



Abundance Versus Scarcity Mindsets



Overview

Our mindset impacts our work in various ways and in different contexts. It impacts how we work with program participants (survivors, clients, service participants). It also influences how we work with colleagues, collaborate with community partners, and approach fundraising, providing advocacy, training, and more. A person can change their mindset with self-reflection, critical thinking, and intentional conversations.

This tool is a starting point for developing an abundance mindset. Our goal is starting this conversation for the greater good to meet our mission and purpose of being survivor centered, trauma informed and intersectional in all the work we do.

Scarcity Mindset	Abundance Mindset
“There is never enough.”	“There is always more.”
“There is not enough pie for everyone.”	“Even if someone gets a big piece, there is more for others.”
“I can’t get this done.”	“Together we can get this done & do more.”
Competes with others to achieve goals.	Collaborates with others to achieve goals.
Resistant to change.	Open to change.
Doesn’t like to share knowledge/information and resources.	Happy to share information /knowledge and resources. Promotes & believes in transparency.
Doesn’t like to help others.	Freely helps others to support their goals.
Believes that resources are limited and not attainable.	Believes that resources are abundant and there is enough for everyone.
Focuses on limitations and weaknesses.	Focuses on what is available and strengths.
Keeps a negative and biased attitude.	Appreciates diversity of views to include different perspectives.

References

- Bansal, Vinita. "5 Practices to Shift from Scarcity to Abundance Mindset." *TechTello*, TechTello, 31 Aug. 2023, www.techtello.com/abundance-mindset/.
- Castrillon, Caroline. "5 Ways to Go from a Scarcity to Abundance Mindset." *Forbes*, Forbes Magazine, 12 Sept. 2023, www.forbes.com/sites/carolinecastrillon/2020/07/12/5-ways-to-go-from-a-scarcity-to-abundance-mindset/?sh=4e1739b71197.
- Hallier, Megan. *Abundance versus Scarcity Mindsets*. 19 May 2019. *Meganhallier*, <https://meganhallier.com/?s=abundance>. Accessed 15 Nov. 2023.

Funding Acknowledgement

This project was supported by Grant No. 2101MISDVC Family Violence Prevention and Services Program awarded by the Administration for Children and Families Family and Youth Services Bureau of the U.S. Department of Health and Human Services. The opinions, findings, conclusions, and recommendations expressed in this product are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Health and Human Services.

