

LIMITING BELIEF #5:

My Resources Are Limited

In the last lesson, you conquered the limiting belief that your past controls your future. This lesson steps even farther out of your past and looks at your current circumstances. Do you feel like your resources are limited?

If so, this mentality assumes that there are only a limited number of resources and options in the world.

It operates out of what is called a “scarcity” mentality, which is the belief that there are only so many resources in the world and that most of these resources have been taken by others.

This leads you to assume that there aren’t enough resources for you to do what you want to do.

You think to yourself, *“I don’t have enough [time, money, connections, etc.] to achieve what I want to achieve.”*

Because you assume that you don’t have enough resources and options, you fail to take action. Instead of moving forward, you spin your wheels. You think that in order to take action, you need to have more options at your disposal, such as more time, money, or help from others.

REWRITING THE LIMITING BELIEF

Now let’s rewrite the limiting belief with a set of empowering beliefs.

LIMITING BELIEF:

- “I don’t have enough resources.”

EMPOWERING BELIEFS:

- “The universe is full of abundant resources.”
- “There is more than enough to go around.”
- “I can get whatever I need to accomplish my

wildest dreams.”

- “The universe has my back.”
- “I create more of what I focus on.”

The reality is that we live in an abundant universe that has more than enough for everyone. There is no limit to the resources available if you simply start looking for them and opening yourself to receive them.

This mindset is called an “abundance” mindset.

Instead of believing that there are very few resources available, you believe that there is more than enough to go around. You can get whatever you need to accomplish your dreams. Instead of dreaming small and limited dreams, you dream big because you know that all that you need is available.

Your new belief is that the universe has everything you need in order to achieve your biggest dreams and goals.

You simply need to be open to all that the universe has to offer you. Focus on the abundance that you want to receive. After all, we create more of what we focus on.

If you want to receive more from the universe, focus on what you want to receive and believe that you'll get it. **Faith is the key.** You must believe that the universe has your back.

ACTION STEPS

- Daily repeat the affirmation, "The universe has my back and gives me everything I need to achieve my goals and dreams."
- Make a list of all the specific things you need to receive in order achieve your biggest hopes and dreams.
- Instead of focusing on what you don't have, fix all your attention on what you want to receive. You create more of what you focus on.

AFFIRMATION

The universe is abundant and has my back in every way. I believe there is more than enough for me and that resources are plentiful.

Everything I need to achieve my goals comes my way when I need them, and I gratefully and wholeheartedly open myself up to receive them.

I dream big, abundant dreams, knowing that big, abundant things are coming my way. With eager expectation, I look forward to the future, knowing that it is good and exciting.

LOOKING FORWARD

Since resources aren't an issue, you may wonder if you're now expected to make big strides toward your goals. Luckily, success doesn't depend on big wins. You'll discover in the next lesson how small successes add up to big progress.