

Honoring your worth and time

Giving and receiving freely

Thinking of how you will create money

Expecting the best to happen

Coming from your heart

Doing your best

Wanting everyone to succeed, cooperating

Focusing on how you can serve others  
(frailing)

Telling yourself why you can succeed

Coming from your integrity

Being aware and paying attention

Applauding others success

Embracing your challenges

Releasing things easily

Believing it's never too late, taking action on  
your intentions

Believing your path is valuable

Giving yourself permission to be and do  
what you want

Doing what you love for your livelihood

Detaching, surrendering to your higher good

Giving to others prosperity

Not honoring your worth and time

Not giving or being open to receive

Focusing on how you need money

Worrying that the worst will happen

Getting into power struggles

Cutting corners

Competing

Thinking only of what others will give you

Telling yourself why you can't succeed

Compromising your values and ideas

Operating on automatic

Feeling threatened by others success

Choosing safety and comfort over growth

Hanging on to things

Thinking it's too late, giving up

Not believing in your path

Waiting for others to give you permission

Working only for the money

Feeling needy or that you must have  
something

Giving to others need

Doing your highest purpose activities first

Putting off higher purpose activities until you have more time

Seeing yourself as the source of your abundance

Viewing others as the source of your abundance

Believing in abundance

Believing in scarcity

Believing in yourself, self-confidence, self-love

Worrying, fears, doubts, self criticism

Clear intentions

Vague or undefined goals

Following your joy

Forcing yourself, creating "have tos" and "should's"

Expressing gratitude and thanks

Feeling the world owes you

Trusting in your ability to create abundance

Worrying over finances

Listening to your inner observer

Ignoring your inner observer

Looking for a winning solution for everyone (frailing)

Not caring if other person wins

Becoming your own authority

Not believing in your inner wisdom

Measuring abundance as for filling your purpose and happiness

Measuring abundance only by how much money you have

Enjoying the process as much as the goal

Doing things only for the goal

Clear agreements

Unspoken or vague expectations

Thinking how far you have come

Focusing on how far you have to go

Speaking of abundance

Talking about problems and lack

Remembering past successes

Remembering past failures

Thinking in expanded, unlimited ways

Thinking in limited ways

Focusing on what you love and want

Focusing only on what you don't want

ALLOWING  
YOURSELF TO  
HAVE

FEELING AS  
THOUGH YOU  
DON'T  
DESERVE



Doing your highest purpose activities first

Seeing yourself as the source of your abundance

Believing in abundance

Believing in yourself, self-confidence, self-love

Clear intentions

Following your joy

Surrounding yourself with objects that reflect your aliveness

Expressing gratitude and thanks

Trusting in your ability to create abundance

Listening to your inner observer

Looking for a winning solution for everyone (frailing)

Becoming your own authority

Measuring abundance as for filling your purpose and happiness

Enjoying the process as much as the goal

Clear agreements

Thinking how far you have come

Speaking of abundance

Remembering past successes