



# CREATING YOUR KICK-ASS IDENTITY

## Lesson 3: Embracing Abundance

Abundance	Scarcity
<ul style="list-style-type: none"><li>• Love</li><li>• Faith</li><li>• Integrity</li><li>• Compassion</li><li>• Growth</li><li>• Collaboration</li><li>• Creativity</li></ul>	<ul style="list-style-type: none"><li>• Fear</li><li>• Doubt</li><li>• Selfishness</li><li>• Resentment</li><li>• Resisting Change</li><li>• Isolation</li><li>• Competition</li></ul>



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**Emotional Strength**



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### **SURVIVAL MODE >> SCARCITY MENTALITY**

Do you find that you are often taking the path of least resistance?

The most common behavior in survival mode is to take the path of least resistance - to avoid. This way one can evade the threat of fear, risks, negative outcomes and rejections. It is also the most common way to get stuck in this fixed way of thinking because it serves its primary purpose - to self protect.



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### 1. Practice Gratitude

“If you look at what you have in life, you will always have more. If you look at what you don’t have in life, you will never have enough.”

**ACTION:** Keep a gratitude journal and write down what you are genuinely grateful for every day. Aim to record at least 10 items. If you get stuck, remember to list the simple things that often get overlooked such as the bed you sleep in, a hot shower, the clean air you breathe, or just the chance to live another day.





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### 2. Recognize where your focus is

The enemy of abundance is a contracted awareness. One fun Harvard study found that when people focus intently on one particular thing, other possibilities right in front of them go completely unnoticed. It is vital to loosen the mind's focus and create an expanded awareness that fosters the abundance mentality.

**ACTION:** Maintain a regular meditation practice or take a few minutes each day to be somewhere quiet and peaceful. Have the intention to clear your mind and allow new abundant possibilities to come to light.



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### 3. Cultivate and Share Your Talents

Understanding and creating confidence in the things you are both great at and love to do is an excellent way to foster belief in yourself. Learn how to share your gifts and provide value by serving those who would benefit most. Confidently share what you do through a personal brand presence online or in person.

**ACTION:** What are your gifts and abilities?



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### 4. Don't take yourself so seriously

Instead of thinking that making a mistake is the end of the world, think of everything as a learning curve.





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### 5. Concentrate on Growth

Take mistakes, problems, failures in stride.

**ACTION:** What do you need to do right now as your next area of growth?

