

A NEW DEFINITION OF
Abundance

Defining **Abundance**



Best definition of Abundance:



You have the freedom to pursue those things you want to _____, _____, and _____.



Not only will your life become something that is _____ to you, but it will also serve as an _____ to others.



Abundance is not a _____, nor is it _____.

NOTES:

Scarcity vs. **Abundance**



“Abundance is not something available for

_____ or _____.

It’s something that we tap into, build, and grow.”

— *Lisa Nichols*



Because of mysterious and unkind forces outside our control (the economy, corporate greed, the job market), living a life of abundance seems beyond our reach— while scarcity seems to be readily available to everyone. In fact, sometimes it’s even glamorized as the way “real” people live.



You have a choice between _____ and

_____.



We see prosperous characters on television and think we know what prosperity is. We assume we have an accurate picture of the activities and luxuries that “rich people” enjoy.

NOTES:

Self **Exploration**



Why is it important for you to create an abundant life?

Self **Exploration**



What does an abundant life look like to you?

Health:

Spirituality:

Love & Relationships:

Finances:

Self **Exploration**



What affirmations can you create to support changing your mindset and creating your abundant life?