



SEAN WILLARD

HAVE A LIFE ATTACK

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

Lesson 4: Free Up Space for Ultimate  
Prosperity

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Learning Objective: Embrace the “less is more” concept to attract abundance.

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



## LESSON 4:

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It sounds counterintuitive, but **one way to fall into that scarcity mindset is to consume and have too much!** Wouldn't you think the opposite to be true – that the more you have in your life the stronger your abundant mindset would become?

This concept is based on abundance actually requiring space. You can't cram an already-full fridge with more food until you get rid of what's no longer needed, right? Or think of **hoarders. They have an abundance of physical items, but those people actually suffer from a scarcity mindset, fearing that what they have will be taken away** without their permission, even though they don't have any more space in their homes for "stuff".

## STEP ONE: LIMIT YOUR SCREEN TIME TO IMPROVE YOUR MOOD + ATTRACT ABUNDANCE

Think about your personal life and how much time you're actually on a device. Not counting your working hours, how often are you plugged in? Do you unplug during the week and/or on weekends? Are you playing on your phone while watching television at night? Are your kids trying to have conversations while you're scanning Facebook?

**Multitasking** often creates more problems than it solves because you're not committed and focused to completing one task at a time. Your focus is split between two or more tasks but is either one getting the attention it deserves? Is your work suffering because your attention is split? Are you simply inundating your brain with television AND phone data? After a long day at work, that additional stimulation adds stress to your brain and your body.

How do you feel after watching the nightly news? Most news programs are filled with negative or depressing stories and even though it's important to know what's happening in our world, news overload can cause depression and/or anxiety. I personally wonder how these news reporters and anchors relax on their weekends after having to report so many upsetting stories in the course of a week.

Feelings of depression and anxiety can prohibit you from taking action, thus you're "telling" abundance to stay away from you because you have too much on your plate at the moment.

Are you prone to skimming through social media all day? Not only is this a procrastination technique but **scrolling through your social media can cause 'comparisonitis'** and remind you of what you don't have but others seemingly do. Comparing yourself to others – either personally or in business – can lead to a scarcity mindset that causes worry and feelings of desperation.



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These will repel abundance away from you so it's wise to recognize these triggers so you can shift your thinking.

**Advertising can also make you feel bad and less abundant** because it forces you to think about what you lack, the flaws you want to "correct," and cultivates desire for things you didn't even know existed – and that you likely don't need! Many of my clients who use Facebook for business notice feeling this way with the sponsored ads in their newsfeeds. These ads are targeted based on the user's online searches and interactions, so my business friends will often see dozens of ads for business coaches plus business tools or products and it's a distraction from their task at hand. Many report feeling "less than" after seeing these ads, especially if they're for a product they were thinking of creating themselves or a coaching program that they can't afford yet.

In general, many people feel depressed or anxious because they have spent too much time plugged in to their phones, tablets, computers, or televisions. They might even feel jittery when they keep their phone or device in another room because that plugged in feeling is powerful. These are all negative emotions which will prevent you from seeing abundance. Instead, you'll be focused on feelings of self-doubt, lack, wanting to give up, or wanting to binge watch Netflix instead of looking for abundant opportunities.

Try these suggestions for limiting your screen time, even if you run your coaching practice online from your home office:

1. **Set a time limit for social media.** Use the timer on your phone or use the Chrome extension for [Marinara: Pomodoro Assistant](#). The idea behind the Pomodoro Method for time management is to work straight through for 25 minutes, then take a 5-minute break before your next focused session begins. After 3-5 sessions, you'll take a longer break to regroup before the timer starts again. The Pomodoro Method can be used for any task that requires focus, such as doing your bookkeeping, writing emails, or researching your signature product.
2. Try the [Newsfeed Eradicator for Facebook](#) Chrome extension. If your Facebook newsfeed is your rabbit hole, try this extension. You can still access Facebook to make posts and add content to groups, but you don't have that newsfeed and all its temptations staring you in the face. Imagine how much time this will save you to go in, post what you need, and then get out!



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3. **Scan news headlines** on your favorite news website instead of following news accounts on Twitter and Facebook. Not only will this save you time, but you'll improve your mood by not seeing upsetting posts throughout your day. You'll also be less tempted to engage in social arguing because the reader comments are a bit easier to avoid.
4. **Unplug yourself from all electronics at least 1 hour before bedtime.** The blue light emitted from all these screens can wreak havoc on your sleep patterns, so turn them off and recharge them away from your bed. Allow your brain to quiet down and relax by creating a nighttime routine or with some simple deep breathing exercises.

## STEP TWO: DECLUTTER YOUR HOME TO ATTRACT ABUNDANCE

Remember...abundance does NOT have to mean more physical things. A cluttered home can contribute to a feeling of scarcity.

If you're living in a physically cluttered environment, you'll lose track of what you already have and when you think you don't have the resources you need – hello, scarcity mindset! But don't just settle with the excuse, "I'm just a messy person." It's time to dig deep to figure out why the clutter is there instead of put away or thrown out.

**Spend some time – even 20 minutes at a time – to sort your clutter into piles for TRASH, DONATE, or SAVE.** Don't think too much about your decision because that will only prolong the process. Touch the item and decide which pile it belongs in. Set the timer on your phone or use the Pomodoro Assistant on your computer and focus on clearing the clutter. **Start with one room or one corner; the most important thing is that you get started.**

Do you simply have too much? Do you not have enough storage? Do you not have the strength or motivation to find a place for all this stuff? Or is your clutter related to something much deeper? There are no right or wrong answers but it's important to identify why you have a clutter problem so you can resolve it. These are questions to think about in meditation or through journaling.

Kill two birds with one stone by swapping one night a week of TV-watching for organizing what you own, so you can clearly SEE it (or at least know where it is!) Put on some music instead of the TV to lift your spirits while organizing.



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Try these decluttering tips to help attract abundance:

1. When you have the clutter sorted, do something with those bags! Be sure the TRASH bag(s) get into the garbage. Decide if you want to donate or sell the items in the DONATE bag. And whatever you're KEEPING, be sure you have the storage, so everything has a place.
2. Look through your home for other objects you can sell or donate. Kitchen cabinets are famous for storing little-used serving plates, china, or kitchen gadgets. One's trash is someone else's treasure, so consider selling online or at a tag sale.
3. Sell collectibles that are collecting dust in the attic or basement. Not all collectibles will yield high end prices but what good are they doing taking up space in your home? Search for collectible groups online or auction houses that specialize in your collection.

Still not sure how decluttering allows abundance into your life? **Do this experiment** before you declutter. Walk into your most cluttered room, take a deep breath, and take notice of how you feel upon entering. Do you want to run right out? Is it relaxing? Is it hard to take that deep breath?

Do the same thing once that room is decluttered; or try again even at the halfway point. Do you notice a difference in how you feel entering that room? Hopefully, you're noticing that clutter does not give a relaxed feeling. The energy in a cluttered room is heavy instead of free flowing. You might discover that it's difficult to get motivated to do any work in that room. If your bedroom is cluttered, you might be having trouble sleeping.

Even though we can't see energy, it can be palpable and can elicit a physical feeling in our bodies. I know that sounds a little "out there," but I personally have noticed this difference in my home office. If I get overwhelmed with papers, I don't want anything to do with that space; I simply run in to grab my computer then look for an alternate place to work. But when everything has a place, I feel calm and motivated to do work. That motivation leads to action which leads to abundance.



### STEP THREE: CLEAR YOUR WORK SCHEDULE TO ATTRACT ABUNDANCE

I can hear you now telling me, “But I want abundant work. Why are you telling me I need to clear my work schedule?”

Obviously, you can’t clear your entire schedule, otherwise you wouldn’t have a business. But it’s **time to take stock in what’s working and what’s not**. If your schedule is packed to the brim, it can actually make you feel less abundant. That’s because when you have too much to do and don’t have the internal and/or external resources to comfortably handle it, you start to feel scared or anxious and you’ll fall into that darn scarcity mindset.

How can you combat this? **Set boundaries and say no more**. Are you willing to say no to situations, clients, and even opportunities that you aren’t excited about in order to have room for what you do want? Do you have clients at the moment who “nickel and dime” you or who are high maintenance and suck the fun out of your day? I like to call these your vampires. It’s time to examine if these vampires are really your ideal client and if they are worth keeping.

If you don’t have this problem currently, you can also learn to appreciate the WHITE SPACE in your calendar, or your friendships, etc. When you appreciate the space in between, knowing it’ll be filled with something great eventually, you can relax a little and feel happier and have more energy to focus on what or who IS on your calendar.

Are you using work as an excuse to search social media for longer than necessary? Filling your mind with too much information can create a sense of lack, ironically enough. Instead, work to cut back on what you consume and to really relish in it. This might mean prioritizing who you follow, and which headlines you check every day. Before you consume a new piece of social media or spend 30 minutes on that one influencer’s page, or sign up for another online course, **ask yourself:**

- Do I already have something like this?
- Do I really want to read/consume this?
- Does this person I’m following make me feel good about myself and inspire me—or not?

Do you consider yourself an avid learner or an action taker? Again, no right or wrong answer but in general, **avid learners have a tendency to get stuck in the learning process** without taking the necessary action steps to attract abundance. **Remember...abundance is not wishful thinking**. It requires you to think about what you want but to also work toward those goals. I recently saw a quote that is applicable here: “A goal without action is simply a dream.”



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The more action you take, the more abundance you'll start to see as you work toward your goals. If you're stuck in learning mode, you'll be stuck in dreamland, too. While there's nothing wrong with learning or researching how to do something, you can also ask other experts who have experience so you can stay focused on other business-growing activities. Outsourcing certain tasks is an action that can bring you closer to your dreams.

#### Consider these other action steps to increase the abundance in your business:

1. **Review your calendar.** Is there anything / anyone on there you consider a vampire, who sucks to joy out of your work? Is there anyone who you dread speaking with or who fights you about doing the work? Is there anyone who is simply going through the motions half-heartedly and not achieving results? These are the clients you might consider letting go.

It doesn't have to be all at once and I know, it's scary to think about losing that income, but consider this letting go as a way to attract another client who is excited to work with you.

2. **Embrace outsourcing.** Ask your business peers for referrals for VAs or other independent contractors. Also create a list of tasks you love to do, tasks you don't mind doing, and tasks you despise. Start by outsourcing the DESPISE list – or consider if these tasks are even necessary for your business. Once you find the right team member and you get into a groove, you'll feel more confident outsourcing more tasks.

Outsourcing is also beneficial for creating your flagship products (because everyone needs an alternate source of income). Having a virtual assistant, content writer or graphic designer on standby will get your products produced more quickly while you focus on growing your audience and marketing the products. Increased marketing efforts will likely bring higher sales (aka abundance).

3. **Now take a computer inventory** – or delegate that to a VA. How old are some of your previous training programs that you have purchased and stored on your hard drive? Swipe files, templates, and private label rights content are worth saving since you're editing those contents anyway. However, anything that teaches strategy or software tutorials are most likely outdated, especially if they are older than 3-5 years.

Once you have the KEEP files organized, go through again and eliminate duplicates. Do you really need 3 courses about maximizing your social media presence? Choose your favorite teacher and keep that course only. Also, only KEEP those courses that you will actually use. If you forgot you had it saved for 3 years, what are the chances you'll open it up and use it now? Be honest with yourself and delete to open up space for more important items.



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### STEP FOUR: FREE UP MENTAL + EMOTIONAL SPACE TO ATTRACT ABUNDANCE

Your mental health is so important, and it shouldn't get lost in the hustle and bustle of everyday life. If you're not fulfilled with your work or if you're in a difficult marriage, that can weigh on your psyche and cause damage to your self-esteem and your business.

While it's quite easy for me or other outsiders to say step away from toxic people or relationships, ask for assistance from trusted family, friends, or a therapist. For now, take this information and allow yourself to think of alternate solutions so that you'll feel happy, refreshed, and ENOUGH so that you can fulfill your dreams.

1. **Ditch the toxic friendships** and people that make you feel bad or inadequate. Notice patterns with friends or family of how you feel during conversations and afterward. Do you have a friend who drains you and who criticizes you or your children? You don't need to keep that toxicity in your life. Make room for new, positive relationships to exist in your life.
2. **Work on making peace with your past.** Carrying around old negative emotional energy can overload us with negative feelings, thoughts, and emotions. This can block the better, more abundant thoughts from even entering our minds because there simply isn't space! Also, remember that you can't change the past and whatever occurred is what formed who you are today. Look forward toward your goals and lean into your success.
3. **Start living in the present.** You can use mindfulness to start being here now—not thinking about the past or worrying about the future. When you're present, you can really FEEL each moment and all the FABULOUS things in it. The biggest way to become mindful is turning off the devices! Don't allow those distractions to interrupt family time or dinner time. Turn off the TV during dinnertime, too. Focus on those most important to you.

In the same vein, **learn to forgive.** If you're filled with anger at someone or something (or lots of someones or somethings), you can block abundance. **Forgiveness is for YOU, not for the person who wronged you. Forgiveness does not negate the act or how it made you feel at the time; it merely helps to lighten the stress load that you've been carrying so you can attract abundance – and healthier relationships – into your life.**



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If you struggle with forgiveness, make a list of everyone who you feel has wronged you and who you're holding a grudge against and go through each experience and choose to release it (either by saying the words, using visualization, or writing them all down and burning the paper). You don't have to relive the experience or reach out to the person involved (unless you want to!)—**forgiveness is for you.**

4. **Set boundaries.** This is a big one for your personal life as well as business. Do you want to be on call to your clients 24/7? Do you want to feel resentment on the weekends because a client is having an emergency? Set those boundaries when you start your business.

## STEP FIVE: SHARE YOUR ABUNDANCE TO ATTRACT MORE

Another counterintuitive way to feel more abundant is to give things away and give back. There's no prerequisite of how much money you "should" donate or how exactly you can give back to others, but the idea is that "like attracts like". So, by doing a good thing (like donating or giving back to others), you will attract other good things into your life. You may notice more giving opportunities, or a recipient might thank you personally for the abundance you've provided them. The happy feeling of helping others also boosts your mood, which opens you up to more abundance.

**When you share what good you have with others, it not only helps you feel more abundant, but it actually attracts more good to you.** Our own abundance can include skills, gifts, money, love, or any other resource. It takes the focus off us and our own issues and instead we turn our attention to the external world.

One way to put this sharing into action is to commit to giving back in one way each week. Your ideas are only limited by your own imagination. Giving back also doesn't have to mean taking time off from work or family time (although that's certainly an option). You can:

- Send a colleague a gift voucher / card for coffee.
- Volunteer for a cause you care about.
- Donate something you no longer use to a favorite local charity.
- Arrange a charitable donation in someone's memory.
- Pay for someone's coffee or meal.
- Organize a fundraiser for a favorite charity.
- Collect donations from your neighborhood for a local charity.



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Have you heard the stories of good Samaritans who pay off debts at Christmas time?

What a blessing for those families who might be struggling to provide Christmas to their children! The prize is not in how much you spend or give away; it's in the act of giving itself that will reap abundance benefits. Once you get in the habit of giving back on a weekly basis, you can make it your personal challenge to get more creative with your ideas every week.

The stronger your abundance mindset is, the more freely you'll start to give to others (without expectation or guilt). When you are better able to see all that you have and appreciate it, you'll feel good about giving it away to others and sharing the joy of the thing/skill/etc. with others.

Even if you feel that adapting an abundance mindset takes some practice, doing the work is well worth the end results. The idea of having a more positive outlook on life from the moment you wake up in the morning should give you some motivation.

Even if you're perfectly content with your life right this moment, there's nothing wrong with dreaming big and wanting more. Don't consider this as being greedy; remember that there are enough resources and abundance in the world to make everyone happy. And you're not receiving handouts from someone. Your abundance will come when you work toward certain goals.

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

*Sean Willard*

*Speaker, Coach, Author*

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