

# The Abundance *Mindset*



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# welcome



NICE TO E-MEET YOU

Dr. LuLu Shimek is a Naturopathic Physician and expert in genetic health, working with patients experiencing chronic disease: hormonal imbalance, endocrine disorders, gastrointestinal dysfunction, depression, anxiety and fatigue. She believes that once we dive deep down to the root of the problem of the distortion and ignite our bodies innate ability to heal, we see unimaginable changes in our well being.

Her passion lies in helping people discover their zest and joy for life that has been lost along their path of illness. Before starting Dr. LuLu Naturopathic Clinic, she journeyed through many careers, a true “renaissance woman”. Dr. LuLu studied interior design at the University of Georgia and has a doctorate from the prestigious Bastyr University. She also is an herbal formulator, international speaker and author spreading the message of health and educating about prevention and wellbeing. Her podcast, The Genetic Genius, is dedicated to genomics and planetary alternative health. Her new book will focus on using botanical medicine and other natural modalities to heal the whole body by optimizing vitality, increasing wellbeing and enhancing cellular performance.

Her new book Detox. Nourish. Activate: Plant & Vibrational Medicine for Energy, Mood & Love offers a visionary approach to empower readers on the path of self-discovery and self-mastery. This three step system is designed to heal trauma at the core level from this lifetime and many previous generations. These three areas of well-being are explored, in depth, with eleven primary alchemical interventions to facilitate healing down to the DNA level. With a series of introspective explorations, meditations, plant based formulas and profound insight, readers connect deeply to Detox, Nourish and Activate the brain, adrenal glands and heart for holistic healing and personal growth. The power for your healing journey is at your fingertips. Transform your health, your life, and your world.

Dr. LuLu facilitates ceremonies to activate plant and mineral medicine connecting points around the world to elevate planetary consciousness and community. As the botanical medicine director, at the Veterans Healing Farm, she is able to share her expertise with the veteran community about using plants to help heal and elevate their lives. She is invigorated by traveling and seeing the world with her husband visiting botanical gardens and anything related to delicious food.

*Dr. LuLu Shimek*



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# Introduction

"Mind is everything because of what you think you become."

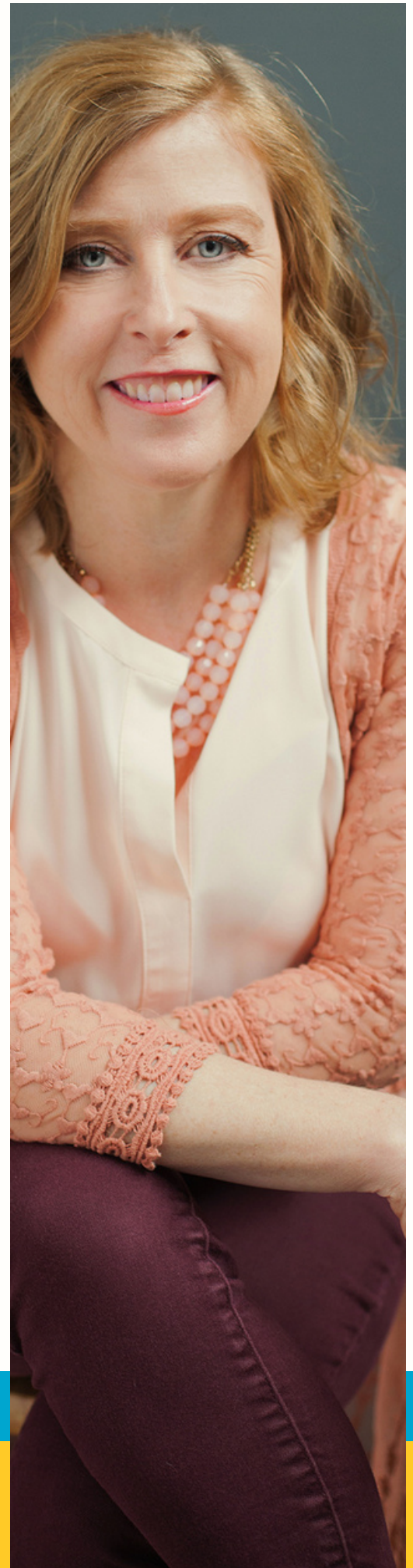
This quote is so true. Mindset is the essential component to getting success in business, life, sports, or any part of your life.

Are you among the people who always look for someone to blame because you think you don't have the things you want in your life? Are you quick to say that you don't have enough things, financial security, money, or the right car and house?

If you face the same situation, then remember that controlling your attitude and decisions can make a big difference in your life. A positive mindset is vital in our life and it can affect our stress management, learning, ability to handle risks, and it can also impact our emotional, financial, physical, and social health.

I know how hard it can be to live with an abundance mindset's perspective when dealing with your stressing, sometimes energetically draining, daily life; but actually embracing an abundance mindset can be the best way to change your life. We are often called to think of an abundance mindset based on having the best car, the highest income, the fanciest home but actually, the abundance mindset has the chance to leave all this behind and help you see everything from a different perspective, all about awareness, acceptance, and gratitude.

With this ebook, I will give you all the tips and tricks you need to see life uniquely and get started attracting abundance in your life in a matter of days! Are you ready for it? Let's get started!



# What is *Abundance*?

Abundance is the positive belief that good will come your way and that there is enough of everything in the world. It's a deep concept that you might have to reflect on for a bit to fully understand. Abundance can also mean that within ourselves we feel security, fulfillment, completeness, contentment, gratitude, and love both in the here and now and looking to the near future.

Some equate abundance with financial prosperity and that can be true; but abundance can relate to absolutely anything in life. Abundance in business, for example, might be more prospects asking about your services or more contracts being signed or more people signing up for your webinar than in the past. The abundance mindset allows opportunities to appear that you might have missed or might be afraid to pursue if you were stuck in a scarcity mindset.

If we want more from a spiritual and universal point of view, abundance has nothing to do with our bank account; otherwise, every person who has many assets, like material possessions, lots of money, or long-lasting relationships would feel happy and fulfilled. In many cases, money really does NOT buy happiness because these people with abundant money sometimes live tormented, sad lives.

Consider this scenario: You are the richest person in the world with your finances in order, goods and resources beyond your needs but at the same time, you are not happy or complete. You do not feel that you are in the right place or cannot express yourself fully; what do you do with that material wealth?

If you don't know how to use it, what's the purpose of accumulating this kind of wealth?

The more material there is in stock, the less likely you will find what you need.

*Taiichi Ohno*



I urge you not to delegate your abundance, completeness, security, and fulfillment exclusively to external factors (money, career, relationships, material possessions) because you could be really disappointed. Instead, aspire to find balance between the external factors and the spiritual feelings that give you life and passion.

That day I was aware for the first time that life can be generous. [...] In the hardest moments of my life, when it seemed to me that all the doors were closed, the taste of those apricots comes back to my mouth to console me with the idea that abundance is at hand if you know it searches for.

*Isabel Allende*

Everyone has their own idea of abundance, but we sometimes limit ourselves or are conditioned by other definitions. Working through this ebook allows you to work on yourself, define your idea of abundance, decide how to find your place in the world, and bring considerable value to the world around you.

Think how wonderful the world would be with more happy, satisfied people. People who care why they came into the world, who live happily and do not suffer. Inside themselves, people feel that they want to bring their own contributions to others, even if they don't know the details. Many people just want to leave the planet a better place than they found it.

I can also help you develop your abundance mindset but only if you're willing to do one thing: Take responsibility for your success without delegating it, downplaying it, or expecting others to give it to you. You might hear the word "manifest" when speaking about abundance and some people jump to the conclusion that you just have to wish for something for abundance to appear. It doesn't work that way!

Abundance only occurs when you take action. I'm not talking huge, gigantic actions that scare you to death; instead, take smaller baby steps and eventually you will see multiple baby steps leading you toward your desired wish. This is manifesting, not wishing on a star.

I can support and facilitate you in this process and journey, provide you with tools, support, and passion as you consciously work to form an abundance mindset. It's your turn to take that little step, reading this ebook and making the most of it!

# Getting Started:

## Becoming Aware of How We Live Our Life

*Do you adopt a mindset of abundance or scarcity in your life choices?*

This is a fundamental question because the way you think about your reality determines your decisions and the actions you take, which ultimately lead to the results you get. Have you ever thought about it that way?

For example, you want to take a great course which is taught by one of your mentors that can really improve your life, but in the end, you decide not to. Is this decision dictated by a mentality of abundance or scarcity? There is no single possible answer. It depends on your motives.

It can be a choice dictated by an abundance mentality if, for example, you decide not to take the course because you are already engaging in something else from which you want to derive the maximum benefit. You think that you can take the course at another time.

On the other hand, the choice might be dictated by scarcity if you think you don't have time, talent, or money. It may be true that you have little time and money, but if the course is excellent, would it not be better to consider it an excellent investment, rather than a cost?

Of course, this is just one example. Each of us are unique and will yield different results and different motives. However, when we are open to seeing the same situation from a different perspective, we can often notice each mindset at play.



# ABUNDANCE OR SCARCITY

## Mindset?

Do you understand the difference between an abundance mindset and a scarcity mindset? Let's dive into more detail.

Basically, these two mindsets are direct opposites of each other. The abundance mindset (sometimes called a growth mindset) is when you believe in your heart that you are meant to achieve great things. You believe that you can always learn something new and apply it positively to your life. You believe that you are in complete control of your life and if you're not happy, you have the power to make changes to live the life you want.

The scarcity mindset is the exact opposite. With this mindset, you believe that this is all there is to life. You might believe that you're cursed or that bad luck always finds you. You think that you're stuck in your job or in a relationship for any number of negative reasons. You think you'll always live paycheck to paycheck or that you can never "level up" to a new home or job.







## SCARCITY *Mindset?*

For those living in a scarcity mindset, they often focus on what they're missing, what they don't have, and they let fear play a part in any decisions they have to make. Finances are a common fear for those with a scarcity mindset. For example, if you have little money, instead of seizing the opportunities to earn more, you focus on saving. So you cut all non-essential expenses and invest in nothing. In this way, you only enhance the scarcity fear.

In fact, our mind filters information, and if we focus only on problems, problems will appear all around us and we will be blind to any new opportunities.

The scarcity mentality is based on the belief in limited resources. Instead of searching for a new job in your small town (for any number of reasons/excuses), you stick to a job in which they exploit you. You feel money is scarce so you cut expenses and save. Satisfying relationships are a rarity so you'll accept anything from others just to feel wanted.

In the end, those who feel scarcity focus their attention on how to save what little there is instead of dedicating themselves to learning and improving the quality of their life.

In short, it is a question of always focusing on the half-empty glass and on how to avoid emptying it instead of focusing on how to fill it more.



# THE ABUNDANCE

## Mindset?

The complete opposite mindset from scarcity is abundance (or growth mindset). Those with an abundance mindset focus on all that is good, beautiful, and satisfying. If someone has something you don't have, you look at him not with envy but with joy. It is not stealing anything from you, and it is a sign of hope that you can get it too (if you wish) shortly.

Looking at things from an abundance perspective doesn't mean wasting. Indeed it implies respect and cares for things. The abundance mindset helps to:

- create positive feelings towards others
- be grateful for everything you have
- think about and give to others
- strive to improve and grow

The abundance mindset allows you to step out of your shell confidently and commit yourself to further growing your abundance. You believe there is nothing that you can't learn or achieve because you're thinking positively about life and you have the desire to improve yourself. Yes, that college course is expensive but it's an investment toward a better job. Not happy with where you live? You decide to move to a safer city or town that offers the schools you want for your kids. For every perceived problem there is always a solution for those with abundant mindsets.

Not many people think about their mindsets or they'll identify as being pessimistic vs optimistic. These also correlate to scarcity vs abundance but these names/titles reach deeper emotions than simply being pessimistic. Scarcity and abundance identify your inner beliefs about yourself and about life. It is a radical change of perspective that we are not used to. The next question is: How do we shift our mindset to abundance?

*Train Yourself*

# TO EMBRACE THE ABUNDANCE MINDSET IN 7 DAYS!

The awareness that having an abundance mindset can improve your quality of life is not enough to succeed. You need vigilance over your thoughts but also the desire to take action to make your dreams a reality.

Abundance doesn't just appear because we want it. We can dream of the new job, bigger house, or fancy sports car but abundance is not magic. There's no fairy godmother waiting in the wings to grant our every wish. You still need to do the work to achieve these things; but as you work toward your goals, thinking positively and having belief in your talents and abilities, you will begin to notice other opportunities appear, which can also lead you to your goals. Those caught in a scarcity mindset most likely won't recognize those opportunities.

Often our whole education and approach to life have been conditioned by the mentality of scarcity. What memories do you have from childhood about money or abundance in general? Did your parents fight about money? Did they drill into you that "money doesn't grow on trees," implying that the only way to earn money is to work hard, possibly at a job you hate?



Abundance isn't just about money. Did you have a teacher or other adult ridicule you when you made mistakes? Were you told that you wouldn't amount to anything because you didn't make straight As in school? All these comments are hurtful and get stored deep inside our psyches. They are ingrained – even if we don't realize it – and they are the thoughts that hold us back from greatness.

The good news is it's possible to shift our mindset from scarcity to abundance. Changing perspective takes effort and generates the fear of having to step out of our comfort zone. Any change is scary, even though we know it will be a change for the better.

So, it would help if you had the courage to change and live your life fully. And it would be best if you had the tenacity and the courage to act.

Let's see how you can change your life by embracing an abundance mindset in only 7 days.

NOTE: I know how tempting it is to read ahead. You have my blessing if you want to read this book in one sitting. However, take the time every day to reach each day's advice. Think on it; take action; notice if negative feelings or scarcity show up. Recognizing the scarcity mindset as it appears is monumental because you'll have the opportunity to nip that negativity in the bud.

If you already journal, feel free to use each day as its own journaling prompt. If you're not into journaling (yes!), take a simple notebook and spend a few minutes each day showing gratitude or writing about your innermost thoughts and dreams. There's no wrong way to journal but it does take some courage to be vulnerable in your entries.





Day 1:

## Hang Out With Positive People

It is easier to see abundance when surrounded by people who see the positive and notice every circumstance's opportunities. This helps you eliminate the complaints and begin to realize the abundance.

Our brain filters information, and if we focus on the positive and the opportunities, we will notice opportunities appear all around us.

Therefore, avoid situations where the mentality of scarcity dominates. Social media, or the Internet in general, is often populated by scarcity. Digital marketing, for example, often relies on scarcity to push people to buy.

Look closely at people who have an abundant mindset. What do they do differently from others? How do they manage to stay positive, even when YOU think they should feel differently? Try to learn their winning approach.

# FIND MULTIPLE SOLUTIONS FOR EVERY *Problem*

Living in an abundant universe doesn't mean you have no problems. But in a mentality of abundance, you start with the confidence that there is always a solution. Often you'll discover more than one. Train yourself to find as many solutions as possible for every problem you face. Put all your creativity into it and put aside fears and limitations.

Every problem is an opportunity. In fact, if you did not have any needs or desires not yet satisfied, you would have no reason to commit yourself to anything. It is precisely your needs and problems that spur you to strive to grow and improve.

It is, therefore, only a mentality of abundance (and not scarcity) that allows us to learn from failures, considering them as opportunities for growth and enrichment.





## Day 2: Practice Gratitude

Gratitude is not just a consequence of the abundance mentality. Realize how grateful you have to be to change your perspective and put aside your grievances, fears, and claims. Have you ever thought that our dear planet Earth is abundant in the whole environment in which we live? Everything has been designed to support life: the right distance from the Sun, the rotation of the planet in one way rather than another, the tides produced by the Moon, the changing of the seasons, the variety of fruits of the Earth. Everything is designed to give every creature on the planet everything they need to live well.

*"When you are grateful, your abundance appears, and ultimately fear disappears."*

*Anthony Robbins*

Voicing gratitude for what you have in life this very moment is also important for nurturing an abundant mindset. Focus on the positive and you'll invite more positive into your life. The same is true if you focus on the negative; which would you rather have?

# Day 3:

## Create Situations Where Everyone Wins

If you think of your personal advantage and the good of others, you will receive a lot in return. Indeed, the best way to improve your abundance is to give.

Of course, this does not mean that you have to cancel yourself as a person and think only of others. You need the right balance and proper self-care.

Creating situations that everyone can benefit from is the opposite of being dominated by the scarcity mentality. It is the opposite of what drives some people to accumulate a lot of money and then live almost in poverty for fear of losing them.

If you give generously, you will receive a lot, although not necessarily directly from those who received from you. Not only money, but a smile or a hug can also be a great gift. Often bigger and more valued than anything material.

*"If you stop giving, you stop the flow of abundance."*

*Lailah Gifty Akita*

Giving to others must come from the heart and not from a calculation of convenience. It is, therefore, about love. And love by its nature is abundant.

Love expands and multiplies. The more you give, the more you get. The greater the love you give, the more you will receive in return. And the more you make the world a place of mutual happiness and welcome.



*"All the happiness, health, and abundance  
your life experience come directly from your  
ability to love and be loved."*

*Robert Holden*





Day 4:

## Have Positive Conversations

Instead of talking about things we don't have or complaining about a coworker, let's engage in conversations on positive topics: We can ask friends what has been going well lately; focus on the big projects we are working on, or what we are really passionate about; talk about their personal successes, experiences, and not the things that we will never be able to achieve or agree on. Normally, you cannot be in this mode all the time, but it will be a useful conversation starter to steer the discussion away from gossip, jealousy, or envy.

# Day 5:

## No Envy, No Fear

Not envying anyone means facing the complexity of reality, understanding with realistic optimism that everyone has their own problems, their strengths, weaknesses, and envying only means knowing a partial aspect of reality. In the mindset of scarcity, comparing yourself with others is all that matters. In the mentality of abundance, what matters is how we compare ourselves with ourselves - how we manage to live our ideals in everyday life. The abundance mentality is, by nature, positive and optimistic and drives away the fear of the unknown or the future. Abundance is also the awareness that you have to jump in and commit to life so you can reap the results.





Day 6:

## Cultivate a Critical Attitude Towards the Media (Including Social Media)

Almost every form of communication leads to the cultivation of desires for things we don't have; that's the key element of the scarcity mentality. The advertisements are made on purpose, but this is only one side of the equation. Very often, programs, articles, or posts on Facebook or Instagram are written to cultivate desires. The best way is to take an objective and detached attitude towards the media. On social media, people often post only the glamorous aspects of their life, showing the right things, carefully avoiding the routine and (usually) the bad things. If you spend time comparing yourself to someone else's super positive highlights, it will be natural to feel inadequate.

With an abundance mindset you can look at these photos and appreciate the composition and beauty. You can also set limits to your viewing time and be at peace not having your phone attached to your hip 24/7.

# Day 7:

## Find the Bright Side

Bad things always happen. What can change is the way we deal with adversity. The scarcity mentality leads to complaining about how unfair fate has been and noting how others are always luckier than us. Whenever we are faced with a bad time, let's stop and think about the positive things that can come out. The negative aspects are likely greater, but there are always positive aspects.

That means finding an opportunity in every problem and you can consciously choose to see things this way. The important thing is to face challenges with optimism to influence the people around us to embrace this more productive mental attitude.

This is NOT to say that it's wrong to feel emotional when faced with a problem; that's just human nature. What you feel is what you feel and no one should criticize you for your feelings. However, the key is to not dwell on the problems. How you react to a problem and recover afterwards will go a long way toward changing your mindset forever.



**I DID IT! NOW, WHAT'S NEXT?**

A photograph of two young women with long dark hair, wearing white tops, sitting outdoors and laughing joyfully. They are looking at each other, and their hands are clasped together. The background is slightly blurred, showing other people and a stone wall.

## Share with Others

Sharing feels good because we have helped improve other people's lives. Very often there is no lack of what one has shared, and when it is done regularly, others will be willing to reciprocate. I'm not just talking about material things but also about our time, things we can teach, and connections with other people. It may be contradictory, but the best way to increase our abundance is to give.

## Welcome Change

A person having an abundant mindset understands that change is an integral part of life, so they welcome it. In fact, they understand that change can bring positive effects, even if it can sometimes be difficult to deal with. Those with a scarcity mindset will spend time complaining about the changes, and it will take a much longer period to accept them.

A photograph of three young women wearing sunglasses and smiling on a boat. They are surrounded by yellow inflatable rings. The background shows a body of water and some greenery.

## Proactive vs. Reactive

Rather than waiting for something to happen and then reacting, the abundant mindset with a positive spirit strategically plans for the future and creates strategies for the long term. Think of some common stressors in your life and create a game plan of what to do when those stressors appear. Over time, you'll learn how to avoid those stressors and you'll notice it takes less time to recover from the stress.

## Learning vs. Know Everything

An abundant mindset implies a desire to learn and grow. These people have a constant hunger to know new things and develop their skills, while those with a scarcity mentality think they know everything, or will question what there is to gain from learning constantly, thus limiting their possibilities of growth.



## What Works vs. What's Not Working?

A person with an insufficient mindset chooses to adopt a victim and think negative thoughts. These emotions - anxiety, fear, worry, anger, resentment - create stress in the body and fuel diseases leading to a generally poor health state. Those with an abundance mindset are visionaries and see the world's limitless possibilities, and their focus is on what works.

## Focus on Growth

An attitude of growth implies that people are convinced that their skills can be developed through commitment and work, while talent and skills are only a starting point. The more you give and learn from others, the more you will naturally grow in your maturity, spirituality, and mindset.



# *Cultivating the Abundance Mindset:* **The Gratitude Journal Exercise**

Imagine walking alone along an uncrowded country road. The Sun is high, and you are hot and tired. At one point, you meet a person who offers you a glass of fresh water. What are you doing?

You accept water with gratitude and drink it with satisfaction, immediately feeling better. You are very confident and continue on your journey because you are certain that when you need it, the universe will find a way to give you everything you need - an abundance mentality.

OR...You are a little wary but accept the glass of water. You take a sip and keep the rest for later; you do not know what awaits you, and the remaining water could save you from thirst (assuming that it does not boil or evaporate first) - scarcity mentality.

Think about it for a moment: In your approach to everyday life, do you adopt a mentality of abundance or scarcity? If your basic tendency often veers towards scarcity, a daily exercise - the gratitude journal - could be beneficial. Cultivating gratitude in your life means believing that you already have everything you need to be happy. Gratitude is a force for renewal and transformation because it allows us to see and appreciate everything we have.

# HOW THE GRATITUDE JOURNAL WORKS

Give yourself a nice notebook with pleasant paper to touch and smell and on which the pen glides smoothly. Every evening, before bed, think back to the day which just passed and write down 5 episodes, moments, reasons why you feel grateful.

Don't focus only on exceptional or large-scale events, but also include small gestures. Maybe you came home tired from work and your husband made you dinner. Or your colleague gave you a chocolate that cheered you up in the morning; or you managed to see a dear friend for coffee.

Make a list of the ten reasons you are grateful a priority, such as being in good health, having a warm home to come back to at night, being surrounded by good friends. This list will be very useful to you those days - and there will be days - when you feel like you have absolutely nothing to be grateful for. Even on difficult days, it is essential to continue to cultivate the tendency towards the abundance mindset.

Appreciate the small moments of your life as you will come to a new awareness of yourself. You will pass from a state of continuous and spasmodic need to a mentality of abundance. All you have is exactly what you need, which does not mean being satisfied but rather starting to create a change from what is already there rather than missing.

Openly acknowledge what works in your life, giving thanks every day for the abundance it offers you. It will help you to overcome daily difficulties.

Also, write in your notebook a reason for gratitude to yourself. Find a reason to celebrate the wonderful woman you are. Be grateful that you are a cost-conscious woman, a loving mother, a good friend ready to listen, a great gardener for your seedlings. Self-gratitude (appreciation), self-nourishment (action), and self-esteem (recognition) are the three pillars of personal transformation for women and you deserve each one of them.







# Conclusion

Living with an abundance mindset allows you to fulfill yourself more, to live your life fully and completely. Some people manage to live happily in unimaginable conditions, all because they believe they have everything they need. There are also people who achieve incredible results with very few resources. Whether there are few or many resources at your disposal, your mental attitude can make a difference, and thinking and living with an abundance mindset can turn your life upside down in a good way!

Are you ready to embrace a new life? Get started today using the tools, tips, and tricks of this ebook, and you will definitely be ready to live your best life.

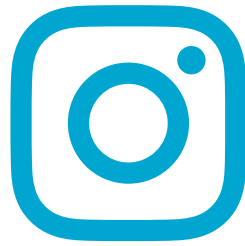
It's been my pleasure to guide you through this mindset technique. I hope you will take these tips and implement them every day in your life. Make the decision to cultivate an abundance mindset and be conscious and mindful of your words, thoughts, and actions. Before you know it, you'll start to notice abundance around every corner.

If you'd like more support in changing your mindset, contact me for 1:1 Naturopathic Consultation.

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*Daily  
motivation & inspiration*

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I wanted to take this opportunity to express how thankful I am to have you here.

Ready to take your mindset to the next level? Check out my other mindset workshops and programs.

<https://doclulu.com/mindset>

*Thank you!*