

## Abundance Mindset Series Part II

"What is NOT Abundance Mindset."

Here is the list of things that take you away from the Abundance Mindset.

They are...

Depression, anxiety, anger, frustration, jealousy, stress, sadness, fear, shame and guilt, and addiction to food, alcohol, smoke, and anything numb your emotional pains. Traumatic events in your memories and the emotional charge associated with those events! ...lastly, limiting beliefs hinder you from the Abundance Mindset.

These are examples of Limiting Beliefs I hear from my clients A Lot!

- I am not good enough.
- I am not enough.
- I don't trust people.
- I am not a good communicator.
- I am depressed.
- I have anxiety.
- I am not lovable.
- I am an imposter.
- I am an addict.
- I am fat.
- I cannot lose weight.
- I never have enough money.

They all are examples of limiting beliefs that I hear from my clients. Limiting Beliefs means that they are NOT true at all; they are lies and your mind thinks they are true!

So, they need to go!!

Negative emotions, including depression and anxiety, addiction and Limiting Beliefs, carry very heavy energy, which is completely opposite of Abundance Energy! The Abundance Energy is light!

That's why you need to clear them so you can match your energy with Abundance Energy!

Your homework before the next session:

Write all of your limiting beliefs in point form using simple sentences. They can be

"I am not good with money. I don't attract good clients. I am jealous all the time. I am not good enough, I am depressed, etc."