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# Foreword

This book will help you make witting decisions in your personal development journey and bravely follow up. This means bearing the maturity to take a hundred percent responsibility for your wellness, your vocation, your monetary resources, your relationships, your emotions, your habits, and your spiritual notions.

It calls for taking a deep look at yourself, consciously choosing what sort of individual you really are on the inside, and then getting your outside reality to be congruous with your interior being. The goal is to help you accomplish outstanding effectiveness while sustaining inner balance, where your notions, feelings, actions, and skills are all working collectively to produce the life you really want.

These personal development themes will serve as a great start if you're starting off in personal development.

They'll put you on the correct track to be in control of any situation, accomplish goals and become a better individual.

## ***Practical Personal Development***

The Most Popular Personal Development Concepts

# Chapter 1:

## *Healthy Abundance Mindset*

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### Synopsis

Don't live in the scarcity mentality.

This is the psychological state where thoughts of rivalry originate. If you know that there is not enough to go around, you'll attempt to rush to take something from somebody else.



## **There Is Enough**

It might be hard for you to think that rivalry is wrong as it is so highly valued in our society. It feels like every politician or other well paid employee thinks that solely by competition you get what you need.

But that's why they're employees. They don't realize that by not participating in competition they'd become independent and free, even as their natural state ought to be.

When you recognize that competition is wrong and quit trying to gain something at other people's expense, you step by step fall into the abundance mentality. You begin to recognize that you are able to get everything you think of, and this assures you that there will constantly be more than enough of everything for everybody.

However what if you still are in scarcity mentality, and don't know how to get out of it? You'll need to introduce a positive affirmation in your daily life. It may sound like this one: I see abundance everywhere. Or it may be put in this way: there's more than enough resources in the world for everybody. Whichever attracts you more.

You'll likewise need to train your eyes not to see what you don't wish to come up in your life. If you wish to eliminate the thoughts of scarcity, direct your care to the manifestations of abundance. Look at lush nature, deluxe cars, singing morning birds, positive and wealthy individuals, royal buildings, whatsoever you affiliate with abundance.

There are a lot of wealth symbols to choose from, it simply depends which symbols constitute riches to you. I may view nature and see the