

May 2008

Personal Excellence

The Magazine of Personal Leadership

www.LeadersEtc.com

Make a Real
Difference

Move out of
Scarcity

Dr. Laura Says,
**Focus on the
Bright Side**

Need a Miracle?

Laura Schlessinger
Talk Show Host

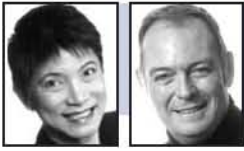
"*Personal Excellence* is the only reading you'll need to do for continual self-improvement both personally and professionally!"

—Sharlene Hawkes, Former Miss America,
award-winning ESPN broadcaster



Move out of Scarcity

Cultivate prosperity consciousness.



by Chutisa
and Steven
Bowman

NOTHING CAN TAKE OVER YOUR LIFE AS much as a scarcity mindset. It affects you emotionally, mentally, physically, and energetically. It triggers your energetic system so you are in misalignment with what is possible for you to create in your life. You are stuck in the scarcity trap if you have a point of view that there is insufficiency, paucity, and lack in the world. The fear of change is the cage that confines you, as you try to function from scarcity.

People who have a scarcity mindset have attitudes, feelings, and values associated with lack or the fear of lack. They believe there is not enough to go around for everyone. Scarcity becomes a way of life for them, and they often experience a feeling of lack as part of their reality. As a result, that is what they see all around them. Many people believe that in order to get what they want; they have to take it away from someone else. They feel envious and resentful when someone else has something they would like to have. They believe that if someone else has something they desire, then they themselves will have to go without. They think that if they choose to do one thing, then they'll have to give up something else. This gives rise to a "competitive mindset" that can be a major strategic disadvantage to an organization as it precludes looking at other opportunities that do not match this competitive outlook (alliances, market growth in niche areas, and innovation).

This scarcity mindset encourages fear and worry. The deeper you are trapped in the scarcity rut, the bigger the fear—the fear of making mistakes, of being wrong, of insufficiency, of missing out. It is not easy for people to think differently when they are convinced that there is not enough to go around. Especially when their points of view keep creating situations where they get to be right about how difficult life is! They assume that their reality of lack and scarcity is true. Nothing could be further from the truth.

Getting out of the scarcity paradigm! So, how do you know whether you are

trapped in the scarcity paradigm?

When the scarcity frame of mind is deeply entrenched into the way you view yourself and the world around you, it can sabotage your efforts to change and to choose differently. The bottom line is that the scarcity mindset can activate desperate fear of being wrong about a change. Even if you sense that you may be in a scarcity rut, the question remains: are you willing to get out of the scarcity paradigm? Whether you do or not will largely depend on your willingness to choose differently. If you become aware of the thoughts, feelings, and emotions that you have about money, opportunity, risk or availability in your everyday life, then you can recognize—and



transform—your scarcity mindset.

You're trapped in scarcity mode if:

- You go through the day saying, "There isn't enough of this," and "I don't have enough of that."
- Your judgments, outlook, and viewpoints are governed by the fear of not having enough money.
- Money is the number-one cause of your stress. "I don't have money" is a thread that runs through your thoughts, feelings, and emotions.
- You stay in a career you hate for fear of not being able to get another job.
- You spend your days doing work you don't really want to do, just to make more money.
- You fear losing what you have.
- You are driven in an endless pursuit of money, resources, and assets.
- It's difficult for you to share recognition, credit, power, or profit, even with those who assist in achieving outcomes.
- You can't be genuinely happy for the success of other people.

If you check off even one of these statements, you are under the spell of

a scarcity mindset. Even one of these outlooks, deeply ingrained within your psyche, can interfere with your efforts to become wealthy and successful. People are held back from being prosperous and successful by their viewpoints about money, prosperity, and abundance. The lack of prosperity in their lives is due to the way they view money and resources. Their viewpoints about money impose severe limitations on the prosperity they can experience. With the points of view they adopt, they create for themselves a scarcity paradigm.

Are you aware that you attract money, wealth, people, events, and circumstances to your life, not by what you do or have, but by who you are? Are you aware that your consciousness determines whether you will struggle in frustration or live an extraordinary life of abundance and wealth?

If you have scarcity points of view about money, it is difficult to move through financial limitations, as your points of view sabotage your efforts to succeed. You can know everything about financial or business strategies, investment schemes, real estate investment, and the secrets of high finance. But if your awareness, or consciousness, concerning money is based on the scarcity paradigm, then you will never have the sense that you have enough money. Moreover, if somehow you are able to acquire a lot of money, you most likely will not appreciate it and, in all probability, will not be able to retain it!

Practical process: Become aware that most of us buy into the lies and limitations of scarcity. Recognize that no one is kept in poverty due to a deficiency in the supply of wealth. However, to access that truthful experience of enough, you have to relinquish, destroy, and uncreate a lifetime of lies and myths about scarcity. Instead of tormenting yourself about money or choosing a poor quality of life, begin to acknowledge that your apprehensions, uneasiness, and misery about money are not real. When you can perceive that they are not real, you will no longer buy into them, and you won't create your life based on what is not real or true.

You can choose to cultivate and expand your consciousness to create success and abundance. This prosperity consciousness is an attainable state of being for you, if you choose to claim, own, and acknowledge it. **PE**

Chutisa and Steven Bowman are global advisors on strategy, risk, governance, leadership and culture. Visit www.conscious-governance.com.

ACTION: Monitor your views about money.