

7

DAY CHALLENGE TO ABUNDANCE AWAKENING



Introduction

“Imagine that Abundance is a wonderful guest that you would love to come and stay. Clean the house, prepare great food, have fresh linen on the beds, light fires, chill the champagne, buy or grow fresh flowers ... just be ready for Abundance to drop in unexpectedly.”

– Jane Monica-Jones

Have you ever dined at a high-end hotel restaurant, where the service was exceptional, and the meal was delicious, only to receive a bill that made you wish you hadn't eaten anything? Did that change your mindset or mood? Did you leave the restaurant lamenting about the bill or raving over the experience?

Why do we often focus on the negative aspects of an experience or situation, rather than adopting an abundance mindset? In the scenario above, it would have been easier to focus on the steep bill rather than immersing yourself in the hospitable service, the lovely ambiance, and the outstanding food. This is because the human brain is wired for survival. Its primary purpose is to keep us safe, not to make us happy. It magnifies the bad and is always on the lookout for potential threats. We are all wired to operate from a place of fear and scarcity.

However, the important thing to remember is that you have the choice and the opportunity to choose what you want to focus on. You can learn how to awaken an abundance mindset and live a life of abundance. Remember, scarcity exists, but so does abundance, and you can choose to embrace it.

Now that you know this, let's begin. Today will be the day that your life changes for the better as you start awakening to a life of abundance that has always been there, rather than the life of scarcity that you have been accustomed to. Let's begin our journey to awakening a life of abundance.

Day 1 - Have A Positive Mindset

“Focus on what is going well. Focus on what is present. By focusing on what is going well, you will create a channel for more to flow toward you. When you focus on what’s missing or what you are doing “wrong,” you will reinforce lack, or scarcity.”

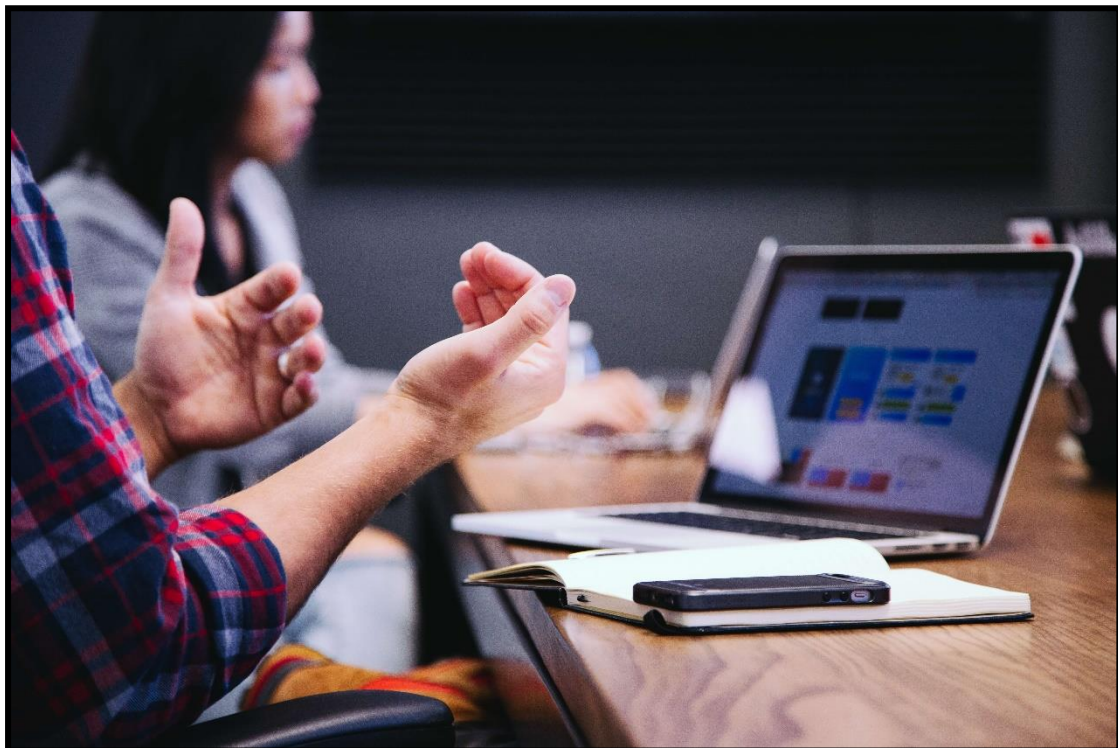
– Molly M. Cantrell-Kraig, Circuit Train Your Brain: Daily Habits That Develop Resilience

What's the major difference between a scarcity mindset and an abundance mindset? Positivity. While a scarcity mindset lacks it, an abundance mindset thrives on it. It's only natural for many people to live and dwell with a scarcity mindset, especially in competitive environments like the corporate world. However, when you learn how to develop an abundance mindset, you will open up opportunities that you never thought were possible. So, how do you develop a positive mindset? Here's how!

Examine Limiting Beliefs

Limiting beliefs are those unconscious beliefs that we hold about the world and ourselves, which prevent us from fully enjoying our lives. For instance, if you have a limiting belief that you don't deserve any good things or happiness, it's highly likely that even under the best circumstances, you won't be able to express gratitude easily.

As you continue to embrace the process of cultivating gratitude in your life, examine those limiting beliefs that you have unconsciously held on to and consider how they have been preventing you from living your life to the fullest. Our beliefs stem from a combination of our past and present environments, how we envision the future, the outcomes of our past actions, the traumatic and positive life events we have experienced, and our knowledge base. The more we examine our limiting beliefs, the more we see how they have been affecting and impacting various areas of our life.



Pick Up More Empowering Beliefs

Because our beliefs are multifaceted, uncovering their origins can be challenging, and this means that replacing them with more empowering beliefs can also prove to be difficult. However, if our

existing beliefs are hindering us from cultivating an attitude of abundance, it's time we put in the effort to change them.

To overcome our self-sabotaging and limiting beliefs, we need to adopt an empowering and positive mindset. You can do this by making a list of things that you are grateful for. As you uncover each limiting belief, ask yourself if these beliefs are bringing you closer to abundance or holding you back. With diligence and practice, you will find that adopting an attitude and mindset of abundance becomes more natural.

Action Plan

- Make a list of those limiting beliefs in your life and start removing them.
- Flip those limiting beliefs to empowering ones.
- Make a list of things that you are grateful for each day.

Day 2 - Embrace Change

It is certain that you cannot believe in abundance while identifying yourself with lack. Forget the lack and think only of abundance.

Ernest Holmes, This Thing Called You

The more you identify and embrace scarcity, the harder it will be to believe in or even awaken the mindset of abundance. It's true that things will never go as planned, even life does not go as planned. This means that there will be undesirable surprises, and that's because change is inevitable. One must learn to embrace change and also see the need to have an attitude of abundance. There is always potential for transformation, and it is present in every wind of change that life blows our way. So, it's your choice to embrace it or not. So, how do you embrace change? Let's find out!

Soften To Change

Rather than being derailed by the unexpected changes that we face in our lives, it's time we learn how to approach change with a mindset of curiosity. Practice an attitude of gratitude by letting change in without a fight. So, instead of telling yourself that you will never have what you want, that you have less of something, or that you have lost something, soften to change by focusing on what you

are grateful for and what you have. If you can express gratitude under the most difficult circumstances, you will awaken to a consciousness of abundance.

Build On Your Strengths

You need to start believing that you can achieve something, and this helps you embrace change and also make a literal shift in the patterns of your thinking. So, establish the areas where you are already successful and highlight your overall strengths there. If you are having difficulty determining this, think back to those moments in your life when you reached your goals or experienced achievements. Don't think about your weaknesses, as this reveals your scarcity mindset. Instead of thinking about your weaknesses, think about your strengths and acknowledge that you need to expand and strengthen the things that will only contribute to your success and things that you are capable of.

Use The Right Words

It's very easy to say something but mean something else. It's time to embrace changes to your vocabulary by using the right words to communicate with others, as this is key to living in abundance and will help you awaken that abundance mindset instead of the scarcity one you have. Always be active in all conversations and make it a point to avoid using words like, "I can't" and "it's impossible."

Action Plan

- Make a list of areas that you succeed in or that you are successful in.
- Next, highlight your strengths in those areas.
- Expand on them daily, even if it is just 1%.
- Say the changes that you want to see. Use the appropriate words to communicate your abundance mindset.

Day 3 – Mindfulness

At the heart of Simple Abundance is an authentic awakening, one that resonates within your soul: you already possess all you need to be genuinely happy.

Sarah Ban Breathnach, Simple Abundance

Mindfulness is an authentic awakening that resonates deep within your soul, revealing that what you are earnestly pursuing is what you already possess and is all you need to be genuinely happy and abundant. So, how can we become more mindful? Here are some ways!

Appreciate The Little Things

Shifting your mentality from negative to positive can be challenging, but the benefits are worth it. The more you focus on the big picture, the less you see the little things that contribute to it. Instead of focusing solely on the overall goal, acknowledge and appreciate the little things that contribute to it. It's easy to get caught up in the end goal and not recognize the effort that goes into it. Appreciating the little things and expressing gratitude for them is an excellent way to clear your mind, allowing it to work and expand your perspective to visualize abundance in your life.

Meditate

What's an easy and quick way to awaken abundance? Meditation. Meditation is an easy way to remember all that you have, enriching your entire existence. Over time, the more you meditate, the more it becomes not just a favorite pastime but also a way for you to relax and concentrate.

Gratitude

Being grateful is essential in all aspects of life. When you start expressing gratitude for everything, you'll notice that your communication style will also improve. The more appreciative you become, the more people around you will appreciate you. Having an abundance mentality enables you to focus on being happy with what you already have and who you are.

Action Plan

- Find a peaceful and quiet spot to spend time daily.
- Start with 5 minutes of meditation.
- Increase the time gradually on those things you wish to meditate upon.
- Pick up a journal and write down at least 5 to 10 things that you are genuinely grateful for. It can be anything as simple as having washed dishes and clean sheets to the beautiful weather.

Day 4 - Positive Surroundings

As I continue to grow and reach higher and higher, I am expanding my possibilities... higher and higher, continuing to grow, continuing to grow spiritually, to grow financially, to grow emotionally, to grow creatively, and to grow in happiness. I will continue to grow in all of these ways. I am abundance.

Frank Mangano, Steve G. Jones, You Can Attract It Using the Law of Attraction to Get What You Want

While surrounding yourself with positivity doesn't necessarily warrant an action item since it's actionable in itself, you shouldn't overlook its importance. You can't cultivate or awaken an abundance mindset if you surround yourself with things or people who don't feel the same way. So, how do you use the law of attraction to attract and awaken an abundance mindset? Here's how!

Surround Yourself With Optimistic People

It's not just you who should have a positive outlook; the people around you should also have a positive outlook. In this way, you can encourage and uplift each other, fostering an abundance mindset. If you want your life to support your success, growth, and abundance, you have to build a network of like-minded individuals. Positive-minded friends will upgrade your thinking, hold you accountable when you make mistakes, and cheer you on. As a result, they appreciate your experiences and are committed to your growth.

Condition Your Environment

To awaken an abundant mindset, it is important that you create a vision of who you want to be in the nearest future and condition your environment to accommodate that. This means you have to eliminate scarcity and expand abundance. You need to start understanding what creates a scarcity mindset and a mindset of abundance. Focus on personal growth and become self-aware. Spend more time building positive habits. Create more meaningful experiences and confidence about your future life. This will condition your environment and keep you more motivated and positive.

Build An Environment Of Abundance Thinking

Abundance thinking is one attitude that increases positivity and confidence. With an abundance mindset, you crave growth and

learning, you are always looking for new wisdom and knowledge to improve your mindset and performance. Seek out people who can help you grow. Take care of your body and mind to achieve more and to do more. Focus on one thing - Improvement. Choose Progression over Perfection every single day.

Action Plan

- Make a list of people who can upgrade you thinking, can hold you accountable, will celebrate your achievements, push you forward, are self-aware and committed and surround yourself with them.
- Sleep early.
- Exercise well.
- Eat healthily.
- Carve out time for rejuvenation, relaxation and rest.

Day 5 - Set Goals

If the acorn stays an acorn, its level of abundance is very small. If it surrenders to the oak of its being and lets that emerge, it brings with it massive abundance so that it can fulfill its destiny as an oak.
Derek Rydall, The Abundance Project

Setting goals is what the acorn did until it became a mighty oak tree. It set goals until it got there, and it got to where it needed to be. The best thing about setting goals is that it gives you clarity and direction. Here are ways to set goals to awaken abundance.

Begin With Intention

Every time you wake up, you need to do it with intention. So, wake up each day with intention. The moment you wake up should be the moment the game starts. Don't get distracted by the usual things such as checking your phone, worrying over money, and the usual things that you usually do. Start by changing the routine. Always ask yourself, "How do I choose to feel in this present moment?" Right now, all you want to be is happy, relaxed, and calm. Start each day with that intention in mind.

Create Your Life

Goal setting gives you direction in life, builds confidence, and gives you purpose. Goals build excitement about the future and increase motivation. When you have a clear vision, it increases your feelings of abundance and makes things simpler by removing complications and complexity. The more you feel abundant, the more your vision acts as a guiding path for you, and this also helps you to feel confident enough to achieve the future you desire and capable enough to go ahead with it.

Do What You Love

When you have an abundance mindset, you spend time doing what you love, which helps you prepare to capture greater opportunities. Abundant people know that when they do the things that they love, it is a sure way of increasing abundance. So, instead of focusing on doing the things you do not like, focus on the ones that bring opportunities. By setting goals, people with an abundant mindset focus more on progress and accomplishments and ensure they spend more time doing things they love to do by setting goals for success. They start each day by identifying their biggest priorities and spending their valuable time working on those things.

Action Plan

- Wake up each day with a goal in mind.
- Set out to achieve your biggest priority for the day regardless of whatever is going on.
- Be intentional with each day. Start by changing the routine to what will bring you the greatest output.
- Always ask yourself, “How do I choose to feel in this present moment?”

Day 6 - Step Out Of Your Comfort Zone

The act of harmonizing with the Abundance Mindset is simple and yet complicated at the same time. All you have to do is breathe and allow your mind to settle, for the ego to weaken and then disengage. Seventy Seven, How to Get More

Awakening your abundance mindset can be challenging if you're always sheltered in your comfort zone. Breathe, allow your mind to settle, and then gradually step out of your comfort zone into the challenge zone for abundance.

Believe What Is Useful

Often, we believe what is true and not what is useful. Not all truths are useful in all situations. Why do we always believe what is true? As long as our beliefs cause no harm, we might as well believe what is useful. Here's a truth: you just started a business and you have no followers because no one knows you. That's a truth, but it's not useful. The useful part is making everyone believe that you are the business mogul they should know but haven't found yet. Instead of

believing the truth, always believe the useful. Believe that you are the best-selling author before a book of yours is published, believe you are an amazing singer before an album is released. Believe the truth, yes, and also the useful.

Focus On What You Want

In your comfort zone, it is hard to focus on what you want because you are already so comfortable that you feel no need to even try going for what you want. Too often, we do not focus on what we want but on what we do not want. I am staying in my comfort zone because I do not want to be;

- In this toxic relationship
- Unhealthy
- Working in this kind of workplace
- Struggling with this dispassionate job
- On my day all my life watching Netflix

None of these statements can take you to where you want to be and that is abundance. Each of those statements is defeatist in nature and of themselves; they have no benefit to you except keeping you stuck in that life of comfort riddled with unhappiness and unfulfilled life.

Take The Necessary Action Each Day

Every day is an opportunity for you to do more and be more. Whenever you're in doubt, act. What holds many of us back from living the life of abundance we've always dreamed of is a lack of action. We know what we want to do and where we want to go, but we don't take action. More often than not, it's not as hard as we think it is. In fact, when we live life not according to our true nature, that's when things get harder. So, step out of your comfort zone, take those small steps, and move forward every single day. Remember this quote by Neale Donald Walsch, "Life begins at the end of your comfort zone." So, get comfortable with becoming uncomfortable and see the world of abundance open up to you.

Action Plan

Instead of focusing on what you do not want, be specific on the ones you want, such as;

- I want a relationship with someone who loves to laugh, wants to travel, enjoys life, is energetic and upbeat.
- I want to build an online lifestyle business and generate \$10,000 a month.
- I want to be part of mastermind groups.

Day 7 - Cultivate, Develop, Build

Abundance, like everything else in the universe, is simply a specific arrangement of energy and information. With our intention, we can change the energy, add new information, and manifest whatever we want, need, or desire. Abundance is unlimited, unbounded, and always available.

Deepak Chopra

Abundance is always available, unbounded and unlimited. Your goal is to cultivate it, develop it and build it. Day 7 is for that and that alone. To cultivate, develop and build.

Cultivate Your Purpose And Passion

When you understand and create confidence in the things that you both love to do and are great at doing, you find an excellent way to foster belief in yourself. You need to learn how to cultivate your passion and purpose and then share them by providing value and serving those who could benefit most. Also, ensure to share your purpose and passion confidently in person or through an online personal brand presence.

Develop Mastery

The best way to abound in abundance is to develop mastery. This is known as creating self-efficacy, which is the deep knowledge that one can create whatever they want in life and live abundantly. The best way to live in abundance is to create it consciously. Develop experiences for mastery such that past experiences of successes create mastery in one area. As said earlier, get better 1% daily and by the end of the year, you would have been better 365%.

Build

The last step is to build beyond a growth mindset. A growth mindset is one where people believe their basic abilities can be developed through hard work and dedication. However, talent and brains are just the starting point. By building beyond a growth mindset, you create a love for learning which is essential for achieving and accomplishing greatness. So, become curious about the experiences of successful people. Reflect on how others succeed, ask for advice, practice listening to answers instead of speaking and learn instead of offering your own advice.

Action Plan

- Think of a big goal that you want to achieve.
- Next, write a list of all the small actions you will require to get there.
- Focus on the small, achievable steps in the process.

- Ask for advice from successful people and learn how they achieved their successes. Be curious, open up to change and growth.

Conclusion

You cannot receive what you don't give. Outflow determines inflow. Whatever you think the world is withholding from you, you already have, but unless you allow it to flow out, you won't even know that you have it. This includes abundance.

Eckhart Tolle

In just 7 days, you can step from scarcity and into abundance if you really choose to. An abundance mindset comes from a belief that there are enough materials and resources in the world to cater to everyone and it is one that is grateful for whatever the universe provides.

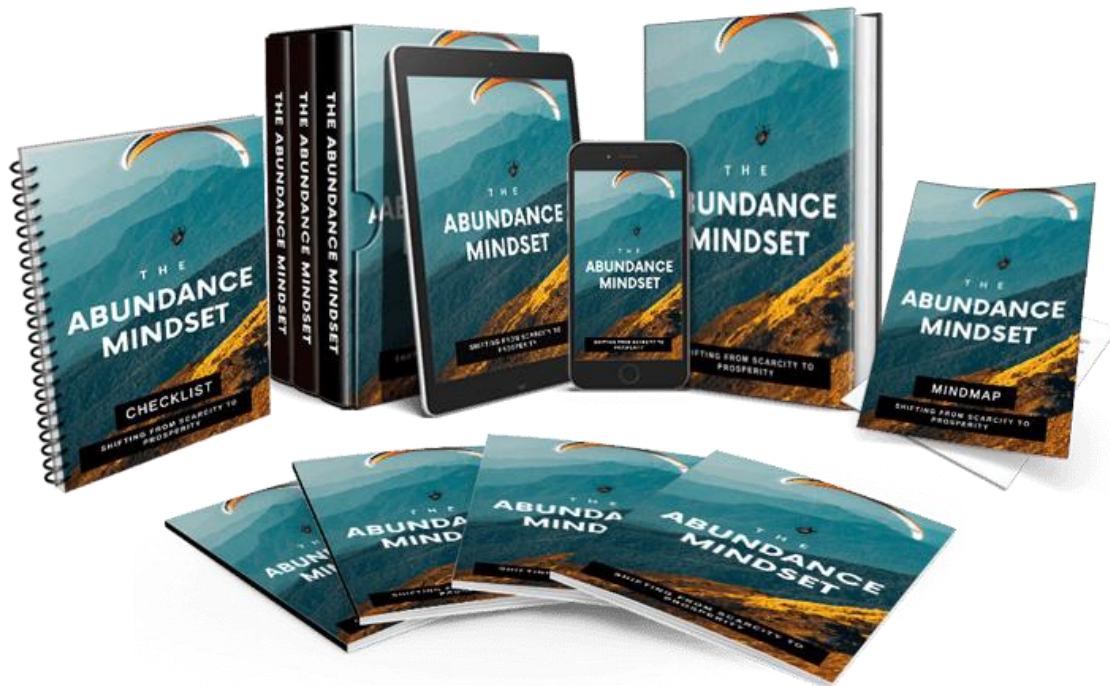
It's important to note that because there is an abundance mindset, there is also a scarcity mindset. This scarcity mindset is the belief that there are finite amounts of resources in the world and this means that when someone gets something then that means there is less for everyone else.

These are the two different lenses of thinking that shape our entire existence. The perspective of a scarcity mindset and that of an abundance mindset. People with an abundance mindset tend to make peace with their present moment and also focus on what they already have. People with a scarcity mindset tend to focus on their unfulfilled needs and what others have that they do not have. They have less fulfilling relationships and tend to think short-term.

An abundance awakening makes you stop living in a perpetual state of fear, helps you make better decisions, grand plans for the future, and also experience the many benefits of gratitude.

Your mindset has a significant impact on how beautiful or sad your life turns out. So, challenge yourself to live a life of abundance and never stop awakening to abundance.

Want to Learn the Secrets to Cultivating an Abundance Mindset?



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