



Raising and Educating Youth with an Abundant Mindset

Abundance is all about _____ of any and all things.

What things can I create an unlimited supply of that will align me with living an abundant life?

Let's compare abundance-based thoughts and lack-based thoughts!

ABUNDANCE

There is always enough

I look for what is going right

I can create my dreams

I am enough just as I am

I am deserving just as I am

There is enough time

LACK

There is not enough/never enough

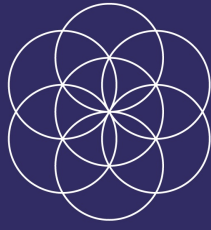
I look for what is going wrong

I am incapable of creating my dreams

I am never enough, no matter what I do

I am not deserving

There is never enough time



MIND FOCUS GENERATION

ABUNDANCE

Other people support me

Ease and flow

The Universe supports me

I am happy and accepting of who I am

Cooperation

Believe in peace

More than enough in this world

I always have what I need

Success is natural

Love

Appreciation

Admiration others

Giving and Receiving

No limits to what I can achieve

Excited and Inspired

Dreaming Big

Trust

LACK

Nobody/Hardly anyone supports me

Force and struggle

The Universe doesn't always support me

I am self-conscious and don't like who I am

Competition

Believe in war

Need to fight others for my/our fair share

I never have the things I really want

I have to struggle/sacrifice to be successful

Fear

Blame

Jealous of others

Taking and Rejecting

I can only achieve a certain level

Bored and Lazy

No dreams or desires

Worry



5 Steps on How to Simply Identify and Release Your Lack-Based Thoughts and Shift to Abundant Thoughts

1. **Notice** Become aware of the thought. Be the observer. This is always going to be most obvious based on the emotions you are feeling. As you become more emotionally aware (slowing down and breathing allows for this to happen more easily), you will be more conscious of the thoughts you are having that are triggering your emotions.
2. **Be Kind to Yourself** This is a very important step. Don't skip it. If you notice your lack based thoughts and then start beating yourself up and judging yourself for the thoughts, you are engaging with more lack. You just can't get to abundance by dancing with lack.
3. **Decide** Cut off the energy of the lack-based thoughts by making a decision to be done with the lack-based thought that came up for you. You can say something like "I'm done with thinking in this way. Thank you very much!"
4. **Choose** Simply think of a new, more uplifting belief based on abundance that you would like to align with.
5. **Ask for Support** Simply ask your Higher Self, Spirit Guides, the Universe, Angels, (any High Being of love and light) to assist you in releasing the lack and to support you in energizing and anchoring your new abundant-based belief. It's simple. Example: "Spirit Guides, please support me in clearing the energy of this lack based belief and energize and anchor my new abundant based belief. Thank you" 😊



What are some ways in which you can begin to educate and raise your kids to possess an abundant mindset?

- By being committed to your own inner work. Learn to work with and master your own energy. This sets the example for your kids.
- Through your own thoughts and words with yourself
- Through your own choice of words when you are speaking with your kids
- Talk to them about opportunities. When problems arise, assure them that there are many solutions.
- Find cool ways to bring up the conversation that thoughts create reality
- Talk to them about your own experiences of the Law of Attraction and how you created things and how things showed up for you
- Let it happen naturally
- Ask them questions about how they feel and what they desire. Plant the seed.

Write down any lack based thoughts or beliefs that you may have had as a teen or young adult. Do you see any of these in your child? If so, which ones?

What lack based beliefs do you see your teen holding onto?