



# THE ABUNDANCE MINDSET

RESOURCE CHEAT SHEET

This document contains additional resources about the abundance mindset. These resources are organized by chapters and provide you with more information that can help you on your journey to create an abundant, unlimited and fulfilling life.

## **Chapter 1: What Is a Mindset? Learn The Difference Between a Mindset, Beliefs and Values.**

### **Articles**

- Mindsets: What They Are and Why They Matter. Article In Psychology Today by Gary Klein: <https://www.psychologytoday.com/us/blog/seeing-what-others-dont/201605/mindsets>
- The Difference Between Mindset, Values, And Principles by Simon Powers: <https://www.adventureswithagile.com/2018/05/17/the-difference-between-mindset-values-and-principles/>

### **Website**

- Wikipedia—Mindset: <https://en.wikipedia.org/wiki/mindset>

## **Chapter 2: The Difference Between a Scarcity Mindset and An Abundance Mind: Understand Why We Fail to Bring Abundance in Our Life.**

### **Articles**

- How Do I Adopt an Abundance Mindset and Why Is It Important? By Women Who Money Co-Founders, [Vicki Cook](#) and [Amy Blacklock](#): <https://womenwhomoney.com/adopting-abundance-mindset-important/>
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- Discover the 7 Key Traits of an “Abundance Mindset” By [Angelina Zimmerman](#): <https://www.inc.com/angelina-zimmerman/discover-the-7-key-traits-of-an-abundant-mindset.html>

- Abundance and Scarcity—How Your Mindset Affects Your Relationships, Work and Wellbeing by [Claire Crisp](https://entrepreneurs.magtob.com/abundance-and-scarcity-how-your-mindset-affects-your-relationships-work-and-wellbeing-b81dd58b83c7): <https://entrepreneurs.magtob.com/abundance-and-scarcity-how-your-mindset-affects-your-relationships-work-and-wellbeing-b81dd58b83c7>
- The Scarcity Mindset: How Does Being Poor Change the Way We Feel and Think? By Shahram Heshmat Ph.D.: <https://www.psychologytoday.com/us/blog/science-choice/201504/the-scarcity-mindset>
- It's All in Your Head: Why a Scarcity Mindset Is Keeping You Poor by [Grayson Bell](https://www.debtroundup.com/scarcity-mindset-keeping-you-poor/): <https://www.debtroundup.com/scarcity-mindset-keeping-you-poor/>

## Website

- Wikipedia — The 7 Habits of Highly Effective People: [https://en.wikipedia.org/wiki/the\\_7\\_habits\\_of\\_highly\\_effective\\_people#abundance\\_mentality](https://en.wikipedia.org/wiki/the_7_habits_of_highly_effective_people#abundance_mentality)
- Abundance Blog by Dr. Wayne W. Dyer: <https://www.drwaynedyer.com/blog/tag/abundance/>
- Abundance Blog by Louise Hay: <https://www.louisehay.com/tag/abundance/>

## Video

- Post-Traumatic Gifted: Moving from Scarcity to Abundance: Russell Redenbaugh at TEDxBend: [https://www.youtube.com/watch?v=AOOc3VO\\_Gyg](https://www.youtube.com/watch?v=AOOc3VO_Gyg)

## Chapter 3: Why Change Your Mindset? : Discover the Benefits of an Abundance Mindset

### Articles

- The Abundance Mentality Is an Essential Approach to Life by [Western Mastery](https://www.westernmastery.com/2017/05/21/the-abundance-mentality-is-a-life-mindset/):  
<https://www.westernmastery.com/2017/05/21/the-abundance-mentality-is-a-life-mindset/>
- The Abundance Mindset by [Peter Diamandis](https://www.forbes.com/sites/peterdiamandis/2014/06/20/the-abundance-mindset/#353b6ac07ee9):  
<https://www.forbes.com/sites/peterdiamandis/2014/06/20/the-abundance-mindset/#353b6ac07ee9>
- Why You Need to Adopt an Abundant Mindset by [Amina Taylor](https://www.theconfusedmillennial.com/abundance-mindset/):  
<https://www.theconfusedmillennial.com/abundance-mindset/>

## Chapter 4: The Research on Living an Abundant Life: Understand the Mindset of Successful People

### Article

- The Science of Gratitude. A White Paper Prepared for the John Templeton Foundation by The Greater Good Science Center at Uc Berkeley: [https://ggsc.berkeley.edu/images/uploads/ggsc-jtf\\_white\\_paper-gratitude-final.pdf](https://ggsc.berkeley.edu/images/uploads/ggsc-jtf_white_paper-gratitude-final.pdf)
- I.L.L.U.M.I.N.A.T.E.—10 Ways for Creating Abundance: Cultivate abundance in your life. By [Kristin Meekhof](https://www.psychologytoday.com/us/blog/widows-guide-healing/201605/illuminate-10-ways-creating-abundance):  
<https://www.psychologytoday.com/us/blog/widows-guide-healing/201605/illuminate-10-ways-creating-abundance>

# Research

- Having Less: The Induction of a Scarcity Mindset and Its Effect on Snack Consumption by S. Van Rongen, K. Verkooijen & E. De Vet:  
<https://www.ehps.net/ehp/index.php/contents/article/view/2649>
- The Scarcity Mindset: An Experimental Study of the Effects of Scarcity on Entrepreneurship by [Angelique Slade Shantz](#) and [Geoffrey Kistruck](#):  
<https://journals.aom.org/doi/abs/10.5465/AMBPP.2018.276>
- Scarcity and the Intrinsic Motivation to Learn by Yuechen Wu & Meng Zhu:  
[https://www.acrwebsite.org/volumes/v45/acr\\_vol45\\_1024394.pdf](https://www.acrwebsite.org/volumes/v45/acr_vol45_1024394.pdf)
- An Economy of Abundance: From Scarcity to Human Potential in Organizational and University Life by Paul R. Yost, John R. Terrill & Helen H. Chung:  
<https://www.articlegateway.com/index.php/JABE/article/view/2554>
- The Effect of Mindset on Decision-Making Carly Barry & Kameko Halfmann:  
[http://www.jiss.org/documents/volume\\_6/JISS%202016%206\(1\)%2049-74%20Mindset%20on%20Decision.pdf](http://www.jiss.org/documents/volume_6/JISS%202016%206(1)%2049-74%20Mindset%20on%20Decision.pdf)
- A Scarcity Mindset Alters Neural Processing Underlying Consumer Decision Making by [Inge Huijsmans](#), [Ili Ma](#), [Leticia Micheli](#), [Claudia Civai](#), [Mirre Stallen](#), & [Alan G. Sanfey](#):  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6575633/>

# Website

- Abundance and Happiness: <http://www.abundance-and-happiness.com/>
- The Invisible Gorilla: [http://www.theinvisiblegorilla.com/gorilla\\_experiment.html](http://www.theinvisiblegorilla.com/gorilla_experiment.html)

# Video

- Prosperity and Abundance by Louise Hay: <https://www.youtube.com/watch?v=wY9CC3PMGKs>

## Chapter 5: What Is Your Mindset? : Determine How You Think

# Articles

- Are You Living in Abundance? Take The Quiz Now by Lisa Nichols: <http://www.abundancenowonline.com/abundancenowpersonalprosperityquiz.pdf>
- 5 Signs You Have a Scarcity Mindset by Power of Positivity: <https://www.powerofpositivity.com/5-signs-you-have-a-scarcity-mindset/>

# Video

- The Most Scarce Resource on the Planet: Mindset of Abundance by Naveen Jain | Tedxberkeley: <https://www.youtube.com/watch?v=kx78jynwld0>
- How to Turn Envy Into Admiration and Abundance by Oprah Online: <https://www.youtube.com/watch?v=UuPzNx4nHTY>

## Chapter 6: Law Of Abundance: Know What Can Make a Difference

### Articles

- The Law of Abundance: Learning to Receive by Wellbeing Alignment: <https://www.wellbeingalignment.com/law-of-abundance.html>
- 27 Best Smart Goals Examples for Small Businesses in 2019 by [Laura Handrick](#): <https://fitsmallbusiness.com/smart-goals-examples/>
- Three Ways to Cultivate Abundance: Tired of Living in Scarcity? Try These Three Things to Create Prosperity by [Kristin Meekhof](#): <https://www.psychologytoday.com/us/blog/widows-guide-healing/201703/three-ways-cultivate-abundance>
- How to Attract Abundance: Ten Steps to Feeling Successful in Your Life. Reprinted With Permission From “The Power of Intention.” By Wayne Dyer, Published by [Hay House](#): <https://www.beliefnet.com/wellness/2004/03/how-to-attract-abundance.aspx>

### Website

- The Law of Attraction by Greater Minds: <https://www.thelawofattraction.com/>

### Video

- Famous People Talk About the Law of Attraction—Motivational Video: <https://www.youtube.com/watch?v=AjpyuOSifAA>
- The Metaphysics of Money— The 7 Laws of Abundance by Deepak Chopra: [https://www.youtube.com/watch?v=Q1C1v\\_5k80A](https://www.youtube.com/watch?v=Q1C1v_5k80A)



## Chapter 7: Changing Your Mindset: Find What You Need to Leave an Abundant Life

### Articles

- Think Win-Win: Stephen Covey and the Abundance Mentality by [Jacob Tingen](https://jacobtingen.com/2018/think-win-win-stephen-covey-abundance-mentality/1349): <https://jacobtingen.com/2018/think-win-win-stephen-covey-abundance-mentality/1349>
- Mastering the Abundance Mindset (And Changing Your Money Blueprint) By [J.D. Roth](https://www.getrichslowly.org/abundance-mindset/): <https://www.getrichslowly.org/abundance-mindset/>
- From the Scarcity Mindset to the Abundance Mindset by [Trent Hamm](https://www.thesimpledollar.com/financial-wellness/from-the-scarcity-mindset-to-the-abundance-mindset/): <https://www.thesimpledollar.com/financial-wellness/from-the-scarcity-mindset-to-the-abundance-mindset/>

### Website

- Get Rich Slowly: <https://www.getrichslowly.org/abundance-mindset/>

### Video

- Watch as Louise Laffey Reveals Simple Principles for Creating Financial Abundance: <https://chopra.com/online-courses/creating-financial-freedom/video>
- Abundance and Gratitude by Eckhart Tolle & Oprah Winfrey: <https://www.youtube.com/watch?v=cKc5ZKhtgxA>



## Chapter 8: The Grow Model: Implement Changes in a Successful Way

### Articles

- The Grow Model by Performance Consultants:  
<https://www.performanceconsultants.com/wp-content/uploads/grow-model-guide.pdf>
- The GROW Model of Coaching and Mentoring: A Simple Process for Developing Your People by Mindtools:  
[https://www.mindtools.com/pages/article/newLDR\\_89.htm](https://www.mindtools.com/pages/article/newLDR_89.htm)

### Website

- Mindtools:  
[https://www.mindtools.com/pages/article/newLDR\\_89.htm](https://www.mindtools.com/pages/article/newLDR_89.htm)
- Wikipedia— The GROW Model:  
[https://en.wikipedia.org/wiki/GROW\\_model](https://en.wikipedia.org/wiki/GROW_model)

## Chapter 9: Practical Ways to Implement Today: Make It a Daily Practice

### Articles

- 10 Steps to Develop an Abundance Mindset BY [NICOLETTE STINSON](#): <https://chopra.com/articles/10-steps-to-develop-an-abundance-mindset>
- 6 Tips to Develop and Model and Abundance Mindset by [John C Maxwell](#): <https://www.success.com/john-c-maxwell-6-tips-to-develop-and-model-an-abundance-mindset/>
- 6 Steps For Creating Abundance by Deepak Chopra:  
<https://chopra.com/articles/6-steps-for-creating-abundance>

### Website

- The Secret: <https://www.theseecret.tv/>

# Video

- Calm Guided Meditation to Gain Abundance, Love & Happiness by Bob Proctor: <https://www.youtube.com/watch?v=lssNBHXz4Vw>
- How to Attract Abundance into Your Life by Wayne Dyer: <https://www.youtube.com/watch?v=erCNqNfcC54>

## Chapter 10: Go Beyond Abundance: Start to Manifest What You Want.

# Article

- Manifestation Guide: How to Manifest Anything You Want in 24hrs BY KATHERINE HURST: <https://www.thelawofattraction.com/manifest-something-want-24hrs-less/>
- 5 exercises for creating abundance by [Melissa Carver](#): <https://chopra.com/articles/5-exercises-for-creating-abundance>

# Website

- Speed Manifesting: <https://speed-manifesting.com/blog/>

# Video

- Abraham: The Key to Effortless Manifestation by Esther & Jerry Hicks: <https://www.youtube.com/watch?v=tlNmsRt7tx4>
- Gabrielle Bernstein: The Universe Has Your Back | Supersoul Sessions | Oprah Winfrey Network: <https://www.youtube.com/watch?v=7yiCMxp8Kw4>