

## MINT YOUR ABUNDANCE

# EVOLVE MORE

**Abundance can mean** different things to different people, and can include both the tangible and intangible areas of life. Concrete achievements like a successful career, a beautiful home, financial accumulation, a great wardrobe, and a fit body as well as the non-physical richness of passion, loving relationships, creative pursuits, a Spiritual connection and serving others are all important. Living abundantly encompasses creating and balancing your definition of wealth—relationally, spiritually, mentally, emotionally, physically and financially. The most challenging of these areas for many women is around money and their thoughts about financial success.

All things start with a thought, including your path to prosperity. When I work with my clients, part of the life coaching process includes identifying personal values, beliefs, strengths and talents to create clarity, desire and momentum in achieving goals. It is important to align thoughts about money- what it means to you, how you receive it and what it does for you- in this process. When clients hit a block, it is often in the form of a self-limiting belief or fear that must be turned around in order to keep moving forward. Below are some of the common constraining beliefs around money that I encounter.... and how they can be transformed.

### TRANSFORMING SCARCITY BELIEFS INTO EMPOWERING ACTION

“I can’t make enough money to support myself doing what I love and am passionate about.” If you do what is of service and of value to yourself and others, and you are taking the right actions, the money will show up.

“The Bag Lady Syndrome” Are you living with the daily fear of going broke and ending up living on the streets when *today* you are okay? Take action as a creative, empowered, and resourceful individual, so that you are in charge of your fate.

“I feel guilty for wanting nice things.” If your intent around a purchase is because you love something, it brings you joy and you can afford it, then why not? If it is to impress others or complete a facade, then think again.

“I need to take care of everyone else first, and then I will get to me later.” Are you being a martyr to your spouse, your children, or friends? If you do not take care of you, then who will? Putting you first by getting pampered, replenished and nourished will enable you to show up fully when you are needed.

“I will do that someday when I have more time and money.” What are you waiting for? Life is short and happening now; and you may not get the opportunity, time, money or energy later. Only today is a certainty.

### A COACHING EXERCISE TO INCREASE YOUR ABUNDANT THINKING

Scarcity thinking can be a hindrance and bad habit. When you visualize your success and begin to think abundantly, you can increase your ability to manifest your true aspirations. So, let’s practice thinking about possibilities, dreams and desires.

- If you were to find an extra \$10 today, what would you do with that money? Would you treat yourself to a latte?
- Now let’s multiply that by 10... how would you spend \$100? A special gift or experience for you, your partner or your family?
- Again, let’s 10 times that number to \$1,000... what would you buy, save, or give away?
- Once more, let’s multiply it by 10 and consider what you would do with \$10,000? A dream vacation, a new career, increased savings, or pay off some debt?
- Starting with \$100,000, what’s next? Would you pay down your mortgage, put away money for college, retirement, or a business investment?
- Finally, \$1,000,000 to create your dreams... how would you fully step into living abundantly?
- Now, choose your dream and start seeing, feeling, imprinting and believing in your own wealth. When fear, self-doubt or old stories arise, learn to replace the disempowerment with new, positive thought patterns and you will begin to appreciate your own greatness. Your soul’s desire and true essence will emerge and you will cultivate your own definition of success. Mint your abundance by making it happen, money and all.

To get some extra insight, go to [excavive.com](http://excavive.com) for my recommended Excavive Financial book list on creating your abundance.

To evolve more with a discussion of this month’s column, join Jennifer for the Wired & Inspired series at 7:00 on Thursday April 17th at Glassworks. For more details, see page 16.

---

*Jennifer is founder of Excavive Life Coaching in Louisville, KY. Her work focuses on personal and professional life coaching, inspirational public speaking, interactive workshops, creativity consulting, writing, and occasionally teaching salsa dancing. Her website is [excavive.com](http://excavive.com). Jennifer can be reached at [jennifer@excavive.com](mailto:jennifer@excavive.com) or 502.893.9589.*