

Cultivate An Abundance Mindset



"It started with an idea, that became a dream, and then became a reality for me."

Lisa, The Princess Party Coach



Awareness Tracker

Month of: _____

Used words like never, always, should, can't, not enough, impossible, not good venough	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Focused on what I lack instead of what I have	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Felt like I can't win or always losing, or my situation is permanent	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Felt envious of others' success, good fortune, day, etc.	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Spent time with complainers	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Experienced some or all of the above more than once	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30



Mindset Cultivating Tracker

Month of: _____

Meditate/Pray	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Express Appreciation	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Skip/Trim Social Media Time	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Skip/Trim TV Time	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Consume Personal Development Material	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Turn Negative Thoughts Into Good & Positive Thoughts	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
Volunteer/Shared A Valued Resource With Others	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30



Awareness Tracker

*It is normal to slip back into your old thought patterns.
When that happens, work through the questions below.*

What are you grateful for right now? Today. This moment.

List three of your gifts or best characteristics, attributes and skills.

- 1
- 2
- 3

How have you used these attributes to overcome problems in the past?

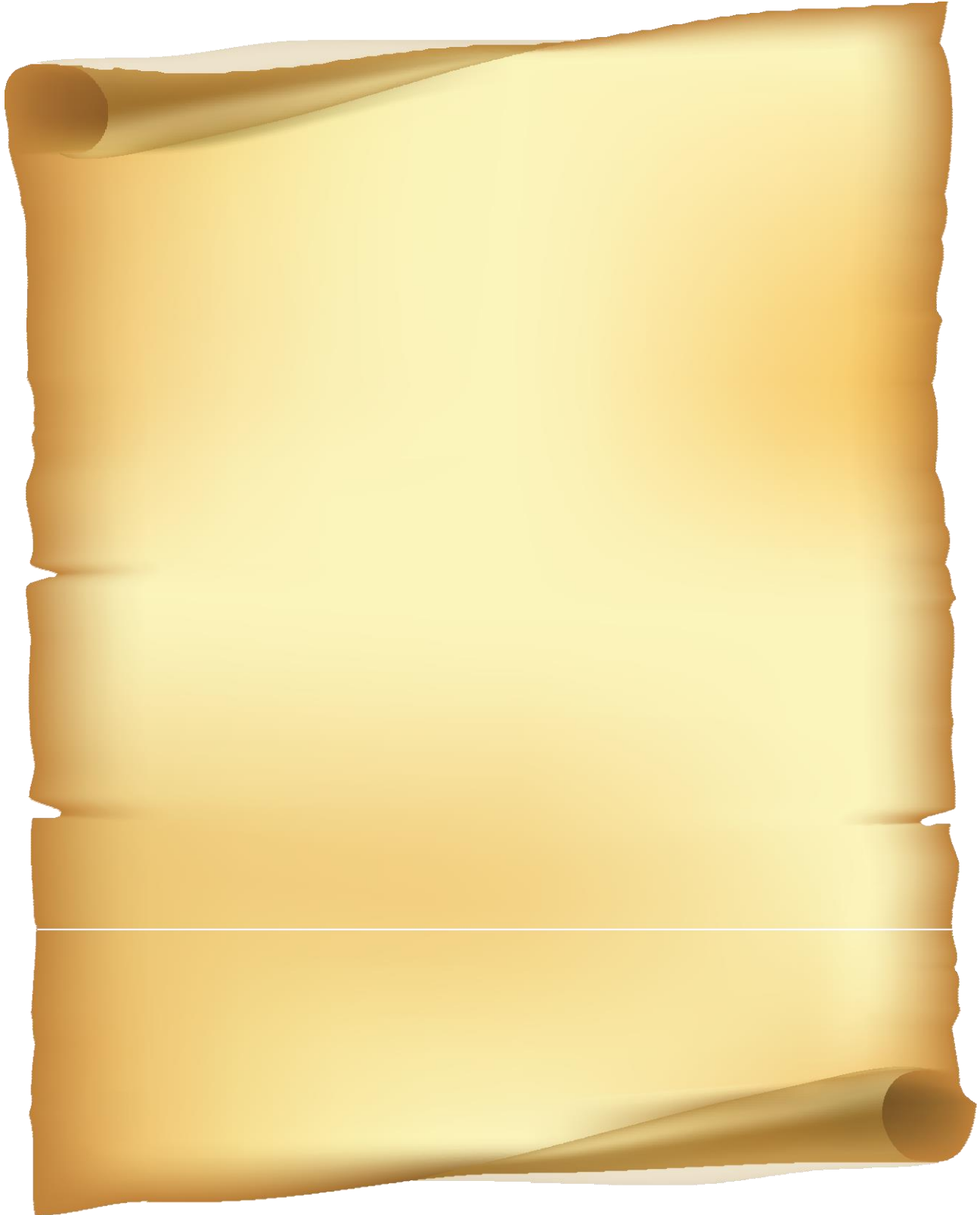
Think of a time when you used positive thinking to overcome an issue. What was it?

How can you share your gift with others?



Envision Your Success

Close your eyes. Imagine unprecedented success is already yours. Look back at the issue you are facing as if you've already come through with flying colors. What happened? Write it down. The more detailed, the better.





Success Mantras

Find or brainstorm as many mantras you can think of e.g. quotes, Bible passages. Write them below:

Return to this page whenever you feel yourself experiencing scarcity mentality.



Reflection

One way to ensure you build your abundance thinking muscle is to regularly reflect on your progress. Complete this page weekly or monthly.

How often did you catch yourself slipping into scarcity thinking?

How did you turn that around into abundance thinking? Did you? Why or why not?

What can you do in the following days to improve?

List one of your strengths.

List one thing you have in abundance.
