telling yourself the same old stories about what you can and can't do, be compassionate. Remind yourself that you're brave to be on this journey.

**9. Meditation:** Switching your mindset can't happen without awareness, and meditation is a powerful tool for building awareness. By focusing on any one of the dozens of types of meditation practices, you can learn to increase your powers of attention and stay in the present moment.

**10. Mindfulness:** One way to think of mindfulness is as the space between your thoughts, actions, and reactions. When you're mindful, you notice your thoughts and have the ability to modify what you think, say, or do next. When it comes to abundance and scarcity, that means mindfulness is the ability to notice, pause, and adapt the thoughts you're putting into the world. As Jon Kabat-Zinn says, "Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally."



**11. Affirmations:** In a world where subconscious limitations abound, affirmations are a powerful tool to rewire your thinking. Pick positive affirmations reinforcing qualities you have (or aspire to have). For example, when it comes to money you might first give thanks for what you have, while at the same time affirming that “Money isn't an obstacle or a limitation, but a tool to help me live a better life.”

**12. Do an “input audit”:** Many of the inputs we allow into our lives are toxic or drive us into negative, scarcity-based thinking. Just think about the fear-based headlines on the news. How is your attention to those headlines affecting your life and your happiness? Think about the websites you frequent, the news you read, the social media apps you use, and the shows you watch. Which of them serve you by reinforcing positivity and potential? Which of them hold you back with negative, limiting beliefs?

**13. Surround yourself with positive people:** Just as you do for the information you consume, stay conscious of the influence of the people in your life. It's said that you're the average of the five people you spend the most time with. With that in mind, ask yourself: do those five people believe in you? Do they tend to complain, or do they tend to express gratitude? Are they focused on limitations, or possibility? Be aware that those around you have tremendous influence on you, even if it's unspoken.

**14. Think about possibilities, not obstacles:** Obstacles are no fun. But they're inevitable. We have less control over the world than we think. That's why thinking in possibilities is a much better use of your mental energy than worrying over obstacles. The next time a problem lands in your lap, see if you can approach it with a feeling of curiosity and possibility rather than disappointment and frustration.

**15. Be happy when others succeed:** Have you ever felt a twinge of jealousy at the success of one of your peers, or even a sibling or cousin? For some reason, humans tend to be wired this way. We see the world as a zero-sum game. We tell ourselves, “If they're succeeding, it makes me look bad. There's less success for me.” This is a hard instinct to overcome. But you've defined your vision, and you know what success and abundance means for you. So, the next time you see someone else succeed, see if you can flip the script and be genuinely happy for them.

