

HOW TO LIVE AN ABUNDANT LIFE

My 5 Tips

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RESETTING MINDS



When you stand on the beach and watch the waves hit the shore, do you think there's any end to the water?

Where I am in the photo above there's an abundance of lavender, fields and fields of them.

That's how the abundance mindset works.

You give away praise, recognition, ideas, knowledge and money because you know there's plenty to go around. What you give away will come back to you thousand times over. I guarantee it.

Remember happy. Emotional enemies such as doubt and fear can hold you back from achieving your goals. Write down your top three accomplishments and put this list somewhere obvious as a reminder of your worth. No matter what motivates you, there will always be emotional enemies lurking in the corners of your mind waiting to derail you. The three major lurkers are fear, uncertainty and doubt. These impostors live inside you and keep you from even trying to achieve your dreams. But I have a few tips to help you fight back.

1. **Put things in perspective** – You will never completely overcome your fears. If you let them, emotional enemies will hijack your success and leave you paralysed and unable to move forward. The truth is we all take ourselves a little too seriously. When was the last time you spent hours of sleeplessness worrying about an upcoming deadline? Imagine the worst-case scenario because nothing is as important as we make it.
2. **Separate the rational from the irrational.** – Most of our fears are irrational. There will always be times when you question your capabilities, your strength, your courage, your success and the entire direction of your life. Pull those pesky thoughts to the front of your brain and assess whether they're rooted in reality. More often than not, they are simply playing up your insecurities. When you're struggling to confront your emotional enemies, write a list of your biggest accomplishments and place it somewhere obvious as a reminder. Personal affirmations are the best way to reinforce the positive things about yourself that you already know to be true.
3. **Choose wisely.** – **I have an intense**, lifelong fear of butterflies, (yes don't laugh ;) Does that mean I'm going to go and lock myself up in a butterfly house to overcome that fear? No, because overcoming that fear doesn't serve my goals. But I have overcome my fear of public speaking, and I'm better off for it. Be smart about which of the emotional enemies you choose to face.
4. **Fill your brain with positives.** – Every day we give up a valuable resource: our attention.
5. **Whom are you giving the keys of your mind to?** Filter out the negative and give your attention to uplifting, positive messages. When you feel as if emotional enemies are taking over, remember that life is what you make it, and like those exams, it's going to be just fine.