



Your Next Best Step: Shifting Your Mindset from Scarcity to Abundance

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Mindset

- *a particular way of thinking; a person's attitude or set of opinions about something*

Mindset beliefs come from:

- Sum of your knowledge, including beliefs and thoughts about the world and yourself in it
- Your filter for receiving and reacting to information
- Limiting beliefs are formed in the past (conscious or subconscious) and are made of bad belief-structures
- Empowering beliefs support you to NOT stand in your way.
- When you identify limiting beliefs, you can change them.

Poverty/Scarcity Mindset

- Derived from a ***fixed mindset***

Point of View:

- You feel like a victim or have simply checked out

Physical Energy

- Contracted body, tense shoulders, clenched jaw, short of breath

Emotional Energy

- You drain the energy in the room and in your interactions
- You feel frustrated, impatient, anxious, afraid, angry, overwhelmed, and powerless
- Give in to peer pressure

Mental Energy

- You are confused, disorganised, narrow-minded, only focus on what's not working
- You are rigid and believe that things can be only done one way
- Typical thought pattern: *"I have no choice"*

Having a poverty mindset creates a **vicious cycle** of events with each aspect increasing the detrimental effect of the next.

Abundance Mindset

- Derived from a ***growth mindset***

Point of View:

- You're in control and are accountable

Physical Energy

- Relaxed and alert, expansive posture, centred and balanced, present, breathing deeply and evenly

Emotional Energy

- You feel empowered, engaged, positive, purposed-driven
- You energise and inspire others
- You embrace challenges and growth

Mental Energy

- You have clarity, are able to perceive situations from different angles, actively listen, notice what others don't see
- You are flexible and adaptable
- Typical thought pattern: *"I always have a choice"*

Having an abundance mindset creates a **virtuous cycle** of events with each aspect increasing the beneficial effect of the next.

Mindset Shift

To create a mindset shift – moving away from poverty/scarcity and towards abundance – you need to have clarity so you have a clear vision and know where you want to go.

Having clarity and vision are essential for you to progress and grow. As you do, you become more resilient, you overcome obstacles and challenges, and go to your next level.

This is how you develop a growth, and thus an **abundance mindset**.

Ultimately, your mindset is a direct result of what you believe. It is easy to fall into the scarcity/poverty mindset and believe in the lack of things, like money or time. This is why it is important to build and maintain an abundance mindset. You can do this by creating a **virtuous cycle**.

You must be consistent and follow-through, otherwise the virtuous cycle can become a vicious cycle if you do not maintain it.

Mindset Shift



Vicious Cycle
Scarcity
(Fixed) Mindset

Virtuous Cycle
Abundance
(Growth) Mindset

Meet Yaa



Yaa Antwi-Nsiah is the

"Meant for More" Mindset Mentor.

**As a peak-performance coach and lifestyle architect,
Yaa helps professional women to reach their
next level with clarity and confidence.**

The number one thing that stops you from having the success and happiness you desire in life is your mindset.

Yaa describes herself as once being very "insecure and unconfident." She lived her life for others – doing the what she thought she 'should' be doing, but this didn't make her happy.

Eventually, she got to the point where she had enough and decided to do something different – she decided to be herself! This was the beginning of a change in her mindset and motivated her to embark on her self development journey to become the "Meant for More" Mindset Mentor.

Read Yaa's full story [here](#).

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