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ABUNDANCE MINDSET SESSION NOTES

Abundance is an energy AND tangible results!

This is why it is possible to meet very wealthy people who are not happy and/or extremely worried about money/ needing to constantly make more money!

Abundance is a mindset and a relationship with the world. We attract more of what we are, how we feel and what we offer energetically - The universe will meet you where you're at!

Essentially if we choose to see possibility, magic, beauty, opportunity then more of it will become available to us!

EXAMPLES:

- Jade landed a huge job when she pulled back, got grounded, leant into gratitude for what she had and enjoyed her time more.
- Kate has landed multiple new clients in the last few weeks because she is working LESS and actively putting her energy first!

The measure is not always financial but in your sense of wonder and ability to believe 'anything is possible' and not only from me 'working hard' but from the way I carry myself through life.

Here are some prompts and ideas to think about:

Close your eyes and see what comes up....

- Think about how you said you feel at the start and how you want to feel...
- What is in the way of you feeling that now?

- What if choosing an abundance mindset is what can actually attract MORE abundance?
- What if the way you feel is actually blocking you from the abundance you desire?
- What if your feelings are impacting the actions you take and directly affecting your tangible outcomes?

Journal -

What are you holding on to really tightly in your life at the moment? (An outcome you want or something you are trying to make happen) What would happen if you chose now to release that outcome and choose instead to feel good, NOW....?

The structure for building LACK or ABUNDANCE mindset:

- Beliefs = feelings = choices = actions = outcomes/results

How might this idea be showing up in your life?

What belief do you want to nurture in order to help you feel what you want to feel? (look back to the start)