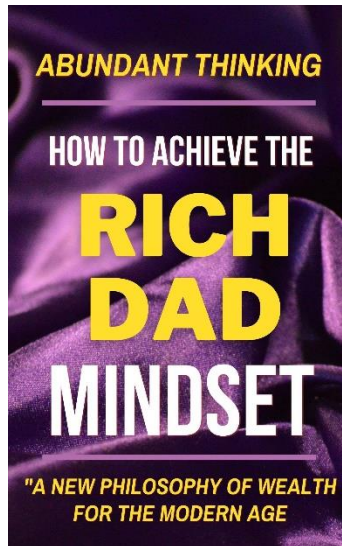


How to Achieve the Rich Dad Mindset



PARTNERS EDITION

WSBN: 44-020-2

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What is Abundant Thinking?

Abundant thinking is a form of positive thinking. It is about creating a mindset of positive values that allow you to perceive your life as one of abundance, not one of deficit. It teaches you to flip your mental attitude from negative to positive, and appreciate how much you have in your life to be grateful for.

However, it does not suggest that gratitude should cause us to stop striving for more and just accept our lot in life, rather it teaches quite the opposite; that by acknowledging how abundant our lives are already, our minds will embrace the concept that the good things in life are potentially unlimited.

The word 'abundant' means, to be richly supplied; to be over-supplied. This means that we should have no fear of asking for more because we can be confident in its delivery. Abundance is a store that never runs out of its goods.

Abundant thinking is not just concerned with money. Although there is a strong financial aspect that can be applied, it is a life philosophy. Where money is the issue, it is viewed as a tool that allows a better quality of life to be achieved – not just the material aspects but most crucially, the freedom to spend time doing the things that matter with the people that matter.

Similarly, being a rich dad, or a rich mum, may not relate to money at all. It can even negate the wilful drive for extra finances, especially where that works against the more important aspects of life, such as love and family. We all know of rich, unhappy people. We read about them every day in the

newspapers and see them on the television; people who have a clear abundance of finances but who are bereft emotionally.

Abundant thinking is all about changing how you view your personal circumstances so that you can change how you view the world at large. It is realizing that you have been the cause of your sadness and struggle in life through your focus on what you don't have, rather than on what you do have.

The Law of Abundance

The Law of Abundance is one of the Universal Laws. They are sometimes referred to as Spiritual Laws or Laws of Nature. But essentially, Universal Laws are those immutable principles that rule our world and our universe, governing how the entire cosmos continues to exist and thrive.

Whilst the very notion that these laws exist may prove too esoteric for some people, there is a sound basis in science for several of them. For example, the Law of Cause and Effect states that any action produces a result in exact proportion to the intention that initiated it. This idea goes back to Biblical times. It says, for example, in Galatians that “whatsoever a man soweth, that shall he also reap.” Some people think of this in terms of Karma. Others may use the phrase, “what goes around, comes around.” But it all amounts to the same thing.

Universal Laws work whether we believe in them or not. Those who do not believe in them choose by default to believe that life constitutes a random and haphazard series of events that they have little or no control over, and that there is no purpose or underlying reason why things should happen as they do.

The Law of Abundance states that the universe is continually and effortlessly producing; creating unlimited resources for us to take advantage of. You only have to look at Nature to know this is true.

Breaking any law is apt to cause problems. That is true of man-made laws and those handed down by the universe. You may

fully believe that there is abundance out there, as evidence by those individuals who appear to “have it all”, but you may be seeking similar abundance in the wrong ways. If your motivation for achieving more is to focus on what you do not have, you are not thinking in tune with the Law of Abundance.

Abundant thinking is not about working more hours to accumulate more material things, or becoming miserly with your money because you want to inflate your bank account. In fact, such attitudes work in direct opposition to the Law of Abundance. These are reactions based on fear and panic, and Universal Laws always work in peace and balance.

Abundance & Scarcity

Abundant thinking requires that you appreciate what you have in life, rather than bemoaning the things you lack. In contrast, scarcity thinking focuses on what you don't have, what you want more of, what you might lose, and what has gone wrong in your life. Abundance asks that you focus on what is possible, and that you reach for what you want in life. If this latter point sounds like something you are already doing and it is not producing the goods, it is because you have not established the former mindset – the one that makes you always appreciative.

People who think abundant thoughts are happier than those who don't – and it stands to reason. That does not mean they are unaware of areas where their lives might need improvement; they are simply able to approach those areas with a positive frame of mind, confident that they will have no difficulty bringing about the necessary changes. This is because they choose to believe that there is an abundance of whatever they need just waiting for them.

Our thoughts dictate our lives. Our thoughts can attract good things into our lives, or repel them. This is another Universal Law that you have probably heard of – the Law of Attraction. One of the most oft-quoted sayings within positive thinking methodology was uttered by Napoleon Hill himself i.e. that “whatever the mind of man can conceive, and believe, it can also achieve.”

That is not to say you simply have to sit at home thinking good thoughts; that is obviously not enough. You will still have to take actions to back up those thoughts, but those actions will work infinitely better when they are backed by positive thinking, and abundant thinking. The fewer (or smaller) things you cause to happen, the less effect you will produce. If you want another quote from the Bible, it says in James that, “faith without works is dead.”

If this all seems a little otherworldly to you, here’s an example of how this law might operate. Let’s say you are looking for work, but your dominant attitude and belief says that there are very few suitable jobs for you, and that you’ll never find one for yourself - in other words, you have a negative attitude. This might mean that you take no action to find a job. You don’t compile a CV, you don’t send email enquiries, and you don’t go knocking on doors.

And if by chance you did bump into the very person who could give you your dream job, they would not offer it to you because you would not be viewed as the positive individual they would want on board. A negative attitude can therefore act as a self-fulfilling prophesy, as it will consistently produce negative results that will naturally reinforce your negative beliefs.

Conversely, abundant thinking opens up possibilities and opportunities that we could easily have missed by harbouring negative thoughts and thoughts of scarcity. It causes you to take positive actions because you firmly believe and expect that they will produce the desired results. Your proof for this is the

fact that you are already blessed by the abundant gifts you are already enjoying within your life. Abundant thinking is about focusing on what you have right now, and using that to build a brighter future. It does not lead you to dwell in the past, regretting mistakes and ventures that did not work out exactly as you had hoped or planned.

People who think abundantly do not suffer guilt for their desire to attain more. This is for two reasons: they are already grateful for what they have, and they do not feel that asking for more will deprive anyone else. It is an attitude of plenty that accepts and believes that there is more than enough to go around, for everyone to have what they want and need.

Abundance Motivation

A key part of abundant thinking is abundance motivation, sometimes called appreciative, or assertive thinking. This is the belief that we already have *much* more than is necessary to get by. It says we have more than we need, and more than we could have ever expected. It requires that you dispel any assumptions about what you will receive in life, be that from God, nature, society, parents, peers, friends, or loved ones.

Again, this does not suggest we have to stop wanting more. It is simply about establishing the correct mindset. Knowing we have more than we need makes us feel happy and grateful. We appreciate what we have, and that means whatever else we get is a bonus. But thinking that you deserve more, or that you are somehow owed more, leads to resentment. The truth is that life does not owe you anything at all. You have to remember that you came into the world with nothing – and you will end up leaving it with nothing.

Creating a healthy attitude towards abundance requires you to embrace and celebrate what you already have. If you have good health, enough food to eat, and a roof over your head, then you have a lot to be grateful for. If you also have love in your life, you should be very happy.

There are many millions of people (often in less developed countries) who struggle every single day for what many of us consider to be the basic necessities of life and, perhaps

somewhat ironically, many of those people lead happier lives than those who have plenty.

So always remember that the world does not owe you a living. In fact, it doesn't owe you anything at all. But neither will it deny you anything if you open your eyes to the abundance that is already all around you, and the goodness in store for as you begin to align your thoughts and actions with Universal Law.

Do not allow yourself to be influenced by our modern consumerist society. Commercials attempt to convince you that you need certain material items to be happy; you must have the latest designer accessories, the best gadgets, a bigger house, a luxury car. But you believe these messages at your peril. You do not need these things! Beware of feelings of resent caused by lacking such material items. Such an attitude causes you to focus on what you do not have.

Perhaps the notion of abundant thinking may appear to be a strange or contradictory concept to some. After all, it says you that you should be grateful for what you already have, but that it is also okay to want more. It says you should be aware of your minimum requirements i.e. what you actually need to live, but that you should place no maximum limit on what is possible for you to achieve because supply is actually limitless.

Abundant thinking asks that you give up the bad habits of a lifetime. But they can be heavy shackles to throw off. Anyone who has spent years struggling may find it difficult to accept that they can more quickly achieve their goals by doing nothing more than altering the way they think. This can be part of the

problem for many people i.e. simply accepting that you are not being asked to do anything more than embracing and applying the principle.

What we have to remember is that abundant thinking does not guarantee anything. If we start believing that abundant thinking will definitely bring us wealth and riches, or anything else that we strive for, then our expectations may disappoint us (especially in the short term) and we can pretty soon end up back with that unproductive attitude of scarcity. All you have to do is accept the good things in your life, be grateful for them, and know that there is an abundance out there just waiting to be tapped into, and it is your positive, abundant attitude that is the fundamental key to doing so.

Abundant Thinking in Practice

Abundant thinking can be used to good effect in every part of your life. It allows you to be grateful for the good health that you enjoy, and to know that even if your health is suffering, it could always be worse. It may be easier said than done, but it is a crucial attitude to adopt when things do not appear to be going well. We can also take the opportunity to be grateful for the good health we have enjoyed in the past, and for the good health that still exists in those people we care about. It is all about perspective; seeing the positives rather than the negatives.

So how can this be applied to an unsatisfactory financial situation? What about if you sign a deal with someone and that person then reneges and leaves you out of pocket, for example? The way many people act and behave is from the perspective of loss. This is perfectly understandable because loss is involved.

We all know that people can take advantage, and the plain fact is that there are some folk out there who, putting it plainly, are just seeking to rip you off. But having an abundance attitude ensures that you handle this situation with the minimum detriment to yourself.

It means your intent is always to maintain the happiness in your life, which will serve to counter negative feelings, none of which are helpful. The actions you will need to take to rectify the situation can be taken regardless of your attitude but, it is

important to understand that negative feelings harboured towards another person, do *not* affect that person at all. The only person they can actually harm is you!

Abundant thinking creates a mindset that allows a better perspective on the situation. You will ask yourself, “has this person stolen my happiness, or am I doing that to myself through my reaction to the situation?” And in the worst-case scenario, when you may be seriously affected by what has happened, your faith in the essential goodness and abundance of the universe will be your strength. And this will provide a much speedier recovery from any and all ill effects.

In a business environment, abundant thinking can focus on the organization's strengths and what is possible; not on what might go wrong. This is particularly crucial in hard times. When businesses experience huge losses and difficulties, the temptation is to focus on what was, and what might have been. But this type of thinking is based on fear and scarcity. Leaders who take such an attitude in business can end up instilling negativity in their workforce. They therefore can only exacerbate the problems that already exist.

It is, of course, the job of the leader to embrace abundance, develop a vision, and inspire those who follow to move on from failure to achieve great things in the future.

How to be An Abundant Thinker

The first step is to take a good honest look at your current and past attitudes, and assess whether your thinking has been based on the abundance principle. Do you routinely evaluate how your life is faring? If so, do you accomplish what you set out to do? If you have mixed results, do you know what is working and what isn't? Which areas need to be improved? In what way does your attitude need adjusting to create a better life for yourself?

One thing to be particularly aware of is your inner monologue i.e. how you talk to yourself. This can reveal a lot about how healthy your thinking really is. How many times do you think that you “could have”, “would have”, or “should have”? Although you may think that these are useful correctional phrases that mean you have understood your mistakes, they are nothing to do with abundant thinking. They are dealing with the past, and giving power to the things you feel you failed at.

Such reflections are inherently self-critical and full of regret. They remind you of the lack in your life; the chances you should have, would have, or could have taken. They are linked to feelings of entitlement or lack, and this is the enemy of abundant thinking. All these should be replaced with “I want” or “I expect” – thoughts that bring our desire into the present moment, and that is the only way our brain can register that some kind of action needs to be taken.

People who habitually think in negative terms make themselves victims; it is self-perpetuating, especially when other people or outside circumstances are blamed for the hurt. Whenever you blame, you simultaneously remove your responsibility to improve the situation. You are saying that there is nothing to be done to make things better because it is out of your control, and you have thereby denied the abundance in your life.

Here are some ways in which you can become an abundant thinker:

1. Identify your biggest bar to abundant thinking. Analyze why you have not embraced the concept before. Have years of negative conditioning made it difficult, or did you just not know about it?
2. Decide now that you will start to think abundant thoughts.
3. Count your blessings right now, and start being grateful for all the good things you have in your life.
4. Stop thinking of what you believe you don't have; you are concentrating on empty space. Instead, begin to focus on creating the circumstances that cause abundance to fill that empty space. Develop your interests, knowledge, and skills in areas that will help you to achieve more.
5. Exchange "could've", "should've" and "would've" for "I want" and "I expect".

6. Don't feel guilty for wanting. It is your personal choice to strive for happiness for yourself and others.

7. You can want, but don't create specific expectations (especially for material things) for yourself.

8. Better still, create zero expectations of what you will receive. Do not automatically assume that you will receive anything. Just know that anything is possible and invite that abundance into your life.

9. Be mentally prepared for the worst-case scenario. Think positively about receiving what you want, but do not take it as read. If you meet your goals, it will add to the happiness you already enjoy; if not, it doesn't matter because you are happy with what you already have.

10. Stop thinking the world owes you a living and that you deserve to receive what you want. Everything you receive in life is a gift. The world doesn't owe you anything, but its abundance is capable of giving you anything.

11. Stop feeling cheated, and like a victim. Take control and take responsibility for your own happiness.

12. Know that your past does not equal your future, and your current unfavourable situation does not have to last if you choose to make it better. You are not your condition.

13. Accept that you will make mistakes. Don't beat yourself up when you do; regard that mistake as a

moment on your learning curve that will help take you to new heights. Learn from it and move on. Don't dwell. Some of our hardest knocks teach us our most important lessons in life.

14. Think of a physical reminder that will help you keep your thoughts on track. Every time you feel you are drifting back to thoughts of scarcity, perform your little physical action to realign yourself with abundance. You could click your fingers, snap a rubber band on your wrist, or simply join your thumb to your forefinger as people do in meditation.

15. Develop a mantra that you repeat every morning and evening out loud, and in your head whenever you need a boost. You could try: "Abundance is mine right now and always." Remember that whatever you say, keep it in the present tense. Saying that "Abundance will be mine" causes the brain to keep abundance in the future.

As a starter exercise, think of one situation in your life that you believe should have turned out better. Try to find a way to see the positives in it, how you may have learned from your "failure" to meet your expectations, and then let go of those expectations. Rephrase your expectations into a statement of gratitude such as 'I am grateful that X occurred in my life because I learned Y' or 'I accept that X occurred in my life, and from it I was able to learn Y'. This is one piece of deficit thinking that is now abundant thinking.

How to Be a Rich Dad

Having a Rich-Dad mindset is about focusing on the financial aspects of abundant thinking, rather than just the psychological. This involves analyzing how you view certain pertinent financial questions, and swapping a scarcity or deficit thought for an abundant thought.

1. "I can't afford" becomes "how can I afford?" when abundant thinking is applied. This is because saying you can't do something closes down possibilities and tells the universe that this option no longer exists for you.
2. "My kids make me poor" becomes "I want to be rich for my kids" with abundant thinking. This is not focusing on the expense of having children, but on the duty to create a more secure life for them.
3. "I don't care about money" becomes "money is power" when abundant thinking is applied. The idea that money is somehow "dirty" is exchanged for the acceptance that money allows a person to have more choices in life.
4. "Don't take financial risks" becomes "take calculated risks" with abundant thinking. This is about trying to put your money to work whilst mitigating the risks involved.
5. "Pay myself last" becomes "pay myself first" with abundant thinking. This ensures that there is finance available for investments so further returns can be possible.

6. "The state will provide for me" becomes "I take responsibility for myself" when abundant thinking is applied. This counters entitlement thinking by teaching financial self-reliance.
7. "Knowledge is important" becomes "financial knowledge is important" with abundant thinking. This provides a firm grounding for the real world.
8. "I work for my money" becomes "my money works for me" with abundant thinking. This is about removing yourself from the "rat race" and accepting that you are responsible for your own destiny.
9. "Making money is impossible" becomes "making money is important" with abundant thinking. This concerns the ability to establish financial education that lasts a lifetime.
10. "My house is a liability" becomes "my house is an asset" when abundant thinking is applied. This attitude can help you to see why you made the investment and what it will bring to you in the future.

Entitlement Thinking

Deficit motivation, or entitlement thinking, is the exact opposite of abundance.

Entitlement thinking has already been discussed to a certain extent. It is that awful feeling that says you have been cheated out of your just desserts, your rightful inheritance. It is how people think when they set specific expectations for themselves that are based on their belief that they deserve more.

Entitlement thinking can create the narrow miss that might cause a little grimace, or a headlong plunge into an empty chasm. The latter can happen when delusion is responsible for a person's expectations - think about the tone-deaf crowd in the first round of "American Idol" for example.

Entitlement thinking takes many forms. It may make you think you deserve more money, a better job, more praise, a more attractive body, better opportunities, skills, friends, partners etc. It covers the whole gamut of disillusion that can cause our lives to be so miserable, and our emotions to be so fraught and charged with anger and resentment.

These emotions naturally flow from the belief that you have received less than you expected or less than you deserve. Setting your expectations too high is often down to arbitrary personal assessments that have no basis in reality, and that may have been bolstered over the years by well-meaning but ill-advised encouragement from others. On the other hand, entitlement thinking may be based on a sound assessment of a

person's skills and abilities, which makes missing the mark even much more annoying. Either way, however, the stumbling block is the same: it is our expectations that cause the unhappiness.

Recognizing entitlement thinking is quite easy; it is feeling that we are in a hole and trying to climb out, or the sense that we are constantly struggling to keep our head above water.

Although these situations may be real enough, we should not allow them to influence who we are. A better way to think of things is to understand that it could be a lot worse. The hole could be an abyss from which you never escape and, if you are struggling to keep your head above water, well at least you're not drowning. With such new perspectives, it instantly realigns your thinking as it becomes apparent that you always (in all circumstances) have something to be thankful for.

Deficit motivation can cause serious harm to an individual. It can make such people aggressive and negative, even with those people closest to them; sometimes, especially so. It can also provoke a reckless attitude to life, where dangerous and uncalculated risks are taken. Or it can cause a person to feel so sorry for themselves that they withdraw and give up, which can lead to depression or worse.

The really sad part of deficit motivation is that it can cause people to miss truly outstanding opportunities, simply because such opportunities do not conform to the individual's preconceived ideas of what their chance will look like, or how it will appear. By the time they realize that they may have

misconstrued the situation, the window of opportunity has passed.

To defeat entitlement thinking, we must ask ourselves exactly why we believe we are entitled to anything at all. Mostly, it is because we have been born into a society that promotes the idea that anything is possible. Yes, almost anything is possible with abundant thinking, but we have not been properly schooled in the workings of abundant thinking; instead, we have been taught that we are entitled, and this has created a certain level of expectation.

You have to separate the idea of entitlement from the reality of the abundant universe. We all believe we have the right to life, including the basic entitlement to live our lives peacefully, but try telling that to the 'have-nots' who intend to deprive the 'haves' by using violence. Nothing can, or should be taken for granted, and once we realize this we can truly begin to be grateful, because we will understand that life is a gift.

Over the centuries (and in recent years especially) our notion of what we may be entitled to have changed beyond all recognition. Perhaps we might feel we are entitled to foreign holidays twice a year for example. But before the Wright Brothers, trips abroad were far more arduous and expensive affairs. In our modern world, luxuries seem to have become necessities, and our values have become skewed. We no longer seem to appreciate the simple things in life that used to make people feel grateful. In the process, we have taught ourselves to be unhappy; the undeserving victims of some awful fraud.

Deficit thinking can even create a kind of paranoia; that feeling of being “robbed” of what we deserve. We may start to view other people negatively and with deep suspicion. Anyone we perceive as having the things we want may effectively become the enemy. We cease looking inwardly for answers and instead focus on who is to blame for our deficit.

This kind of thinking happens when people focus on what they do not have in their lives. People who live by thoughts of scarcity are creating the very circumstances that will cause further scarcity, because they are convinced that there is a shortage of the things they want in life. They do not embrace the concept of abundance, and thus do not invite it into their lives through a positive attitude.

Scarcity thinking can also produce more far-reaching negative repercussions. It can cause people to take things they don't need, or too much of what they do need, or can turn them into hoarders, which stops them from giving. Those who think abundantly, on the other hand, are happy to take only what they need, despite the knowledge and confidence that the universe has a limitless supply.

A New Garment

The concept of abundant thinking can be puzzling if you do not understand the message that lies at its heart.

To summarize, abundant thinking is about being grateful for what you do have rather than focusing on what you lack. It involves having no hard and fast expectation of what you will receive based on some egotistical notion of what you deserve out of life. It says: be happy with what you have, because it is all effectively on loan to you whilst you are here, and if you want more, then take the appropriate actions to achieve your ambitions, but remain happy in the knowledge that it may not all happen exactly as you might expect.

All this serves to produce the correct frame of mind to ultimately accept the gifts that the universe has waiting for you in the spirit of abundance. This is where some people may struggle, because this asks that you take the leap of faith and start believing that there really is abundance out there. The alternative view is that there just isn't enough good stuff to go around. Consequently, you have to accept the fact that the rest of your will be spent dealing with careful management of those precious and scarce resources.

Of course, it is hard to change the habits of a lifetime, especially for those people who have spent their lives being habitually pessimistic and/or negative. But understand that such attitudes are not anything to do with who you fundamentally are; they

are merely garments that you once tried on, and found that they fitted.

Negativity may hitherto have been a useful predictor for you: things may not have turned out well for you so far, but you knew it all in advance. You did not allow your hopes to get too high because life has a habit of letting you down. You have low expectations and your reward is that you are disappointed less often – or so you have come to think. But scarcity is a garment you are free to discard at any time.

Now, there is another garment waiting for you. So, do you think you would you be willing to try it on?

Watch the Video

Thanks for reading! I hope you enjoyed the book. We also have a great **free** video from Robert Kiyosaki the bestselling author of *Rich Dad, Poor Dad ...*



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