The difference between a scarcity mindset vs abundance mindset is that scarcity causes you to hold onto what you have, focus your attention on costs, and think small. Abundance is about thinking big, focusing on opportunities, taking risks, and betting on yourself.

**Abundance Mindset**
- Thinking big-picture
- Focused on opportunities
- Optimistic about the future
- Trust, not fear
- Life is about flourishing
- No limits
- Mindset of gratitude
- Long-term focus
- Expansive vision

**Scarcity Mindset**
- Thinking small
- Focused on costs
- Neutral/pessimistic
- Fear-based outlook
- Life is about survival
- Significant limits
- Mindset of lack
- Short-term focus
- Constricted vision

**Ready to break out of a scarcity mindset?**
Try these steps. First, practice gratitude to train your mind to appreciate what you already have. Second, create a vision and allow yourself to dream big, letting go of any limiting beliefs you have.