

“You are not the drop in the ocean, but the ocean in the drop.”

- DEEPAK CHOPRA

THE ABUNDANCE CODE

The Next Steps
to Creating Abundance

IT CHANGES
EVERYTHING

AN ABUNDANTLY U FILM

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A collection of next steps to creating abundance written by Julie Ann Cairns. These articles and more can be found at www.theabundancecode.com/blog

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The Abundance Code - The Next Steps

The Abundance Code - It Changes Everything

A little over 3 years ago I decided to make a documentary about Abundance... called The Abundance Code. I asked my friends Michael Maidens and Mark Falzon if they'd like to help me create the vision for the project.

But why did I want to make a film about abundance? Why did I think it was so important that I spent 3 years and hundreds of thousands of dollars on it?

What is Abundance anyway?

I wanted to find out. Because, like many people, I'd been raised in a system that is all about its opposite: Scarcity.

I trained and worked for over 25 years as an economist and financial markets analyst. I have a Masters in Finance. I've studied in Japan, and worked at the Reserve Bank of Australia, and spent many years in investment banking and funds management.

I understand that our entire economic and financial system is based around this idea that there's not enough to go around. We have created a system of money, and pricing, and bidding and competing that's all designed to manage a scarcity of resources, a state of 'not enough'.

Maybe this system we have created is natural... and maybe it's NOT. I mean, how many rainforests have you seen in which there is a sense of 'not enough'?

In my own life, I'd totally bought into the Scarcity mentality. I experienced a roller-coaster ride of financial gain and loss. Every time I got close to experiencing financial freedom, my fears would kick in and I'd do something to sabotage my own success that would land me right back in Scarcity again.

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I couldn't understand that it was my own mindset, my own belief in Scarcity and my fear-based approach to life that was holding me back. I'd done everything I was "supposed" to do to succeed, but it wasn't working. And through my work in the field of wealth creation, I'd met many hundreds of people who were struggling with their own mindset and conditioning just as much as I was.

So I began to ask myself:

"Does it really have to be this way? Isn't there a better way?"

I wanted answers.

But first, let me tell you where I did NOT find the answers I sought: and that's in the mainstream media.

When I looked around at the media, and at many of the negative and narcissistic messages we are being bombarded with around the clock, 7 days a week... here's what I saw:

- Be careful! Be afraid! The world is a dangerous place! Threat levels are rising and terrorists want to kill us all!
- Because of that, you need to give up your freedoms. Try not to notice as we take away the freedoms your ancestors fought for... look over here instead, at what a bunch of celebrities are wearing this week on the red carpet!
- If you're a woman, you need a bigger booty and gravity defying breasts... but you should miraculously not have any fat on any other part of your body... Buy this push up bra, wear this uncomfortable fat smoothing shapewear under your clothes, and work out to this 'booty boot camp' exercise DVD. Or, call Dr Fakeitforyou (plastic surgeon to the stars) now!

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- If you're a man, you need a six pack, buns of steel, and a chiselled jaw. Oh, and be manly! Don't show your sensitive side... No. Join this gym, buy this car, play this violent video game and you too can be a manly man, and get lots of babes swiping right on your Tinder profile.
- If you're feeling worried or anxious or a tad depressed about any of this... buy this cool thing, eat this sugary processed food, take this anti-depressant, or drink this drink and you'll feel better about it. For a minute.

I don't know how you feel about our economic, financial and political system... but I know that I got tired of being told to be afraid. I got tired of being told how I should behave, what I should wear, and exactly who and what I should desire. I felt depressed, not inspired, by celebrity culture and all the shallowness and pettiness I saw swirling around me.

It's toxic. It's noise. I could see that... And I guessed that this noise is what's keeping us all from seeing the truth.

So I went on a different quest... I began to study exactly HOW we create our reality. I began to study the power of the subconscious mind and how to reprogram it for success and Abundance.

I discovered that I'd been programmed to believe in Scarcity from a young age, and that these beliefs were the 'source code' that was creating my experience of scarcity in life. I also discovered that I could take charge and rewrite that source code (and consequently, my life) from the inside out.

This sparked a journey of profound discovery that would see me write a book on the topic (***The Abundance Code: How to Bust the 7 Money Myths for a Rich Life Now***, published by Hay House in September 2015, available on Amazon). It also would take me around the world to speak to some of the greatest minds on this planet about how they too had created real and lasting Abundance in their lives...

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I interviewed 16 different thought leaders from around the world about Abundance. What it is, what it looks like in practice, how to choose it, how to be it, and how we can all change our minds and choose a better way for the future of our planet.

I spoke to best-selling authors like John Assaraf, Jeff Walker and Bill O'Hanlon. I spoke to mindset and psychology experts like Dr John Demartini, Dr Sherry Buffington, Tim and Kris Hallbom, and Dr Ruth Buczynski. I spoke to motivation and happiness experts like Dr Robert Holden, JB Glossinger and Satyen Raja. I spoke to visionaries and entrepreneurs like Roger Hamilton, Sonia Simone, Victoria Labalme and Jon Gabriel.

I got some AMAZING answers, and I made a film, called ***The Abundance Code*** about the things they had to teach us about creating abundance...

For ourselves. For our communities. For our planet.

And what they revealed is a thought system that CHANGES EVERYTHING.

The 3 Key Messages of the film that are central to this thought system are:

1. Abundance is something we do TOGETHER.
2. Abundance is a state of BEING rather than a state of HAVING. The state of having is something that naturally flows from the state of being, and not the other way around.
3. We create Abundance in our lives when we place a high value on helping and serving others. When we give without expectations, what we end up receiving exceeds our expectations. This happens in a non-linear and often indirect way. The key is to start by giving... by being abundant in thought, word and deed.

If you haven't seen The Abundance Code film yet, you can check out the first 10 minutes for free [here](#)

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Over 73,000 people watched the film during the free online screening period in June 2016. You may be one of them...

Many people wrote in saying that they'd watched two or three times... even 5 times or more. Because every time they watched it they got something new, a deeper "aha". Many people purchased their own copy of the film so they could watch it over and over again, and remind themselves of a better way whenever they're feeling lost or alone.

And since the film's launch, we've been getting messages about how the film has transformed people's lives. Here's what some of the people who watched the film and joined our Abundance Code Activation Facebook group have had to say:

"I began meditating right about the time I began watching the movie. I've incorporated envisioning my present and future filled with clarity, abundance, vitality, love, health, happiness and most importantly 'GREATFULNESS'. I am GRATEFUL and GREAT every second, minute and hour of my existence. I am a vision of positivity. Thank you, thank you, thank you....." – **Elizanda L.**

"Walking round smiling today as I see the abundance starting to flow... many blessings, many little things that make me happy... things coming together that with a little effort will make other things possible..." – **Raya W.**

"So yesterday in the airport, I got upgraded to 1st class on my first flight and got a coveted aisle seat for my second – feeling good. Going thru security I set off the metal detector, had to go back and remove some bracelets. Thought I grabbed an empty tray. When I picked them up there was a shiny heads up penny with the bracelets. Ahh good luck from the universe. Thank you! Then on a long layover in an attempt not to be bored I walked the concourses and found \$64 on the ground. Got an amazing message from the universe. Just be open to what it provides. When you have no expectations the gifts are greater than our imagination." – **Shelly S.**

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“Hi all! I just wanted to share that after spending some time in darkness, yesterday my heart “opened” again, and I feel like my inner child is soaring for the first time! I have detoxed my body from all kinds of pharmaceutical drugs and my body has been steadily healing, especially from anti-depressants. Please don’t take this as a signal to follow this example as I have been on a Soul Journey through my “awakening” process and it has been that, a process! We all have our own journeys so please always check inside yourself to see what is right for you. Meanwhile I feel reborn to my Heart and Soul and the Love and Gratitude within is an endless steady flow and I can’t think of anywhere I would rather be than right NOW! Namaste!” – Sherilyn L.

If you’ve experienced some “aha” moments about Abundance from watching The Abundance Code film, from reading The Abundance Code book, from reading our blogs, or from reading this ebook - please let me know you can email me at theteam@theabundancecode.com

or send me a message on our Facebook page - <https://www.facebook.com/abundancecode/>

Moving From Scare-city to The Abundance Forest



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Does it ever strike you as strange that we live in a world that is inherently abundant, and yet we don't believe that?

Look at the sun pumping out energy all day every day, showering our sparkling blue planet with its golden rays of abundance... its relentless energy flow is the very definition of 'more than enough'.

The plants know about abundance. If they were left to their own devices they would cover our cities over in just a matter of years. The waves know about abundance, as their perpetual back and forth motion demonstrates. There is unlimited energy and potential on this planet.

And yet... that's not what we tend to focus on. We focus on how there is not enough. We focus on fear, and how we believe that everything is going to run out. Our entire economic and political system is based on the management of scarce resources. We fight over these resources and through war, conflict and greed we create for ourselves a self-fulfilling prophecy where there is a strong illusion of 'not enough'. And then we cry about it, or we get angry, or we blame it on others (pick one: the system, corruption, politicians, big corporations, the Illuminati).

I call this resulting state of being 'Scare-City' – it's a place where we live in fear. It's real, because we made it real. Our collective mindset of scarcity, which causes our collective actions, leads inexorably to this conclusion.

I prefer to live in a place that I call 'The Abundance Forest'. I drew a picture for you to illustrate the key differences between 'Scare-City' and 'The Abundance Forest'.

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I recently interviewed Roger Hamilton, a well-known entrepreneur and futurist, for a film about abundance (called ***The Abundance Code***) and one of the things he pointed out was this: we have enough, it's just not being distributed. We have an abundance of knowledge and teachers but not enough education. We have an abundance of medicinal cures but healthcare is still one of our biggest issues. There is a huge amount of food being produced but we still have people starving. We have incredible wealth being generated, and yet it's mainly flowing to the top 1 percent to make the super rich even super richer. So the problem is not supply, it's distribution.

Scarcity is not something that's inevitable, it's something we are choosing to make our reality. Roger feels the problem lies in our level of consciousness. We have everything we need to solve 90% or more of the world's problems, we just lack the evolved consciousness to be able to harness those resources and make it happen.

So how do we change that?

Albert Einstein once said "We can't solve problems by using the same kind of thinking we used when we created them."

There is a great spiritual truth hidden in those words. If we want to change our reality, we must first change our minds. We must change what we believe. Until we truly believe that abundance is our birth-right, that abundance is the natural way, and that scarcity is a just temporary aberration mainly brought about by the fear and short-sightedness of humans... how can we truly break free?

Let's not worry about changing the world right now... not because we can't do it, but because it can feel big and over-whelming. What can we each do right here, and right now, to start living abundantly? What do we have to offer?

Can we plant a tree that will give shade for generations to come?

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Can we start growing veggies at a community garden?

Can we get to know our neighbours? Can we see if they need some food brought to them if they are sick?

Can we let that person who's in a hurry go in line in front of us?

Can we give some comfort to someone who's in pain?

Can we share a kind word, or even just a smile, with a stranger?

Through small acts like these we begin to recognise that we are not part of an 'economy' we are part of an ecology. We are not living in a 'system', we are living in an ecosystem. That rather than live in a state of constant fear in 'Scare-City' we can choose to live together, in the Abundance Forest.

When we look for the ways in which we can be abundant, right now, without making any other changes... we give permission for abundance to show up in our lives, and to be reflected back to us in myriad ways.

We can't change the world until we ourselves change how we interact with the world. But changing the way we interact with the world, **can** change the world. Little by little. Ripple by ripple. Because here's the thing that a lot of people miss in their chase for more: Abundance is a state of being, not a state of having.

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3 Lessons About Abundance I Learned From Trees



They say that money doesn't grow on trees. Which I always think is funny, because in most countries money is printed on paper, and that does actually grow on trees! Or at least it's made *of* trees...

For me, trees have taught me three big lessons about abundance.

Abundance Tree Lesson #1: A Hollow Tree is NOT a Healthy Tree

Years ago I was quite fixated on gaining material success. I worked hard at school, I won scholarships, I spent many years at university and learned about economics, and statistics, and the intricacies of trading global financial markets. I worked at a merchant bank. I discovered many secrets about how and why money flows around the world the way that it does. And I learned how I could position myself to catch some of that flow.

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But here is a good question to ask: *Why?* Why did I want material success so badly?

It's not a stunningly obvious question... I mean who doesn't want it? Don't we all? Do I even need to be asking that?

Maybe.

In my mind, I thought money would solve all my problems. I thought I would get the fine house, and the sexy car, and the walk-in closet full of high, high heels that would go 'click click click' when I walked down my long, sundrenched hallway, past huge panes of glass, and out to my sparkling pool... and everything would be perfect. Just *perfect*.

I imagined that once I had all those things, everything in my life would feel beautiful on the inside too. Like the pages of an interior design magazine. And until I had attained that dream, if I didn't feel so fantastic on the inside... well, I could easily explain that to myself. I simply wasn't there yet.

And then one day, I arrived.

I got the house. I got the car. I got the shoes. I even got a handsome and successful husband, and we had a gorgeous little girl. Everything on the outside was beautiful and perfect. So why didn't it feel that way on the inside?

Ever heard that saying: "wherever you go, there you are?"

I was still me, with all my old issues and insecurities. An annoying tendency to dip into depression still clung to me. I don't mean to belittle depression, believe me. But the fact that I was prone to it did annoy me. It didn't fit with my ideal of the perfect life. And perhaps that meant that I didn't fit into the ideal either.

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No matter how much my perfect life tried to convince me, I knew nothing had really changed. Not in a way that mattered. Not inside. Maybe I could fool everyone else, but not myself.

I felt hollow. And if I was honest, I had felt hollow for almost as long as I could remember... something deep inside me was shut down. And that made even the most stunning successes in my life feel empty. Everything tasted like dry toast.

Wow. Do I sound like a brat, or what? Because OH! The outside of my life was so glorious! Where is the gratitude for that? And yet, the outside did not match the inside. So I guess something had to give.

Maybe I even conspired with my own subconscious, or the universe, or whatever, to set that straight. To even things up. To strip material success and glory from my life so that the outer would match the inner once again.

Before long, I had travelled to the brink of bankruptcy. My daughter had gotten sick and nearly died. My handsome and wonderful husband, who happened to be transgendered, decided that he wanted to become a woman and someone was trying to blackmail us about that.

Oh yes, it all began unravelling. And fast.

The hollow tree of my life was collapsing in on itself.

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Abundance Tree Lesson #2: Water the Roots, Not the Leaves

The epiphany came for me when I realised that I was recreating a version my childhood experience all over again.

My parents, like me, had achieved an amazing level of success and wealth pretty early in life. By about the age of 40. They had worked hard for it, and like me, they'd probably thought it was going to be the 'answer'.

Then, when they'd achieved all their goals – the architect designed house on the shores of a beautiful lake in Canada, their own private airplanes, an art collection, a constant stream of fabulous parties full of beautiful people – they discovered an inconvenient truth. They still were not happy.

That's when their drinking really escalated. That's when they began to take it all apart – piece by piece, binge by binge, screaming fight by screaming fight – until nothing was left. When I was 11 they divorced. My father retreated to Australia, and moved in with his brother. My mother declared bankruptcy. There's a lot more to this story, but suffice it to say that I saw too much alcohol-induced craziness to come out with my childhood innocence intact. Something deep within me had died.

Later, as I faced my own possible bankruptcy, also at around the age of 40... and the dissolution of my marriage, blackmail, and the stress of my daughter's health crisis... it struck me how my life was playing out in a way that was eerily similar to the story my parents had modelled for me. I had somehow recreated the same glorious heights of success, the same experience of emptiness... and I knew that if I let that story continue to unfold according to the 'script' then what came next was going to be a spectacular train wreck.

How could I stop it?

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It suddenly became apparent to me. A blinding flash of the obvious. I saw the connection between my deepest beliefs – about myself, about money, about success and how it relates to happiness – and my own outcomes in life.

If the roots of my situation lay in my childhood programming, it meant that if I wanted to change my situation, I needed to make a change at that level of programming. At the level of my beliefs. I could still have a successful and beautiful life... but I had learned a truth. The inner and the outer must match.

I had always used knowledge and effort as the means to gain success, but that was like watering the leaves of my tree of abundance. And that's what a lot of people do. Go out and get qualifications, work hard, and do lots of tangible actions in order to get what you want. And that's not a waste of time. Education is important. Action must be taken. But when the roots of the tree are unstable, watering the leaves is not going to make a much of a difference. It will fall over anyway.

I saw that it was my underlying belief blockages and limitations, my faulty subconscious programming, which had undone all the benefits I'd gained from extensive knowledge and action.

You might look at my story and say it was not my fault. But accountability is important. I needed to take responsibility for my choices and try to understand why I had made them. I might not have chosen my daughter's health crisis... but I had chosen my husband, and together we'd made some unfortunate decisions in our business. That's the thing about the way our subconscious minds work – our underlying programming affects a million little choices and decisions that all add up to us playing out the exact script of our beliefs.

The roots of my tree (my beliefs) were unstable, and that's what needed to change. I needed to heal the part of me that was shut down and hollow, and I needed to water and tend to the roots.

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Abundance Tree Lesson #3: Don't Be a Bonsai

When the roots of our tree of abundance are deformed, or limited, or not supportive of our conscious goals in life then our tree's growth will be stunted. Just like a Bonsai tree is stunted. Because a Bonsai tree is just a normal tree that has been put into a tiny little pot so that it becomes root bound. In that condition it can never reach its full potential. It stays small.

We are like that. Ultimately it's our limiting beliefs that thwart, or undo, our best efforts to succeed. And that keeps us small.

Don't be a Bonsai.

It takes some effort to dig in and uncover your limiting beliefs. It also takes some effort to overwrite them with beliefs that do not limit you. But it's easier than you think, and **so** worth it.

When I over-wrote my limiting beliefs, I was able to change the trajectory of my story. We managed to avoid bankruptcy and go on to rebuild even greater financial success than before. And it was easier than I thought it would be. Because once I changed my limiting beliefs, I was literally able to see opportunities that had very much been right in front of my nose all along... but I had just been too blinkered and stressed out to see them. Changing my beliefs changed the way I saw the world, and that in turn changed my opportunity set, and my experience of the world.

Other areas of my life transformed as well. My husband did become a woman, which I now believe was the best thing he could do for his happiness. He is now a she – a beautiful woman who is still my best friend. And, thank God, my daughter recovered and is now growing into a beautiful young woman herself.

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My tree of abundance is no longer a Bonsai. It's big and strong. The roots are healthy, stable and deep. Yours can be too.

I documented the process I went through in order to overwrite my beliefs, to lovingly nourish and tend to the roots of my tree of abundance, in a book called ***The Abundance Code: How to Bust the 7 Money Myths for a Rich Life Now***. (It's available on Amazon).

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We're Gonna Have to Do it Together...



One of the things I hear a lot of people say when it comes to abundance is “Well, it’s easy for you...”

This is the idea that just because someone else has managed to attain freedom, choice and abundance in their lives, that doesn’t mean you will. Because you don’t have the same opportunities. Or maybe you don’t have the same energy. Or brilliance. Or positive like-minded people around you. Or... the list goes on.

It’s just another way of saying you don’t believe it’s possible for you. That it’s too hard, or out of reach.

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Now... some people do have it easier than others. That's true. Some people don't have the same rights, freedoms and opportunities as others.

AND... that's exactly why you should not give up in your quest.

What?

I explain exactly why I say that, in this article I wrote for LivingNow magazine:

<http://www.livingnow.com.au/collective-abundance-lets-do-it-together>

In it, I talk about how your personal quest for freedom, choice and abundance can actually help make the world a better place. How you doing your abundance thing... collaborating instead of competing, celebrating your contributions instead of feeling 'less than', sharing instead of hoarding... can help bring about a global consciousness tipping point.

A tipping point towards a world where we will all have access to abundant opportunity and no one will say "It's easy for you..." because it will be easy for them too!

If that's the kind of world you'd like to live in, then head on over to LivingNow and read all about it!

<http://www.livingnow.com.au/collective-abundance-lets-do-it-together>

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3 Steps to Stop FOMO Forever



One of our Abundance Coders wrote in recently asking for a blog post about the fear of life being too “boring.” She felt like her life had gotten really small because of financial constraints.

I think this kind of fear is linked to FOMO, or the fear of missing out ... because we only tend to think of our lives as dull or small when we don’t love our life the way it is, and we feel like there’s something more exciting we could be doing with it.

When your life feels small ... which it can when you’re experiencing scarcity, financial constraint, you can’t afford to do much, you’re stuck in routines that are the same day in day out, and you aren’t yet experiencing your life as full of abundant freedom and choice ... then it’s easy to fear that you may never get out of what can feel like a prison within your own life.

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What kind of a life could you be living if it weren't for the constraints you keep bumping up against in your life? What amazing things are you missing out on that others are already enjoying in their lives? It's natural to think about that.

I recently wrote about the trap of comparing your backstage to everyone else's front of stage. You can read about how to stop that from happening [here](#). And there might be some of that going on with this kind of FOMO too... but often what we're doing when we feel like this, is we're comparing our current reality to our dream reality.

We're feeling the tension, the gap, between where we are now and where we want to be.

Now this is really interesting, because there's a lot to be said for feeling into this gap. This gap is ripe for exploration. And that exploration is really the key which opens the door of our current prison, and lets us come out into the light.

It's just, no one has told us that there are 3 important steps to making this exploration fruitful, and it's crucial that we do them in the right order.

Most of us are familiar with the process of building a 'dream' vision for life. We look at the kind of life we'd like to have. We think about what true freedom and abundance would mean to us. We create dream life vision boards, repeat affirmations, map out our goals and even create action plans. Some of us do that stuff, anyway.

Often, though, even if we do this stuff it doesn't quite work. In fact, it just contributes to a sense of frustration and FOMO because now we *know* the kind of life we really want and we still don't have it. Despite our goals and action plans, nothing is really changing.

And the reason it often doesn't work is because we missed a couple of important steps.

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The biggest prison is usually in our own minds ...

What do you believe that's keeping you stuck?

Until you dig in and change what you believe, on a core level, about the possibility of abundance coming into your life... and I'm not even talking about believing that abundance is possible in theory, or for others, but actually believing that it's possible right here, right now, for YOU to access abundance in your life... you're often going to be spinning your wheels and not really making any progress.

3 Steps to Belief Change

There are 3 steps to belief change. The vision boards, affirmations, goal setting and dream creation stuff is really important ... but that's not Step 1. That's Step 3. If you haven't done Steps 1 and 2, then Step 3 on it's own is not going to get you to the life of your dreams ... it's just going to add to your frustration and sense of FOMO.

The 1st Step...

Step #1 is first to IDENTIFY the beliefs that are holding you back. What do you believe about money, success and abundance? Do you think you have to work hard for it? Do you think abundance is for others but not for you? Do you feel deserving enough to have the kind of success you desire? Do you think money is easy come easy go? Do you think money might corrupt you in some way?

This step can be the hardest for people because our beliefs are mostly subconscious ... meaning they are below the level of our conscious awareness. In my book ***The Abundance Code***, I help you with this step. I spent years researching and studying the behaviour of people trying to build their wealth in order to figure out the Top 7 limiting beliefs about money, success and abundance that hold most people back.

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Once you know what specific subconscious beliefs are holding you back, then you can move on to ...

The 2nd Step...

Step #2 is to WEAKEN your limiting beliefs. Actually tear down their validity using your logical mind. Can you find evidence against the belief that will allow your mind to entertain the idea that it might not always be true, in every situation in your life? Can you find examples of when that belief was contradicted?

Again, I take you through this process for the Top 7 limiting beliefs about money, success and wealth in my book *The Abundance Code*. I help you weaken those beliefs by presenting solid evidence against them.

If you don't weaken your underlying limiting beliefs ... then just whacking affirmations, vision boards, or goals on top of a rotten and success-undermining belief system ... is like putting wallpaper over a mouldy wall. The mould will still grow underneath.

I was talking about this concept to someone recently who was a naturopath by trade, and she said "That's exactly what I tell my clients about their digestive health! If we don't kill off the unhelpful bacteria in the gut BEFORE we introduce the new, helpful bacteria, then the new bacteria doesn't stand a chance of creating a healthy gut ecosystem."

Well guess what, it's the same with your beliefs.

If you can clear these Top 7 limiting beliefs, then that is probably going to be 80% or 90% of the battle won.

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The 3rd Step

Step #3 in belief change is to REPLACE the old limiting beliefs with new beliefs that are going to be supportive of the outcomes you want in life. This is when you spend time creating your vision boards, repeating affirmations based on better beliefs, creating goals and action plans, doing visualisations, meditations, hypnosis ... there are literally hundreds of techniques you can use for wiring in, and realizing the fruit of, new beliefs.

AND they work like a charm ... IF you've done the first 2 steps FIRST. It's actually the easiest step of all three. But it tends not to work without the other two.

That's why so many people still feel like they are not making much progress. I hear it all the time. "I've been working on my abundance mindset for years, and it's not happening! It's not flowing into my life ... What am I doing wrong?" Usually the work they've been doing is all Step 3 stuff, and they haven't done Step 1 or Step 2 first. They don't even know about Steps 1 and 2.

So what I want to say to my fellow Abundance Coder who wrote in afraid of always having a life that feels small, constrained and boring... is don't give up.

Understand the 3 Steps to Belief Change. Together, and done in the right order, they are the keys that will get you out of prison.

Work to identify, weaken and replace your limiting beliefs and I promise you, things will change. Your life will start to open up, expand and transform. And soon enough, you'll look around at the beautiful life you have BELIEVED into being and you'll realize that you no longer feel any FOMO at all.

You'll be FOMO-free.

The Abundance Code - The Next Steps

The One Thing That IS Limited



I got an excellent question from a reader this week and it inspired me to write about it.

So... here's what triggered the question. Recently I've been sending emails and telling people about my friend Jeff Walker's free online workshop, which he only offers once a year and is only available for about 2 weeks. When you read this post, his amazing workshop will be closed down already.

Someone named Mark wrote in about the subject line of one of my emails about it, which was "this will be gone soon" and asked:

"But isn't that scarcity? I'm confused..."

I think that's an excellent question! And here are my thoughts on the difference between scarcity and a deadline for taking action.

It's something I've felt confused about in the past, and I know others who have felt confused about it too...

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So I hope I can offer some clarity.

These days, I think of SCARCITY as essentially a fear-based belief that there's not enough. Whereas I recognize that a deadline is actually a motivational tool.

When we are moving away from the limiting belief in scarcity, we certainly want to foster a belief that we can access a virtually unlimited flow of abundance into our lives. However, one thing is always limited – and that thing is TIME.

There are only 24 hours in a day. That's not a belief, that's a fact.

As Roger Hamilton said in The Abundance Code documentary, if we waste money we can always make more... but if we waste time, it's gone forever. We're never going to get it back again.

When you face that fact, it's very motivating. When you truly embrace the fact that your time here is limited, then you realize that you'd better make the most of it.

That's when you stop watching TV, you stop checking Facebook, you stop frittering your time and you start making the real changes you need to make to get the kind of life you really want.

You don't have 1000 years to wait for things to change on their own.

Here's a couple of examples of how this lesson has played out in my own life...

When I was writing my book The Abundance Code, it sat around half-finished for years until I finally set a firm deadline to get it done.

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I committed to a group of 100 of my clients that I would deliver one completed chapter per week for 10 weeks, until the whole book was finished. And crazy as it seems, I was up until 3am every single week the night before each chapter was due. Because I need deadlines. They help me get stuff done.

With the Abundance Code movie it was the same. I committed to a release date of June 21st, 2016... And I was pulling all-nighters and working feverishly to get it done by that deadline.

Why? Because for me, without a commitment to complete, without a firm deadline, nothing gets finished.

A lot of people are like that, not just me.

So sometimes giving people a firm deadline is the only way to inspire action. And if you know that the action has the potential to change their lives for the better... Well giving them a deadline, when you know it's going to help them take that step, is an act of kindness.

So in my view it's not "scarcity" to give a deadline. It helps people make a decision. It's about providing a motivation to take action and make something happen.

The Abundance Code - The Next Steps

How to Make Peace with the State of the World



One of your fellow Abundance Coders wrote to me asking about “how to apply the principles of abundance when it comes to making a difference to global issues.” It came from a lady in New Zealand, named Sofia.

Sofia wrote:

“Here’s something you could shed light on for me.

One thing I’m torn about is how to apply the principles of abundance when it comes to making a difference to global issues. Here’s what I mean: I’m passionate about the environment and living a sustainable life, and have been applying it to my own life, which makes me proud and optimistic about the future of our planet.

Like you, I’ve filtered my environment to eliminate as much negativity as possible, so mainstream media were the first thing vetoed in my world. Because I know if there’s something I really need to know about, I will find out about it in my networks anyway.

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Where it gets tricky for me is when I see governments and organisations make decisions that violate the preservation of our environment and planet in such massive proportions. We seem to keep offending it so grossly that it makes me angry ...

... I'm confused. How can I be a contribution, without coming from scarcity and feeding the fear that surrounds the topic, but honouring its urgency?

Thanks, Julie. I love your work – thank you for your contribution to my abundant life.

*Have a fantastic day!
Sofia”*

That is such an excellent question Sofia!

How can we balance creating abundance in our lives and contributing to an abundant world, while at the same time we see so many crises happening on our planet that require our urgent attention and positive solutions... and yet we don't want to get sucked into a spiral of negativity that could sabotage the very abundance we seek?

It's tricky for sure... you pegged that right Sofia!

For me, the key is to stay focused on SOLUTIONS.

The Abundance Code - The Next Steps

The main practice that helps with this is to start by ACCEPTING WHAT IS. It doesn't mean we like it. It doesn't mean that we will do nothing to change it (forgive the double negative here). It just means that we start with a reality check. We look at how things are, in this moment, and we accept that it is what it is. And then, we move forward.

Here are the positive steps that can lead us from 'problem' to 'solution' when we practice the acceptance of what is:

- We **acknowledge the 'problem'**
- We **feel motivated to solve it.**
- We **define the 'problem'** in terms of who, what, where, when, and why. For example who is this a problem for? What is the problem? Where is it a problem? When is it a problem? Why is it a problem (and why is the 'problem' is creating an outcome we do not want)?
- We look at what we want instead. **We define a new goal**
- We **plan out how** we might achieve our new goal... (this is the 'solution')
- We define some **actionable steps** that we can take to **implement the 'solution'**... and finally...
- We **take action!**

So... none of this requires us to get lost in feeling angry, depressed or hopeless. In fact, if you follow these steps, you will soon feel empowered and hopeful once again.

Alternatively, here is a loop that many people get stuck in... and it leads NOWHERE...

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- We acknowledge the ‘problem’

Okay, so we do need to know the nature of the problem before we can find a solution. And we also often need to recognise or acknowledge the urgency to find a solution. But if we allow ourselves to get swallowed up in feelings of anger, futility, or hopelessness about the problem itself... then we aren’t going to be able to keep our eyes, minds and hearts open to possible solutions.

- We feel angry about it
- We complain about it on social media, we forward posts about it, we rattle and rail against the injustice of it all...

So far what we’re doing is not SO bad. It’s not exactly helping though. But then we often take it up a notch...

- We decide who’s to ‘blame’ for it... and this person, group of people, organisation or government becomes ‘them’.
- We complain about ‘them’, we forward negative commentary about ‘them’ to our friends, we troll ‘them’ online, and we might even treat ‘them’ poorly if we meet them offline
- We look for sympathisers with our view and we think of those people as ‘us’... and we begin to unfriend or unfollow those who don’t agree with ‘us’
- We feed the ‘us’ and ‘them’ narrative... we demean ‘them’ with our thoughts, words and deeds... which causes division in our hearts and minds, and creates conflict between ‘us’ and ‘them’
- We call all of this ‘raising awareness’ but really it’s more like a form of zealotry
- And other than that... we do NOTHING to contribute to a solution.

It’s our anger that pushes us into this unproductive loop that consumes our energy. Energy we could be directing towards finding and implementing a solution.

So what’s the answer?

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It's unrealistic to say that we could just NOT get angry about the problem. Anger is a natural emotion, and emotions are neither right nor wrong. It's important to feel them. It's what we do next that's crucial.

Anger can be healthy, if it's directed in the right way. The most helpful way to direct your anger is to use it as MOTIVATION to find a solution. This is the most peaceful, helpful, productive way to use your anger. The least helpful way to use your anger is to direct it into an unproductive loop of blame, complain, and demean.

A Powerful 7 Step Process to Reflect on Your Year



I don't know how you felt about 2016 but for a lot of people it was a huge, confronting, button pushing and highly emotional year.

I think many people haven't even really processed it fully yet!

So... that's what I want to talk about this week – how do you process and reflect upon the year in a way that is useful, helpful and will set you up for success in 2017?

For me it's about acknowledging wins, taking the lessons learnt, and carrying all that forward in a positive way.

I use a 7 Step Reflection Process for that.

To start, I've got a big piece of paper and I've listed out every month in the past year from January through to December. Then I wrote down the big things that happened.

Wow... So. Much. Happened.

I'm looking at the list of everything that I achieved in 2016, and already I'm feeling like less of a loser. Actually, I don't feel like a loser at all. I got a lot done!

Which is interesting... because for the past few months I've felt like I'm wading through pea soup. My energy has been sluggish, I wasn't firing on all cylinders and it turned out (after I finally went to the doctor) that I was really low in iron. That recent experience kind of colored my perception of the year... I was feeling unproductive. But looking back, I can see that despite my recent dip in energy, I did actually have an amazing and productive year.

Once I have made some notes on what happened, the first step in my reflection process is to ask myself this question:

What was AWESOME about this year? List 3 awesome things that happened in each month of the year.

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Here's my list:

- **January** – My education business partner and I successfully concluded a capital raising for a new venture – an educational app. I chose to give up drinking and dating in 2016 so I could fully focus on making The Abundance Code film, which was great for my health and my clarity. I had an amazing meeting with a mastermind group I am in, which helped me get into a really positive mindset for the year.
- **February** – I spent time planning and budgeting for the year ahead, which helped me feel more in control of my finances. An insurance claim was settled in my favour. My daughter started at a new school.
- **March** – My ex-husband and business partner transitioned from male to female, from Daniel to Savannah... and the story of her transition, the impact on our business and family life, was covered by a major television network in Australia. They did a beautiful half hour story on it called “Becoming Savannah” for a program called Sunday Night, which is kind of like 60 Minutes....(you can Google it if you're interested). The feedback on the story was overwhelmingly positive, and it has provided inspiration to many transgendered people around the world. Savannah's transition went well and our staff, our daughter, our family all embraced it. After that, I spent some time at a health retreat with a friend.
- **April** – We filmed the drama sequences for The Abundance Code film. We worked with a great director for that shoot, an amazing animation studio to produce the animation sequences for the film, and with a brilliant composer to produce the music. My creative mojo was in top gear!!!
- **May** – I continued working on the post-production for The Abundance Code film, it was all coming together! I was featured in the Hay House World Summit, and my interview was ranked #4 out of 100 author interviews in the Summit, which was a huge success for me. My book (also called The Abundance Code) then reached #1 in Personal Finance on Amazon in Australia, and #10 in the US.

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- **June** – We released the trailer for The Abundance Code film on June 1, and people loved it. We then released 2 more snippets from the film. We were getting thousands of sign-ups to our free screening scheduled for June 21 – 30. When we opened the online free screening, over 73,000 people watched the film during the 10 day free screening period, and the feedback and comments were off-the-charts good.
- **July** – We launched the Abundance Code Activation Facebook group, which has grown into a vibrant group of nearly 2,000 members who post inspirational content, and support each other in creating and maintaining an Abundance Mindset. The amazing comments and emails about the film kept coming in from all over the world. One person even shared how they felt the film had stopped them from committing suicide. Wow. I felt humbled and deeply grateful for ALL the positive response the film received.
- **August** – I went on holidays to Canada and the US to visit family and friends. I visited my Mom and Step-father, my younger brother and his wife, and I got to meet my brother's young kids for the first time. I spent time with one of my older nieces and I had an amazing time with friends also.
- **September** – I spent some quality time at home with my daughter. I took it easy... I worked on my business and caught up with friends.
- **October** – I got a little addicted to following the run up to US election – Oops! However, it caused me to reflect upon the urgent need for more cooperation, more focus on finding solutions, and less focus on conflict and competition in the world. This re-energised my commitment to promoting Abundance-based thinking. I kept on writing blog posts and magazine articles to serve our audience.
- **November** – I was quoted in Oprah's O Magazine! Yay! I met with Michael Maidens (my Abundance Code business partner) to plan out an amazing 12 months of content delivery for our Abundance Code peeps. And I recorded my interview for the 2017 Hay House World Summit (which will air in May 2017), with the amazing Dr Robert Holden interviewing me.

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- **December** – Well, it's not over yet, but Michael and I have a surprise gift planned for everyone on our email list for Christmas. I booked a getaway to my favorite place on earth: Queenstown, New Zealand. And I made plans to spend New Year's Eve with some good friends in Sydney, Australia.

The next questions I answer are:

- What am I GRATEFUL for this year?
- How did I FEEL about my life this year?
- How do I WANT TO FEEL in my life next year? I won't go through all of my answers to these questions with you... I'm sure you get the idea.

List as many things as you can in the gratitude department. Reflect on how you felt about your life in 2016, without judgement. Allow yourself those feelings. No matter what they were, acknowledge and honor them. Then I encourage you to do a little meditation on how you want to feel in your life next year.

Next... I think about how I can apply the lessons I learnt this year:

- What did I LEARN?
- What could I have done to make this year BETTER?
- How can I BUILD UPON the lessons of this year to make next year ROCK?

Take your time with this process. Reflection is not meant to be rushed. Allow yourself to steep in the reflections for the last few weeks of this year. Do some journalling on it. Keep a notebook with you and jot things down as they come to mind.

Finally, when I've done all that, I say a little prayer of sorts. I THANK the universe for guiding me and helping my true potential to unfold. I express my TRUST that everything is happening for my highest good, and my BELIEF that the universe has my back, always and in ALL ways.

I hope this simple reflection process is helpful to you.

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3 Ways to Make This Year Abundantly Awesome - Part 1



New Year is a time when many people tap into their deeper motivation, set goals, commit to their 'resolutions' and plan for an awesome year ahead.

It's super important to do that.

AND yet... just a few months into the year, many people find that they are not making as much progress on their goals as they'd hoped, most of their resolutions have already been broken, and they are losing their motivation.

Why is that?

Usually, it's because we set ourselves up to fail in our goal setting process.

We set our expectations too high... or we come from a place of feeling like we're not good enough and so we set goals that actually feel more like punishments. We prioritise things that we think we 'should' do, but if we did some digging we'd find they're not actually that important to us. And we forget to work on our mindset.

The Abundance Code - The Next Steps

I like to break my goal setting into down into 3 basic steps:

1. Tap into my WHY – Determine my top beliefs and values in life;
2. Set goals that will help me fulfill my WHY; and
3. Remove BLOCKS – deal with the things that hold me back from fulfilling my WHY.

I also like to apply **3 Simple Tweaks** to these steps, that really help to set me up for success, avoid frustration and ensure that I don't lose motivation.

Over the next 3 weeks, I'm going to dig deep into each of these 3 steps and discuss the important (yet simple) tweaks you can apply that will ensure you make 2017 your most abundantly awesome year yet!

In this post we'll look at Step 1... But before we continue, I want to issue a little disclaimer.

Sometimes I feel like I'm not measuring up. Sometimes I'll set myself unrealistic or punishing goals and I'll even be surprised when I don't fulfill them.

Sometimes I'll compare myself to others, instead of measuring my progress by comparing myself to where I was before.

Sometimes I'll set goals that I think I 'should' care about, but really I don't.

And even though I know that these things set me up for feeling like a failure... sometimes I'll do them anyway.

Sometimes I'll get side-tracked or feel like I'm being blown off-course with my goals, because something unpredictable happens. Sometimes my best-laid plans don't work out the way I'd hoped or expected.

Sometimes, that's the best thing that could've happened.

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It's not necessarily always a FAILURE for me to not meet my goals. Especially if they weren't really right for me, or if they needed to be adjusted in order to adapt and make the most of situations I couldn't foresee in advance.

The real failure is when I'm too hard on myself.

I want to be the best version of myself that I can be. True motivation comes from feeling like I did my best, like I made the most of everything I had to work with... and from acknowledging and patting myself on the back for that. Not from focusing on how I fell short of some ideal that may not have been realistic or even in line with my inner purpose.

So... before we embark upon our goal setting for the year, let's build in the ability to constantly reflect upon, revise and update our goals as we go. Without feeling like a failure. To acknowledge our wins. To incorporate learnings. To keep on keeping on.

Let's remember that our goals are just tools we are using to serve us. And if they're not serving us, we get to change them. We're the boss of all that!

So, now we've got that disclaimer out of the way...

Let's go into more depth on Step 1 in the goal setting process I outlined above, and discuss an important tweak that will really help you with it.

In my next two blog posts I'll do the same for Steps 2 and 3.

Step 1 – Tapping Into Your WHY

Right away, here's the first tweak: Before you do anything with respect to planning and goal setting for the coming year, make sure that you have reviewed and reflected on last year.

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Make sure you read, and do the 7 Step Process to Reflect on Your Year, if you haven't already.

That review process is going to help you discover what's really important to you. And that will help you to tap into your WHY.

- By reviewing what you listed as your 3 wins in every month of last year, you'll begin to see a pattern of the things that make you feel the most fulfilled. Things that you are the most proud of.
- By listing the things you are most grateful for, you'll tap into the kind of things that you want to see more of in your life moving forward.
- By looking at what the big lessons of last year were, and how you can build upon those lessons to make this year great, you'll focus in on the key areas you wish to develop in yourself.
- By reflecting on how you want to FEEL in the coming year, you'll get a really clear indication of what you value the most in life.

What is your WHY?

When you follow your WHY, you feel like your life is meaningful. When you make progress on fulfilling your WHY, it makes you feel like your precious time on this earth is worth trading for what you're doing.

When you do work in line with your WHY, you tap into an energy and passion that makes achieving your goals feel effortless. Even when you're working hard, you just love it.

When you're not really following your WHY... well, you don't feel like that.

That's why discovering your WHY is so important.

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My WHY is all about contributing to a cause which I believe in, and that I feel is greater than myself. When I look at the wide range of things that I choose to do in my life, whether it be in business, with my writing, film-making, or nonprofit work... all the activities that I find fulfilling have this one theme: to serve a cause greater than myself.

It's my WHY.

I'm not always the front-person for everything that I do, and I don't need to be as long as I'm working to serve a cause that I believe in. Like promoting abundance consciousness. Like educating people. Like serving those who, in turn, serve others.

I don't always love every single task I have to do... and sometimes I experience the discomfort of stretching myself outside of my comfort zone... but when I remember WHY I'm doing it all, it makes me feel motivated enough to push through. And when I have achieved what I set out to do, I feel a really deep satisfaction.

Now, this is an important thing to note: I don't love every task, but I love my WHY... so if the task serves my WHY I will have the motivation to do it. Even if it's hard. If it doesn't, then I probably won't.

If you find that you set goals for yourself that you don't fulfil, or you constantly find it challenging to stick to the plan... maybe you're just not working on stuff that serves your WHY.

For me, I find I'm more motivated to do stuff that I believe is for a higher good, than stuff that I think is just for my own good. Like exercising. Or going to bed early. Or eating a healthy diet. I probably need to work on better connecting my own health and well-being to my ability to serve the greater good! In other words, I need to connect my health goals to my WHY so that I set myself up for success in that area too.

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Your WHY might be about doing things to a high standard: you might believe that there's a right way to do things, and you get a deep satisfaction when you are doing things right. Or it might be about innovation and pushing boundaries, and you feel most satisfied when you are creating new ways to do things. Or it might be about connection – maybe you feel most satisfied when you are bringing people together and helping them form productive and meaningful connections.

Whatever it is... when you set goals that will serve you in fulfilling your WHY, you're much more likely to achieve them. Because you're tapping into your true motivation in life. That is where your true individual and unique powerhouse of energy and potential resides. Not in someone else's WHY. In yours.

I hope you found this useful... next week we'll take a deep dive into Step 2 in my goal setting process.

The Abundance Code - The Next Steps

3 Ways to make This Year Abundantly Awesome - Part 2



I'm looking forward to 2017 being my most awesomely abundant year yet! I hope you are too... and I want to help you make that a reality.

In my last post I started sharing some of my insights on goal setting.

A quick recap:

A lot of people fail in their goal setting because they set their expectations too high... or they come from a place of feeling like they're not good enough and so they set goals that actually feel more like punishments. They prioritise things that they think they 'should' do, but if they did some digging they'd find those goals are not actually that important to them. And they forget to work on their mindset.

To avoid these common goal-setting pitfalls, I follow 3 Basic Steps in my goal setting process:

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1. Tap into my WHY – Determine my top beliefs and values in life;
2. Set goals that will help me fulfill my WHY; and
3. Remove BLOCKS – make sure my mindset is aligned and deal anything that is holding me back from fulfilling my WHY.

I also like to apply **3 Simple Tweaks** to these steps, that really help to set me up for success, avoid frustration and ensure that I don't lose motivation.

Over the course of 3 blog posts, I'm digging deep into each of these 3 steps and discussing the important (yet simple) tweaks you can apply that will ensure you make 2017 your most abundantly awesome year yet!

In this post I'm talking about Step 2... how I set goals that help me fulfill my WHY.

Once I've clearly identified my WHY (Step 1), I look at what specific projects and goals I can work on during the year that will best serve me in that purpose.

There's a simple tweak for Step 2 that will really boost your success. This is a concept that I got from fitness guru Chalene Johnson... it's the idea of 'push goals'.

Push Goals

What's a push goal? It's a goal that, when fulfilled, actually helps you in achieving all of your other goals.

An example of this is physical health. I'm kicking off the new year with a 5-day juice cleanse, because I know that cleaning out my body is a 'push goal'. It's going to give me more energy, help with my mental clarity, support my body to heal itself... and it will help my body to be able to do everything I want it to do this year.

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I've been through rough patches with my health before, and I haven't always been diligent about my diet and exercise. I know how much an unhealthy body can hold me back. So this year, my health is a big focus for me. It's a push goal.

Another push goal I have is meditation. When I meditate daily I am much more able to tap into my intuition, think clearly, detach from emotional and impulsive decision making, and have patience. And that helps me enormously in everything that I do. When I don't keep a regular meditation practice, things can go off the rails much more easily. I can get overwhelmed, and I can react to situations impulsively instead of responding calmly and with regard for the consequences of my actions.

My third push goal this year is mindset conditioning. It's something that I know really works for me. Making sure I'm focusing on the positive, on possibilities and solutions instead of just seeing problems. Making sure I'm hanging around with positive and inspiring people who have a 'can do' attitude. Doing regular hypnosis sessions and other processes that I know work to keep my subconscious mind aligned with my goals... so that my subconscious mind (which is VERY powerful) is working for me, and not against me.

I'm going to talk more about the importance of removing subconscious blockages and fully engaging the power of your subconscious mind for achieving goals in my next post. For now, just know this:

No matter how much you want a goal, no matter how carefully you plan for it, and no matter how diligently you execute on that plan... **if you don't really believe you can have it on a subconscious level... or if you have a conflicting subconscious desire that will be violated if you do achieve your goal... then you will not achieve it. Period. Your subconscious will find a way to sabotage the outcome.**

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More on that in Part 3...

In the meantime, let's come back to goal setting.

The Importance of Clarity

Tapping into your WHY (which I talked about in Part 1) helps you decide which goals will feel satisfying and meaningful for you to achieve.

Push goals assist you in achieving all your other goals.

But before you set your push goals, you need to identify your main goals. What you want to achieve this year. You need to be clear. Clarity about your goals is super important.

That means:

- Clearly defined **outcomes** of **what and how much**. Specifics. How do you define 'success' on this goal?
- Clearly defined **milestones**. For example, how will you know you're making progress on your goal? How will you **measure** that? And how will you know when you've been blown off course?
- Clearly defined **deadlines**. By when do you want to have milestones completed, and **by when** do you want to have achieved your definition of 'success' on this goal?

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Last year, of all my goals the biggest one was to finish making *The Abundance Code* movie and launch it into the world by June 21st, 2016. There were lots of moving parts to that goal, lots of milestones and deadlines that I could clearly identify. Lots of collaborations, and plenty of teamwork was involved.

In terms of push goals... when I took a look at what qualities I was going to need to pull from deep within myself in order to achieve my main goal... I realised that I needed to up-level my mental clarity, up-level my ability to tap into my intuitive guidance system, and I needed the ability to FOCUS.

So I decided on two 'push goals' for 2016. First, I stopped drinking alcohol. Second, I stopped dating (I'm single). Alcohol really affects my mental clarity. And dating... well, there's no greater distraction than romance!

I stuck to both of those push goals for the most part. OK, I went on a date and had two glasses of champagne in April... but I quickly got back on track after that. Until Christmas Eve, when I had a Mojito. That's a drink, by the way, not a person.

I was able to achieve my biggest goal of releasing The Abundance Code film in a world-wide online free screening on June 21st. Over 73,000 people watched it, and the feedback was amazing. Since then, me and the Abundance Code team have been busy serving the Abundance Code community with blog posts, facebook posts, videos and abundance mindset tools. People are saying that their lives have been changed.

Wow. I call that success.

Why did I succeed in this goal?

I knew what I wanted. Specifically. I did what it took to achieve my dream. I kept my mindset on point. And I got myself back on track quickly after a slight detour.

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My 2016 push goals may seem a bit radical to you. But my WHY was strong in 2016. I knew *The Abundance Code* film would have the power to touch people's hearts and transform mindsets all around the world. It was a big vision. I really felt the benefits of my abstinence in terms of mental clarity and focus, and that helped me achieve my WHY... so I felt like it was totally worth it.

We've talked about clarity and push goals. There's one more concept that's really important in goal setting, and it's the Japanese concept of 'kaizen'. This is the idea of incremental improvement.

The Power of Kaizen

So often in goal setting we want to get a big bang. Some major transformation. And we want it next week. So we go in all hot and heavy, over-commit to an unrealistic or punishing regimen that is actually very taxing mentally or physically... Then, when we don't get a radical transformation in the next week we lose motivation, we feel genuinely exhausted by our over-the-top efforts, and we give up the goal.

If we follow the Japanese theme, I'd call that the 'kamikaze' approach to goal setting. Goal suicide.

The idea of 'kaizen' is that slow and steady wins the race. Kaizen allows us to approach our goals in a way that is far kinder and gentler on ourselves. And ultimately, it improves our chances of success.

Don't set goals that are so punishing, you know you won't be able to sustain them. Don't set goals that are not in alignment with your WHY because you won't actually care enough, when push comes to shove, to keep going when the going gets tough.

Set goals that push you outside your comfort zone, yes. But not too far, all at once. That's just a recipe for giving up. Take it step by step.

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Kaizen is about focusing on incremental improvements. Most people overestimate what they can achieve in one month, and underestimate what they can achieve in a whole year. Small changes add up with cumulative effects.

How can you move the needle by 1% each week? That'll get you a more than 50% improvement in just one year. In fact, because of the power of compounding, the real answer is a 67% improvement in one year if you improve by 1% a week, because each week the base is getting higher.

Improving 2% a week provides more than 100% improvement in a year (for the maths geeks, with compounding the real answer is a 285% improvement in one year).

If I grew my income or improved my fitness by 50% this year, or helped 100% more people, or increased my mental clarity by 285% by meditating... I'd be super happy. I'd call that success.

When you keep your expectations of yourself realistic, but let them be cumulative with 'kaizen', focus on a few major goals, add in some push goals to help you along... you'll find that little steps add up to big shifts over time.

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3 Ways to Make This Year Abundantly Awesome - Part 3



This is Part 3 in a series about goal setting and how to make this year your most abundantly awesome year yet!

I follow 3 Basic Steps in my goal setting process:

1. Tap into my WHY – Determine my top beliefs and values in life;
2. Set goals that will help me fulfill my WHY; and
3. Remove BLOCKS – make sure my mindset is aligned and deal anything that is holding me back from fulfilling my WHY.

I also apply **3 Simple Tweaks** to these steps, that really help to set me up for success, avoid frustration and ensure that I don't lose motivation.

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Over the course of 3 blog posts, I'm digging deep into each of these 3 steps and discussing the important (yet simple) tweaks you can apply that will ensure you make 2017 your most abundantly awesome year yet!

Now I want to talk about the importance removing subconscious blockages, and using the subconscious mind in a way that will ensure your success.

Right away, here's the VITAL tweak to achieving your goals that most people miss:

Subconscious Alignment is King

In my book *The Abundance Code* (available on Amazon) I talk about the simple formula for success.

Desire + Knowledge + Belief = Success

BUT, there's also a formula for failure...

Desire + Knowledge – Belief = Frustration

Basically, what this is saying is that without the vital ingredient of subconscious belief alignment... where you have a core belief in your ability to attain the goal... no amount of desire or knowledge (or even effort) is going to get you there. It's one thing to want a goal, it's often another thing entirely to believe you can have it.

If your subconscious mind doesn't believe you can have it, then you won't get it. Period. You'll fall prey to 'subconscious sabotage' and you'll find that you either spin your wheels, or things fall apart at the last minute, or you encounter so many obstacles that you just can't seem to make any progress on your goal.

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That's a recipe for frustration. Sometimes we call that 'failure'... but I've actually come to see frustration as a friend. Why? Because it is a key indicator that shows me I have a belief that is out of alignment with my goal. I know that if I do some digging, find the belief blockage, and then do some reprogramming, I'll pave the way to my success. And it usually happens VERY quickly once I remove the block.

So... it's very important that you make sure your subconscious beliefs are on board and in alignment with your conscious desires, working for you and not against you, to achieve your goals.

If you want to know how to do that, then check out my book *The Abundance Code* – I take you through a subconscious belief alignment process step-by-step so you can see exactly how it's done.

Tapping into Your Intuition

I love this idea: that intuition is not necessarily always about messages from above, from a higher power. Sometimes they are messages from below – from below our conscious awareness. From our subconscious mind.

When your subconscious beliefs are in alignment with your goals, then your subconscious is working for you 24/7 to achieve your goals. It never rests. And when you have that happening, then you need to listen to the prompts and instructions coming back out from your subconscious mind.

The processing power of the subconscious mind is immense. Sometimes there is so much information that has been distilled by your subconscious, that if it were to try to explain to you the reasons behind the resulting instruction in conscious words, it would take too long.

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The subconscious usually doesn't communicate in words anyway. It communicates in feelings and pictures. If a picture is worth a thousand words... a feeling is worth even more. So the subconscious mind processes a ton of information and then it gives you a feeling. Or it draws your attention to a sign. Something visual. Or maybe it will latch onto something someone says. Or it just gives you a sense of knowing, a clarity.

Call it gut feeling. Call it intuition or instinct. Call it revelation. Call it a moment of clarity... Call it whatever you want! Just learn how to listen to it and act upon it.

Your mind is a super-computer, the likes of which still has not been matched by all our advances in technology. Nothing processes information as efficiently or effectively as the human mind.

And yet, we often ignore or decide not to listen to the output... Listen to those messages! Because there is so much information in them!

(That is... if you have achieved subconscious alignment. If you haven't then you could be getting faulty signals).

Ask Your Subconscious to Get on the Job

We often forget that we can ask our subconscious mind to process and find an incredibly well-informed answer to whatever question we ask of it.

How? Well, we ask with clarity, using the language of the subconscious (which is mainly images, mental movies and feelings).

Then we wait.

When the subconscious has input enough information, and finished processing, it will provide guidance in the form of feelings and signs.

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Why, if we have access to the immense processing resource of our subconscious mind, do we so often forget to use it? (You're not alone here).

Maybe it's because we don't fully understand or respect the immense feat of processing that goes into arriving at an answer. AND we don't understand the language of the output.

Also, without subconscious belief alignment, the output is not always that useful. (Are you getting how important this subconscious alignment piece is?)

Another reason is most of us were not taught the value of tapping into our subconscious processing abilities when we were growing up. So we struggle on, trying to figure stuff out by only using our conscious mind. Using logic and conscious reasoning. Great tools that they are, they are crude compared to the immense processing power of the subconscious.

Now... for those who believe in a higher power... I'm not denying that either. I think of that as the "superconscious".

Things really start to get turbo powered in our ability to manifest our dreams when we actively engage 3 levels of our consciousness: the conscious, an *aligned* subconscious and the superconscious.

A Simple 5 Step Manifestation Process

Amazing things begin to happen when we activate ALL of our resources of consciousness in the process of manifestation.

Here's a simple guide to doing this:

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- 1) Get clear on what the goal is. Reflect on the deeper motivations of your goal, which means to think deeply on WHY you want to manifest your goal in the first place. Check the integrity of the goal. Is it really for the highest good of you and of others? Do some digging to discover whether you truly believe you can have that goal. And if you were to get the goal, do you believe that may create other problems that your subconscious might want to protect you from? If you turn up any blockages, make sure you deal with them before proceeding.
- 2) State the goal clearly, preferably in pictures, internal movies and feelings (the language of the subconscious)... and ask BOTH your subconscious and superconscious to process and give you guidance.
- 3) Wait. Be patient. You're not in control of how long it will take to get a clear answer. Trust that the process is underway. And practice gratitude for what you already have in the meantime. A daily gratitude practice will put you into an energetically receptive state to receive into your life the means to achieve your goal.
- 4) Listen to your intuitive feelings and prompts, keep your eyes open for signs, and use that information to help you decide on appropriate action.
- 5) Take action. Not much happens without your active participation and willingness to act when the time and circumstances are right... be ready for the opportunity when it arrives, and then seize it with both hands. You can do it! You've got this!

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I'd love to hear how The Abundance Code film, blog posts and other resources we created helped you, in your life, in 2016.

You can send me an email at theteam@theabundancecode.com, or leave a comment on our Facebook page [The Abundance Code](#). I would really love to hear from you.

To YOUR Abundance,



Julie Ann Cairns

*Julie Ann Cairns trained as an economist and financial market analyst, has over 25 years experience in the field of funds management and financial education, and is the author of the book **The Abundance Code: How to Bust the 7 Money Myths for a Rich Life Now**, published by Hay House. She is also the director of **The Abundance Code** documentary (2016) which explores through 15 powerful interviews with thought-leaders from around the world, how our world and our collective consciousness can make the paradigm shift from Scarcity thinking to an Abundance-based way of being. Our very survival may depend on it.*