



Do you have an
abundance or scarcity
mindset?

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Hey Love,

I'm so glad that you are connected with me. I wrote this eBook especially for you because I want you to know that you can shift from scarcity to abundance!

For many years of my life, I had been living with what I now know as a scarcity mindset. I quickly learned that I was living beneath where God would have me to live. I was content with mediocrity. And now, I am passionate to help you believe more for yourself!

After you read this, please DM me on IG @pastortiff and let me know if it blessed you!

Do You Have an Abundance or Scarcity Mindset?

How you view the world can affect the opportunities you see, your expectations, and ultimately your results.

An abundance mindset is hopeful, positive, and expects the best. Knowing that God has the best and wants the best for you frees you up to give freely because you aren't afraid of lack in the future. You KNOW that if God provided before, then He will certainly provide again. You are in full alignment with the scripture John 10:10. The thief cometh not but to steal and to kill and to destroy. I am come that they might have life, and that they might have it more abundantly.

A scarcity mindset, on the other hand, leads to negativity and selfishness. You feel the need to look out for yourself, even at the expense of others. This is that toilet paper hoarding, fighting for the last pair of panties at Victoria Secrets, holding up your phone like you gave in church when you know you didn't even think about tithing (Oh yeah...I said that) type of person that God does not want us to be. You are constantly waiting on that thief in the night to come and take all of the good things you've worked for away. I pray that if this is how you feel, that you don't feel like all is lost. I used to feel this way before I came to the understanding of who God truly is and what His plans were for my life.

I want you to hold on to this thought - God is our Father and like a good father, He wants to give us good things! **Matthew 7:11**

There is the misconception that just accepting what you are handed out in life aligns somehow with the will of God. That is (as my 2nd grade teacher Mrs. Ann Schmidt used to tell me) a load of bull! No where in the Bible does it tell you to just sit there and let life hand you whatever it wants to and you just deal with it. In fact, the Bible promotes the opposite. The Bible says that God is the owner of the cattle on a thousand hills. That means He's pretty friggin rich and if He has riches, why then would He have poor children? Would a good father be ok with that scenario?

So, if God wants us to live an abundant life, we then have to have an abundance mentality.



Living with an abundance mindset has several positive effects on your life:

An abundance mindset believes that there is plenty to go around. You believe there is plenty of money in the world, plenty of potential partners, and plenty of opportunities in general.

- A scarcity mindset believes there is a limited supply of everything, and that someone else must lose in order for you to win.

Life is easier with an abundance mindset. You believe that anything is possible. With that attitude, you're willing to try and you expect things will eventually go your way.

- If you have a scarcity mindset, you believe that life is difficult. You see success as being harder than it really is. You expect the worst and might convince yourself that it's pointless to even try. It's much more challenging to be successful with a scarcity mindset.

Opportunities are easier to see when you expect to find them. An abundance mindset makes opportunities more visible. Seek and ye shall find. Your expectations are often met in life.

- If you believe opportunities are scarce, you'll struggle to find them. This is true even if they're right in front of your face.

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You take more risks with an abundance mindset. You believe the likelihood of success is greater, so you take more risks. The more you risk, the more you stand to gain. You also potentially have more to lose, but that's part of the game. Those that are bold tend to outperform those that are timid.

- You're more likely to play it safe if you view the world from a position of scarcity. You're more afraid of losing what you have since you believe it will be difficult to get it back.



Now that you know all the positivity you have coming your way from living with an abundance mindset, are you ready to change the way you think?

One of the best ways to start viewing the world with abundance is to give more. You can give money, your time, or give away a few of your possessions. Giving will enforce the idea that there is always enough to go around. And when you give, do it with a happy heart!

"The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work." 2 Corinthians 9:6-8

I challenge you to start the path to truly living the abundant life.

- Take an inventory of your possessions. Are you putting stuff before the things of God? If you find that you have been hoarding, ask yourself if those things are really worth your peace of mind? Have a yard sale or donate those items that are taking up space in your life.

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." Luke 6:38

Take Inventory





- When was the last time you did something nice for yourself? You aren't any good for the world if you are drained and unkept. Schedule an appointment for a mani/pedi, run a bubble bath, do your favorite thing for the evening. You deserve it and God lives in you, so why not make it a beautiful space for Him to dwell in?

"Do you not know that you are God's temple and that God's Spirit dwells in you?" 1 Corinthians 3:16

- Are you putting more trust in your paycheck or are you giving your finances to God?

1 Timothy 6:17 tells us " *Teach those who are rich in this world not to be proud and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment.*"

Abundance will flow into your life if you allow it.

After holding an abundance mindset for a few months, contrast that with your previous experience with scarcity.

I am sure you will find that there is so much more freedom when you give your trust to God and allow Him to show you how to truly live the abundant life.

Work it Out

Take a moment to journal after you've read the material. Meditate & pray that God helps you to learn how to live with an abundance mindset every day!

What do you believe your mindset is at this time? Abundance or scarcity? How do you know this?

What can you do in your life starting today to help you live with an abundance mindset?

What are 3 things that you are grateful for today?

DATE:



I hope this eBook has blessed you with the tools you need to shift your mindset! I'm here if you need me to pray with you or coach you to know that God has so much more for you.

xoxo *Tiffany Jeffers*

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