

Scarcity vs Abundance Mindset

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.