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from

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**Stop Thinking Small Checklist**

Use this checklist to get started with your fast track guide to stop thinking small and building the life of your dreams.

**Know the Difference Between Scarcity Thinking and Abundant Thinking**

* Scarcity Thinking
	+ There Isn’t Enough to Go Around
	+ Can’t Build Relationships Due to Lack of Trust
	+ Resentful of Competition
	+ You Focus on Getting By
	+ You Think the Future is Gloomy
	+ You Avoid Risk & Think Small
	+ You Live in Fear
	+ You Feel Angry & Entitled
* Abundant Thinking
	+ You Know There is Not Only Enough but There is MORE
	+ You Love Sharing Your Knowledge
	+ You Build Valuable Relationships
	+ Competitors are Welcome
	+ You Want to Give MORE Value
	+ You’re Optimistic About the Future
	+ You Embrace Educated Risk
	+ You’re Thankful & Grateful
	+ You’re Confident in Your Abilities

**Focus on Abundance**

* You Know the World is Getting Better
* Instead of Saying I Can’t , Say Why Not
* Assess Risk but Don’t Stop Just Change Course
* You Work on Your Deficiencies
* You Embrace Your Strengths
* You Ride the Waves
* You Plan for The Future
* You Commit to The Plan
* You Don’t Wait for Perfection

**Practice Gratitude**

* You Say Thank You
* You Give Back
* You Always Try to Provide Extra Value
* You Show Gratitude

**Write Down Your Goals**

* Be Specific
* Make it Measurable
* Know That It’s Achievable (test, research)
* Ensure Your Goal is Relevant
* Set a Time Limit
* Act

**Find Other Positive People Who Live in Abundance**

* Network with Your Competition
* Find Other Positive People
* Build Others Confidence
* Smile
* Be Confident
* Do Your Homework
* Listen

**Share the Wealth**

* Teach What You Know
* Reach Out to Others
* Don’t Reach for Perfection

Get the accountability and guidance you need to succeed. Register for your *Quick-Start Coaching Intensive* now at <http://www.quickstartfreelancewriting.com>.