

## Embody an Abundant Mindset Now

# Welcome to the Being Abundant: a Guidebook for Your Journey

Let's face it – the bottom line for most of the changes you want to make are in relation to wanting to **feel more abundant in your life**. You want to feel happy, fulfilled, joyful, content, satisfied. And **the sooner you look at what is getting in your way to create more of what you want, the better**.

### You are sabotaging your own abundance when...

- you focus on what is missing, rather than what you are wanting
- you doubt that you can make a good living while doing what you love
- you allow your fear of "what other people will think" to dictate your actions
- you don't think you deserve to be abundant – you think prosperity is for other people, not for you.
- you are hesitant to take action for fear of not knowing what will happen
- you don't trust yourself to make the right decision so you do nothing
- you think you have to choose between being rich and being spiritual...you do not understand that you can be both
- you worry that when things start going well, something bad will happen
- you have self doubt about your skill level

### You may find that these things happen...

- You come up with an intention or plan that sounds good but you **don't follow through**. You keep talking around the same issue without making real progress.
- You come up with pro and con lists for the decisions you want to make, and yet you feel **insecure about moving forward** and are still unsure of what is the right choice for you.
- You have **limiting beliefs that you just can't get past**. You've tried everything you know, and yet a shift has not occurred.
- You experience **stress-related body signals** and symptoms, and you don't know how to understand what's happening. Your fear takes over and initiatives are undermined.

## What Is Missing Is an Abundant Mindset

What's missing is not just the right mindset but an **embodied abundant mindset**. You can have a good idea, but until that idea is integrated, felt and owned in the body, it is only an idea. With an **embodied abundant mindset** you will have a greater self awareness that will assist you to be more abundant in all areas of your life such as relationships, career, finances, health and well-being.

As you begin noticing your thoughts – your mindset – you will begin to recognize the thoughts that empower you and the thoughts that don't. **Your thoughts influence how you will behave; and your behavior will then dramatically influence your results**. Your body is the resource you need for change to dramatically happen. Your body responds to everything you think and feel and has a direct effect on your embodied abundant mindset.

Abundance is a feeling of overflowing fullness: a state of being. Abundance is an internal process more than an external process. We are whole people – body, mind and spirit.

**You need to get to the bottom of...**

- what gets in your way – your sabotaging habits
- what is holding you back – your unconscious, negative thinking patterns
- your rationalizations and excuses
- the limiting beliefs that need to be busted
- the fears that keep you stuck

**So that you can...**

- **be the author of your abundance journey**
- have an embodied abundant mindset
- do the “turn arounds” necessary for an embodied abundant mindset
- be aware of the Laws of the Universe that influence abundance
- come to clarity
- make congruent decisions

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