

LET GO OF THE
SCARCITY
MINDSET
Playbook

WHAT IS THE SCARCITY MINDSET?

*Revisit the blog article [here](#).

A scarcity mindset is when we believe we're not enough, we're not doing enough or we don't have enough.

It stems from fear—especially of rejection and shame. Studies show that we're wired for social connection, which is key to our health, joy and fulfillment.

Forgoing relationships or a sense of belonging to a group is like forgoing food or shelter. Consequently, many people do whatever it takes to get approval from others.

We can feel anxious, depressed and disconnected to ourselves, even when we have more than enough. Author Lynne Twist says our society runs on 3 toxic myths of scarcity:

- 1) There's not enough
- 2) More is better
- 3) That's just the way it is

So, how can we break away from the scarcity mindset?

First, acknowledge the myriad, tiny ways that the lack mentality shows up in your life. When do you feel anxious about not having, being or doing enough?



PRIORITIZE SELF-CARE

With so many things grabbing our attention, it's essential to manage our energy.

We actually become more productive when we make sure to get enough sleep and take breaks.

What are your favorite self-care activities?



SET REALISTIC GOALS

Focus on one or two realistic goals at a time.

Pare down overwhelming goals into tiny tasks, so that you can easily complete them.

You'll feel less pressure and more fulfilled as you go about your tasks.

What's one goal that you'd like to focus on? What are the baby steps?



CULTIVATE GRATITUDE

Of course, there are tons of things we could be, do and have. But what if we focused on what's here in the present?

A shift in perspective towards sufficiency lets us see there are already plenty of blessings.

What's one thing that you appreciate right now? It could be about yourself, loved ones or life in general.

Let yourself enjoy the sweet feeling that arises.



YOU ARE ENOUGH

If you feel too anxious, just stop and breathe deeply.

Deep breathing lowers heart rate, relaxes muscles and calms you down. Any activity that encourages deep breathing like yoga, tai chi or walking also helps.

Then, shake hands with your scarcity mindset and show up anyway!

P.S. Want personalized help to hush your mind, build self-confidence and access inner peace? Check out my [coaching services here](#).