

Table

Scarcity vs Abundance



Introduction

There are two contrasting mindsets that shape how we view and interact with the world—scarcity and abundance. A scarcity mindset is rooted in the belief that resources are limited, which often leads to fear, competition, and a focus on what’s lacking. In contrast, an abundance mindset is grounded in the belief that opportunities are plentiful, encouraging growth, and a focus on what’s possible.

How to Use This Table

As you read through the examples, reflect on where you might be operating from a scarcity perspective, as well as areas where you’re already embracing abundance. By recognizing both, you can continue to build on your strengths and explore new ways to shift toward greater possibilities and growth.

Scarcity Mindset		Abundance Mindset
There’s never enough time to get everything done	↔	I can prioritize what’s most important and make the most of the time I have
Success is limited and reserved for only a select group of individuals	↔	Success is limitless and available to everyone, including me
There is so much that I don’t have	↔	There is so much that I do have
I need to hold onto what I have or I might lose it	↔	I can always make more money and/or opportunities
I can’t afford to make a mistake	↔	Mistakes are part of the learning process and help me grow

Scarcity Mindset		Abundance Mindset
I should be further along by now	↔	I'm making progress at my own pace and will continue to improve
I need to compare myself to others to gauge my success	↔	I celebrate others' achievements and trust that I'm on my own unique path to success
I'll never be able to feel financially secure	↔	I have enough now, and I can take steps to build more financial security
Good things don't last long	↔	Good things can keep happening, and I am open to receiving more
If someone else succeeds, it means there's less opportunity for me	↔	Someone else's success opens up possibilities for others, including me
I need stuff or achievements to feel happy	↔	Happiness comes from within, and I can find joy in the present moment
Opportunities are limited, and I need to act now or I'll miss out	↔	New opportunities are always presenting themselves
I must sacrifice my present enjoyment to secure my future	↔	I can plan for the future while also enjoying what I have today
I'll be happy when...	↔	I can experience happiness while working toward my goals, not just at the finish line



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