ABUNDANCE MINDSET GUIDE

3 Keys to Nurture an Abundant Spirit

A GIFT FROM

SANDY JOHNSTON

EMPOWERMENT COACH

PATH TO FREEDOM PROGRAM



Welcome

A NOTE FROM SANDY



Hello beautiful soul,

Thank you for joining me on this journey. True abundance isn't about what you currently do or do not have; it's about feeling enough while leaning into who you want to become. It's the deep, unshakable knowing that you are enough, you are safe in yourself, and you are capable of creating a life rooted in choice, not circumstance.

This guide isn't about hustling harder or where you are currently at. It's a gentle, proven pathway to steady your nervous system first. Because we cannot build a new external reality from an internal state of panic. We build our foundation from within.

These 3 Keys form the foundation of my PATH TO FREEDOM Program. They are designed to help you shift from scarcity to safety, from reaction to response, and from overwhelm to empowered creation. Where you feel open to explore opportunities and best of all - you get to explore your full potential.

Walk gently with them.

With warmth,

Sandy

What happens in life

FOCUSING ON THE GAP

Which is the difference between where you are now and where you want to be

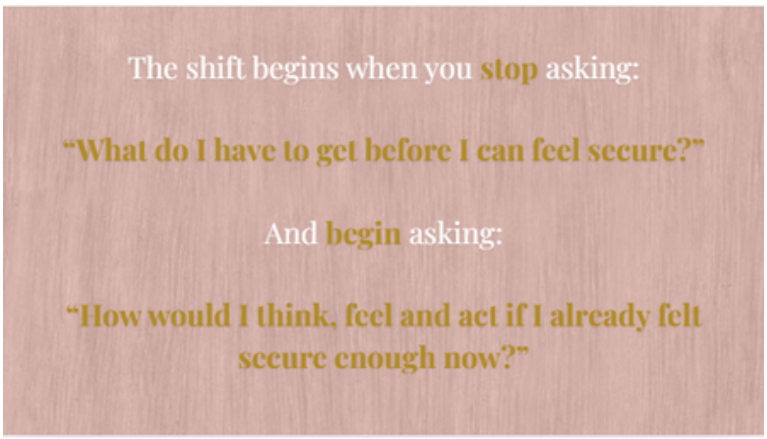


The gap can create:

- Pressure
- Doubt
- Urgency
- Disappointment
- Overthinking
- "Someday" thinking

You may begin to think:

- "I will feel secure when I have more."
- "I will relax when the money arrives."
- "I will feel confident when I can prove I am successful."
- "I will start living fully when my circumstances change."



K E Y 1

Know



- **What am I focusing on?**
- **What story am I telling about my current circumstances?**
- **Am I focused on enough—or on the gap?**

Are you focused on:

- What is available?
- What you can do next?
- What you are learning?
- What support you have?
- What is already working?

Or are you primarily focused on:

- Your current bank balance
- What you do not yet have
- How far away the desired amount feels
- What happened in the past
- Whether the evidence has changed yet
- Whether the result has arrived quickly enough

Now make two brief lists:

1. **What creates steadiness and enoughness?**

2. **What keeps me focused on the gap?**

KEY 2

Ease: Felt Safety



- **How would I feel if I trusted that I was supported?**
- **What helps me access enoughness now?**

Ask yourself:

- "If I knew I was supported, how would I breathe?"
- "How would I hold my body?"
- "How would I speak to myself?"
- "What decisions would I make differently?"

Now complete:

1. **"If I felt secure enough now, I would..."**

2. **"One way I can practise that feeling today is..."**

- Allow approximately two minutes for writing.
- This is not about pretending to be wealthy.
- It is about practising the internal qualities of security now: steadiness, self-respect, responsibility and trust.

KEY 3

Yield = Action



- **Release the need to wait for external proof.**
- **Choose from enoughness.**
- **Act as the version of you who feels supported.**

Many people say:

"When I have more money, I will feel secure."

The practice is:

"How can I begin accessing security now, even while I am still building?"

This does not mean spending money you do not have.
It does not mean taking irresponsible risks.
It means allowing your internal state to influence your behaviour rather than allowing fear to lead it.

Complete these three sentences:

- "I would stop..."
- "I would start..."
- "I would embody..."

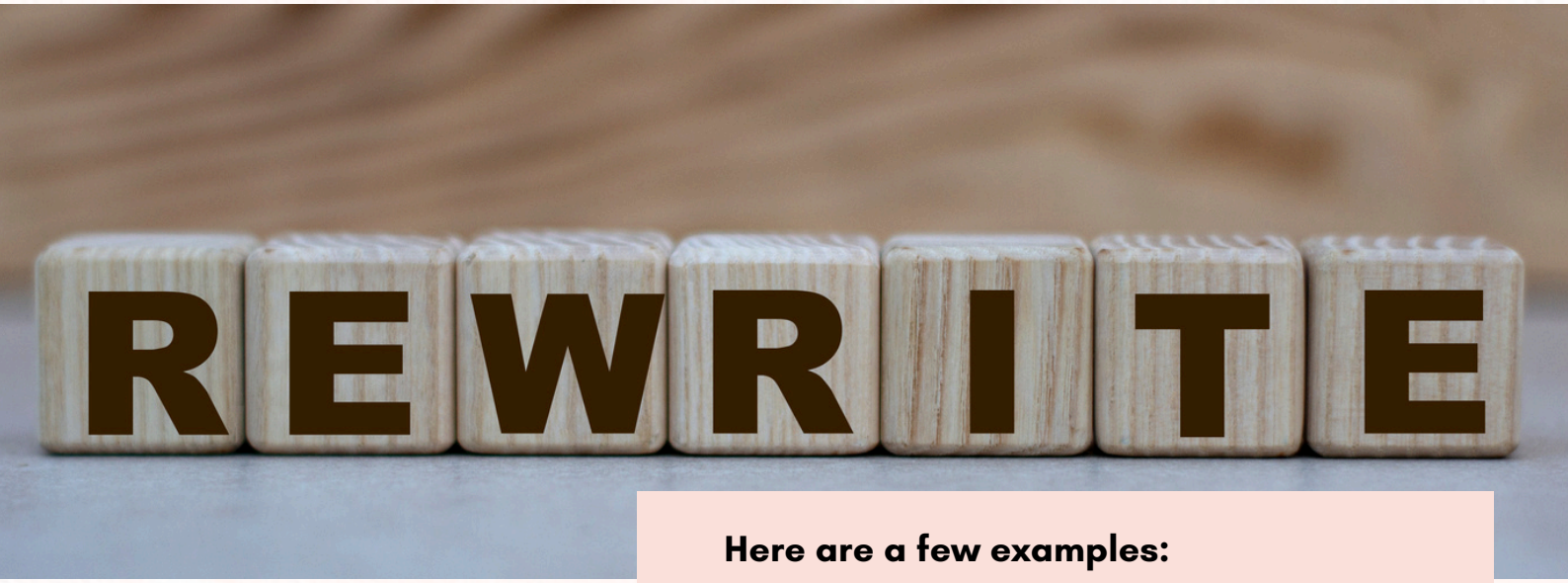
Notice that most of these actions do not require you to already be wealthy. They may simply communicate:

- "I am supported enough to make a conscious choice."
- "I am not required to live in constant emergency."
- "I can build from where I am."

Rewriting the story

FROM SCARCITY BELIEFS TO

Supportive Beliefs



Now choose one scarcity belief you would like to rewrite.

Use this format:

- My current story is: "..."
- A more supportive perspective is: "..."
- The action this perspective allows me to take is: "..."

Choose one belief that feels relevant to you.

Here are a few examples:

"I will feel safe when I have more money" becomes:
"I can practise safety while I responsibly build more."

"My current bank balance proves what is possible for me" becomes:
"My current balance describes where I am now, not the full range of what I can create."

"I am behind" becomes:
"I can begin from where I am without using comparison as my measure."

From

ENOUGHNESS

TO ACTION



Complete:

- "If I were acting from enoughness, my next step would be..."
- "I will do it by..."
- "It will take approximately..."
- "I will know I have completed it when..."

You might say:

"I can build from where I am."
"I do not need immediate proof to continue becoming."
"My current circumstances are not my identity."
"I can take one responsible step from enoughness."

Ask yourself:
"What would the financially secure version of me do next?"

Enoughness is not simply a feeling we simply create and then wait.

It becomes powerful when it influences what we do.

Your Next Step:

Feel Free
To Continue Your Journey of Enough



If this workshop resonated with you, you may be ready to take the next step toward creating lasting change in the areas of your life that matter most.

Many people understand what they want to change, yet still feel held back by limiting beliefs, self-doubt, uncertainty, or patterns they haven't been able to shift on their own. The Path to Freedom coaching program is designed to help you create meaningful breakthroughs in these areas—with personalised support, practical tools, and space to move forward with greater confidence, clarity, and certainty.

Rather than waiting for external evidence before you trust yourself, this work helps you cultivate and strengthen your inner landscape: the beliefs, feelings, self-worth, and sense of safety that shape how you experience and respond to life.

As you nurture, fortify, and expand that inner landscape, you can begin making choices that are more aligned with what you know matters most to you—and allow your external life to reflect that change over time.

Ready to do a

NEW YOU REVIEW



The Path to Freedom Program may be right for you if you are ready to:

- Break through limiting beliefs and recurring patterns
- Build greater confidence and self-trust
- Move forward with more clarity and certainty
- Stop relying solely on external evidence to feel secure or capable
- Align your decisions and actions with what matters most to you
- Create sustainable change with personalised guidance and support

If you are curious about coaching and want to explore whether the program is the right fit, book a complimentary New You Review with me. We'll look at where you are now, what you want to change, and whether the Path to Freedom can support your next step.

BOOK

NEW YOU REVIEW

SCAN ME

Thank you for investing time
in the single most important thing to
create the life of your dreams.

Remember: If it's to be, it's up to me.

You are the difference you are seeking.