



SEAN WILLARD

HAVE A LIFE ATTACK

ABUNDANCE  
WORKSHOP:  
MORE FLOW,  
MORE MONEY,  
MORE FUN!

Lesson 2: Appreciate the Good and  
Watch It Grow

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Learning Objective: Defining + understanding your own definition of abundance.

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Now that you've gone through **Lesson 1** and have a better understanding of abundance, what does the word "abundance" mean to you?

\*Please note this is NOT for resale or giveaway.



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You may think of having a large and beautiful home, finally going on that exotic vacation, or having a higher salary. This may seem like merely a dream, but the good news is that if you are imagining these things, that is a good start, because abundance is related to how you feel, not what you have.

Are you still skeptical about the power and presence of abundance? That is understandable. People talk as if we cannot change and grow and yet we are told to work at certain skills, whether it is playing the piano or a sport. What we aren't told when we are growing up is that our mindset also involves certain skills. Developing these skills can rejuvenate our personalities and cause us to look at the world with new eyes / perspective (and to get better results!).

People can develop resilience. They can also sharpen their wit and sense of humor. The same is true with having a grateful attitude. This "attitude of gratitude" can be developed through practice like any other skill. This is why we recommended practice with daily and weekly activities that will strengthen your ability to see the good to the point where it will be second nature.

## STEP ONE: UNDERSTANDING WHY GRATITUDE IS THE KEY TO FINDING ABUNDANCE

True abundance involves cultivating an abundant mindset, no matter what your circumstances are. Are things not going the way you wish they were? That is okay and a good place to start. Developing a feeling of gratitude in any circumstance is the key to abundant thinking.

The abundant mindset is not the default setting for most humans. This is less because of our personalities and situations than it is about our nature. Our ancestors who had many natural predators and enemies needed to constantly scan the environment for possible threats.

Although this hyper-vigilance was needed for survival in ancient times, in civilized society, it can be the cause of our unhappiness. Think about it. If you are constantly looking for things that can go wrong or imagining dangers, you can more easily feel stuck and intimidated. This can keep you from looking at the good things in life and appreciating what you have in the present moment.

Even though it is in our DNA to look for things that can go wrong, that doesn't mean that we can't flip the script. With practice, you can expand your capacity to experience and receive abundance. All you have to do is to look for the good that is already around you. This is not just a one-time activity---to adopt an abundant mindset, you need to develop a daily gratitude practice.



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You may notice people who seem to have the gift of a positive attitude. Most grateful people, however, are not born that way. A large number of them have trained themselves to intentionally look for reasons to be grateful in their daily lives.

Before we discuss how to develop a gratitude practice, let's talk about why it matters. The truth is, finding miracles in our daily lives does not require any special effort. You don't have to work to find them. **Simply opening your mind and heart and becoming aware of the good in your life is the first, crucial step.**

Gratitude doesn't just feel better, but it has documented benefits. Research has demonstrated that developing the habits of gratitude can improve physical health, happiness, and mental health while also **decreasing burnout, depression, and anxiety**. Instead of feeling discouraged about their jobs, workers can develop a feeling of appreciation on the job when they embrace gratitude practices. They may also feel less nervous when dealing with their boss or competitive with co-workers. Also, job security may be focused on the more positive goal of contributing to the company rather than anxiety about being fired.

Gratitude also diminishes feelings of jealousy. If you are grateful for what you have, there is no reason to feel jealous of what other people have. If anything, seeing what others have may provide the motivation for you to work harder to reach that level of success or to purchase that prized item. The other side of the coin of jealousy is guilt. You will also be less likely to feel guilty about what you have because you believe in abundance providing enough for everyone. If you acknowledge the good, you are likely to also feel less defensive or apologetic.

Many people feel they need validation and self-care. However, this is difficult if the focus is constantly on other people and what they have. The "keeping up with the Joneses" mentality keeps us from seeing and appreciating what we have and the good in our lives. If you see yourself in this vicious cycle, have hope, because **it IS possible to shift into an abundant mindset.**

Much has been said about mindfulness in the media. Gratitude practice will help you be truly in the moment and to make the most of your present life. In today's goal-oriented world focused on achievement, we may feel that our best moments are being robbed of us and that we are living on automatic pilot.

There is no need to put your life on hold to take a break from stress. You can continue with your day-to-day life and feel more fulfilled because you are finding things to appreciate, from the smell of baking bread to the compliment at work. **All that you need to do is to pay attention to things.** There is no need to "come up" with things to appreciate. Just open your eyes, ears, and imagination and let the good things come to you.



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When you are open to the good and aware that you have good in your life, you will attract more good things. This is the law of attraction, but it is not some dry theory. **When you open your life up with gratitude practice, you will notice that more opportunities can become available, first, because you will be more aware of them, second because good breeds good.**

## STEP TWO: DEVELOPING AN ATTITUDE OF GRATITUDE

So, now that you know the benefits of a gratitude practice, follow these steps for cultivating an abundance mindset through gratitude.

- *Write Down 5 Things You Are Grateful for Every Morning*

How you start the day can have a huge influence on how you feel morning, noon, and evening. After you wake up, write down five things that you feel grateful for. Don't overthink it. They can be large or small; tangible or abstract. If you prefer, you can do this at night before you go to bed and look at the list again in the morning.

- *Take Time During the Day to Feel Grateful*

You schedule time for workouts and coffee with friends, so why not also schedule gratitude time? Set a timer/alarm on your phone for a specific time each day. Stop whatever you are doing and think of five things you are grateful for in that moment. Or, instead of a timer, take short breaks throughout your day (such as in between coaching clients) and count your blessings.

- *Establish a Weekly Gratitude Practice*

Pick a day during the week when you feel less rushed. Sit down and write everything you are grateful for in the previous week and think about what you are grateful for in the week ahead. Your weekly practice might even yield patterns that you didn't notice earlier in the week, such as the multiple new clients you signed on or the increase in book sales over the last week.

- *Express Your Gratitude*

Write letters or notes to people you are grateful to and express your thanks and appreciation. Make it a point to tell at least one person every week that you feel grateful towards them and describe why.



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It's a good idea to keep your lists or journals and review them periodically. This will have a **compounding effect** on your abundance mindset. Not only will you come up with new things every day to appreciate, but you can take the long-term view by consulting past lists and increase your feeling of abundance.

One of the things you can be grateful for is your gratitude practice itself. Changing the way you look at things and cultivating appreciation with daily practice will cause you to notice things more. Your life will feel fuller, more complete. Your food will taste better, you will feel more pleased with achievements and more relaxed in the company of family and friends.

### STEP THREE: PERFORM RANDOM ACTS OF KINDNESS

When you start to see the abundance in your life and feel the positive energy abundance brings, it's easy to share that with others. Think of ways you can "pay it forward" so others can receive abundance. You'll find hundreds of ideas online – such as paying for coffee for the next person in the drive thru lane or leaving a small container of baby wipes on the changing table for the next mom with a note of encouragement. Sometimes it's the smallest efforts that bring about the biggest rewards, both to you and the one receiving.

With these random acts of kindness, you also have one automatic thing to put in your gratitude journal. Giving is not solely about the giver and gifts should be given out of the goodness of your heart instead of through obligation. However, giving can make you feel good, so why not add that to your gratitude journal?

Some people find this gratitude practice difficult, often because they are deep in a scarcity mindset. How do you find things to feel grateful for? There are no "shoulds" when it comes to the things you come up with, but **here are some things that can stimulate your gratitude mindset:**

- Large and small kindnesses you have received on that day or in the past
- Things in your environment
- Major and minor experiences
- Sensations
- People and relationships
- Surprises
- Your own random acts of kindness



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There are so many kindnesses we experience each day that we may not be aware of. Often we get up and go to work on a kind of automatic pilot and may not **notice** the barista who was especially pleasant and considerate or a co-worker who complimented you on your blouse. During the day, our headspace can be so cluttered that we may have **overlooked** these things. **The gratitude practice is a good time to recall and appreciate them.**

You can also be grateful for things in your environment, such as a beautiful sunrise or a handcraft created by a friend. You can also recall wonderful experiences, such as a trip to Paris the previous year or maybe you bought a new kind of flavored coffee that was the highlight of your morning.

Things we experience with our senses, such as a new car smell, the sound of rain on your rooftop, or a child's laugh can make us feel happy and grateful. You can also feel grateful for relationships that enrich your life, such as a spouse, a best friend, or a child. We may feel grateful for surprises, such as unsolicited praise we receive on social media or a surprise birthday party.

**The gratitude practice trains you to look for things to be grateful for in your daily life.** Soon, you will notice things in your life that will give you a sense of appreciation. The point of the practice is that noticing the good in your life will become second nature to the point where having a positive attitude will feel instinctive.

The gratefulness practice will **create a habit** of looking for situations and people in a positive way. You will start to see what is going right rather than becoming obsessed with what is wrong. **You will develop an abundance mindset rather than a scarcity mindset with gratitude as its foundation.**

## STEP FOUR: CELEBRATE YOURSELF BECAUSE YOU'RE AWESOME

It is important not just to be grateful for external things, but you should also feel gratitude for who you are. Don't just celebrate details of your life and the things around you, but yourself. If you were put on this Earth, then you are blessed. **The fact that you woke up to another day is something to be grateful for.**

So, how do you celebrate yourself? **Start with your strengths!** In a society obsessed with self-improvement and achievement, we tend to look at ourselves through a results-based lens. We may scrutinize ourselves to find things to improve. However, it is also important to appreciate the strengths and abilities we already have.



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Our society is always encouraging us to be better than we were yesterday. We are taught to achieve and to reach higher. There is nothing wrong with this necessarily. There are always ways we can improve. However, if we improve in a pressured way, we can end up slowing ourselves down rather than making progress.

Sometimes the best way to go forward is to focus carefully on where we are. Only when we know we are on solid ground can we progress or even better, notice that the good things will come to us. Having a solid knowledge of what we are good at, what others appreciate about us, and what we contribute to ourselves and those around us is step one. **The second is not only knowing our strengths but appreciating them.**

When we rush to improve before appreciating where we are and who we are, the changes can often be hasty and unsustainable. Once we truly know and appreciate ourselves, we will be able to take the right steps towards goals that are productive. Taking a personal inventory isn't just a list of things that we need to change, but things we need to enhance and feel grateful for.

When contemplating your strengths, measure what you feel your skills and talents are plus feedback from others. **Pay attention to what kinds of compliments you receive spontaneously and sincerely. Do people ask you advice for certain types of things consistently? Are you "known" for certain things?** Review some of the comments you have received when drawing up your list of strengths.

Take some time and **think about the things you do well and your talents.** This will improve your confidence and faith in yourself. It will also allow you to approach others with a feeling of self-assurance which can help you create a good impression.

But what if you aren't sure what your strengths are? Take action and **ask yourself** the following questions:

- What's the best use of my time?
- How can I or do I add value to others' lives?
- What do I love to do?
- What do I do well?
- What do I tend to get complimented on or asked for help with?

**These strengths do not have to be connected to what you do for a living.** They can be personal qualities that are not specifically related to any activities at all, like being cool or witty. Think about ways you can celebrate who you are and what is good about yourself.



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I know this next tip may seem counterintuitive but stop trying to excel at everything! Yes, personal development is important, and you might think that cultivating a feeling of abundance means trying to achieve more. However, **overachieving can actually signal a scarcity mindset**. If you feel there isn't enough to go around and you won't succeed without overachieving, that can be due to a lack of confidence rather than abundance.

Also, if you believe there isn't enough for everyone, you are **more likely to be competitive** when a situation requires cooperation. **An abundance mindset includes the faith that there is enough for everyone** and it can help you feel confident while allowing you to work with others rather than against them.

Once you stop comparing yourself to others, you won't end up with extra things you don't want or need and can focus on things/people/activities that make you feel complete and fulfilled. You will also feel more patient and won't expect to get everything NOW. You will have the faith that everything that is intended for you will come to you eventually and you will be capable of receiving when the time is right.

**Having more gratitude will enable you to truly celebrate successes instead of feeling entitled to them.** And you will be more likely to succeed when you take care of what you already do have instead of focusing on what's lacking.

**Ask yourself** how well you are taking care of the following:

- Yourself
- Your possessions
- Your meaningful relationships
- Your resources, such as time, money

The key is to enjoy and use what you already own before worrying about getting more. You can do this by wearing that special outfit you have been saving for an occasion. Use that costly or fancy item, whether it is skin cream, a nice coat, or a watch. You don't have to wear it every single day to work but pick one day a week or a date and go ahead and wear it.

Do you feel like splurging on that premium quality moisturizer but feel guilty about spending so much on face cream? Go ahead and take the plunge and if necessary, cut back on pizza nights for a week or two. Believe you deserve quality and invest in it rather than exhausting resources on unnecessary things.



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The theory of attraction means that getting accustomed to enjoying these special things means you will attract more of them and make them a part of your life. Spending a bit more on high quality helps you value who you are and what you have. There is no need to wait for someone else or an invitation before you permit yourself to enjoy the fine things you own.

In short, **cultivating an abundant mindset involves total awareness, acceptance, and appreciation for what you have so you can eventually attract more things/people/opportunities to appreciate. It is a virtuous cycle that grows and grows.**

#### **STEP FIVE: DON'T COMPARE, APPRECIATE!**

Most people love games and contests. There is a thrill to competition that feels addictive. A competitive attitude is often defended because it pressures people to perform at their highest level. Competition certainly has its uses, but it should not become the defining aspect of one's life. **Competition in moderation is fine, but appreciation is more essential for sustainable achievement and fulfillment.**

When you make appreciation the defining aspect of your life by implementing a gratitude practice, you will not need to fire up competitive impulses to reach your goals and feel confident. **Once you stop comparing yourself to others and focusing on your strengths and talents, you can feel calmer, more competent, and be easier to work with.**

People may be worried that focusing on one's own strengths and appreciating their favorite skills may lead to a self-centered attitude. The result, however, will be the opposite. When we focus on others with a competitive frame of mind, whether we realize it or not, we are communicating anxiety to them, that they are not on our team.

When we appreciate our strengths and look to others for information on how we can be helpful, rather than as a basis of comparison, we will find an improvement in our working and personal relationships. We will become more approachable, less defensive, more cheerful, and easier to talk to and to work with.

**As you develop an attitude of appreciation, opportunities will open up.** People can intuitively sense when people are anxious versus confident. They will be more likely to make suggestions and share information that can help reach goals and bring more good to your life. Good things come to those who wait, but more accurately, **good things come to those who appreciate.**



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#### STEP SIX: GETTING READY FOR GOOD THINGS

The abundant mindset is related to a concept known as the **Attraction Theory**. The principle behind the Attraction Theory is that a positive attitude will attract good things to you. There is no mystical concept behind this, but it is a **cause-and-effect relationship**. Adopting the habit of **expressing gratitude** and finding things to appreciate **will cause you to relax, feel more confident, and attract more friendship, leads, and opportunities**.

You will find that you **no longer need to go running after goals**. If you prepare yourself for good things and have a positive frame of mind, good things will likely come to you. A way to prepare for success and the things you want is to appreciate the things you have.

Also, appreciating what you have will make you more efficient. You will become more apt to make the most of what you own, whether it is clothing, money, time, or tools. A throwaway mindset is often accompanied by a feeling that what one has is not good enough. It can be defeatist because it is always comparing or looking ahead.

Staying focused on the abundance in the moment and appreciating what you have will encourage you to use your resources to your best advantage. This not only leads to a feeling of satisfaction, but it can improve your chances of success because your efforts will be more efficient and conscious than if you are working under pressure to outperform.

**The main point is this:** To live an abundant life, you have to enjoy your life now. No one has a perfectly easy or smooth life, but the more you can appreciate the present time the more you will attract good things and the happier you will feel. It will prevent you from forfeiting your present for the sake of a future that will also be sacrificed for a more distant future.

Knowing where you are, where you stand, and having gratitude for what you own and your abilities will create happiness and satisfaction in the present is the springboard for a more successful future. **Start today with a gratitude practice** and hone the skill of appreciation which will bring abundance to your life in the present and the future. **Taking small steps** to appreciate things every day will train you to see the good and to attract the good in your life.

To find out more, connect with me on my private [Facebook](#) group and we can set up a free info call.

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