

## Lesson 6

# Divine Money

a digital program to  
Elevate Your Money Mindset  
[www.intuitivecoachingwithamy.com](http://www.intuitivecoachingwithamy.com)

### **Are You in Lack or Abundance?**

*This exercise will take 30-60 minutes.*

Both lack and abundance are a state of mind. At any given time, you are *either* in an energetic state of lack or abundance.

When you are not having all the prosperity you desire, it usually means you are holding a state of mind that causes you to act (or not act) in ways that are based in lackminded thinking.

When you are in a state of abundance, you are experiencing joy, peace, happiness, excitement, empowerment, knowledge and love no matter what the state of your financial life may be. You know there is enough and there will always be enough.

Sometimes you are acting in ways that create abundance and sometimes you are acting in ways that create lack. The goal is to spend more time thinking and acting in ways that support you in living the lifestyle you desire. This will allow you to attract more of what you need and want.

Below are a list of statements adapted from, "Creating Money" by Sanaya Roman.

**Read each statement and then write down what comes to mind.**

**As you reflect on each statement, consider this:** Is there something you need to do differently in your financial life? Be very specific. List changes you can make in your approach to life so that you can create more abundance. Again, be very, very specific and be willing to do the work so you can release lack-minded behaviors and replace them with abundance-minded living. Trust your intuition. You will know what the right thing for *you* to do. Think about money as well as other aspects of your life. Ask yourself: *When am I in lack? When am I in abundance? How can I spend more of my time in abundance? What do I need to do differently?*

**Abundance:** Honoring your worth and time. **Lack:** Not honoring your worth and time.

**Abundance:** Giving and receiving freely. **Lack:** Not giving or being open to receive.

**Abundance:** Expecting the best to happen. **Lack:** Worrying that the worst will happen.

**Abundance:** Doing your best. **Lack:** Cutting corners and making excuses.

**Abundance:** Wanting yourself and everyone to succeed. **Lack:** Competing and feeling like you have to fight for your “piece of the pie”.

**Abundance:** Focusing on how you can make your life and the world a better place. **Lack:** Thinking about what is wrong with your life and the world.

**Abundance:** Telling yourself why you can succeed and have what you want. **Lack:** Telling yourself why you can't succeed.

**Abundance:** Coming from your integrity or truth. **Lack:** Compromising your values and ideals or going against what *you* know to be true.

**Abundance:** Being aware and paying attention to your financial life. **Lack:** Ignoring aspects of your financial life.

**Abundance:** Celebrating others' success. **Lack:** Feeling threatened by or jealous of others' success.

**Abundance:** Embracing and working through your challenges. **Lack:** Choosing passivity and complaining.

**Abundance:** Releasing things that aren't working in your life easily. **Lack:** Hanging on to things that aren't working in your life out of fear.

**Abundance:** Believing it's never too late and taking action on your goals and desires. **Lack:** Thinking it's too late and giving up.

**Abundance:** Giving yourself permission to be and do what you want. **Lack:** Waiting for others to give you permission to go for your dreams.

**Abundance:** Doing work you love and enjoy. **Lack:** Working only for the money and disliking what you do.

**Abundance:** Detaching and surrendering to your highest and greatest good. **Lack:** Feeling needy, desperate or that you *must* have something or a particular result.

**Abundance:** Doing your higher purpose activities (and sometimes the most challenging) first. **Lack:** Putting off higher purpose activities until you have more time.

**Abundance:** Acting out of your truth, self-confidence and self-love. **Lack:** Acting out of worry, fear, doubt and self-criticism.

**Abundance:** Having clear intentions for what you do. **Lack:** Vague or undefined motives for your goals.

**Abundance:** Following your joy and passions. **Lack:** Forcing yourself, creating "have to's" and "should's."

**Abundance:** Surrounding yourself with people and objects that reflect your joy and happiness. **Lack:** Holding on to objects and relationships that aren't tools to express your joy and happiness.

**Abundance:** Expressing gratitude for all parts of your life. **Lack:** Feeling the world owes you or that you did it all on your own.

**Abundance:** Trusting in your ability to create abundance. **Lack:** Worrying over finances.

**Abundance:** Following your intuition. **Lack:** Ignoring intuition and doing what the “world” tells is right.

**Abundance:** Measuring abundance as fulfilling your purpose and happiness. **Lack:** Measuring abundance only by how much money you have.

**Abundance:** Enjoying the process as much as the goal. **Lack:** Doing things only for the goal.

**Abundance:** Clear agreements, intentions and promises. **Lack:** Unspoken or vague expectations or motive.



**Abundance:** Speaking of abundance. **Lack:** Talking about problems and lack.

**Abundance:** Mentally replaying past successes. **Lack:** Mentally replaying past failures.

**Abundance:** Thinking in expanded, unlimited ways. **Lack:** Thinking that there is only one way.

**Abundance:** Focusing on what you love and want. **Lack:** Focusing only on what you don't want or what you don't have.

**Abundance:** Allowing yourself to have what you want. **Lack:** Feeling you don't deserve or can't have what you want.