

THE WEALTH CODE

60-DAY SCARCITY TO ABUNDANCE TRACKER

A systematic protocol to replace scarcity patterns with abundance thinking — permanently

What This Tracker Does

Scarcity and abundance programming were installed in childhood through observation and repetition. This 60-day protocol systematically replaces scarcity patterns with abundance patterns by working across three phases — Pattern Interruption (Days 1–20), Active Reprogramming (Days 21–40), and Integration (Days 41–60). Each phase builds on the last. Do not skip ahead.

ESTABLISH YOUR BASELINE — Complete the diagnostic before starting Day 1

Abundance Score (from diagnostic): _____ / 75

Scarcity Score (from diagnostic): _____ / 75

Primary scarcity pattern identified: _____

Target abundance score by Day 60: _____ / 75

PHASE 1 — PATTERN INTERRUPTION | Days 1–20

Goal: Notice every scarcity thought without trying to change anything yet. Morning: read the commitment statement aloud. Throughout the day: catch and record scarcity thoughts. Evening: write one abundance alternative for your most frequent thought.

Morning Statement (read aloud daily): "Today I will notice every scarcity thought. I will catch it, name it, and question it. Scarcity is old programming. It is not truth."

DAY	■ Morning Statement	Scarcity thoughts caught (number)	Most frequent scarcity thought today	Abundance alternative I wrote
1	■	_____	_____	_____
2	■	_____	_____	_____
3	■	_____	_____	_____
4	■	_____	_____	_____
5	■	_____	_____	_____
6	■	_____	_____	_____
7	■	_____	_____	_____
8	■	_____	_____	_____
9	■	_____	_____	_____
10	■	_____	_____	_____

11	■	_____	_____	_____
12	■	_____	_____	_____
13	■	_____	_____	_____
14	■	_____	_____	_____
15	■	_____	_____	_____
16	■	_____	_____	_____
17	■	_____	_____	_____
18	■	_____	_____	_____
19	■	_____	_____	_____
20	■	_____	_____	_____

DAY 20 CHECK-IN

Total scarcity thoughts caught across 20 days: _____ Most frequent pattern: _____

My top 3 recurring scarcity thoughts (these become your Phase 2 targets):

1. _____

2. _____

3. _____

Ready for Phase 2: ■ Yes — I have identified my patterns clearly ■ Not yet — I will repeat Days 18–20

PHASE 2 — ACTIVE REPROGRAMMING | Days 21–40

Goal: Replace scarcity patterns with abundance patterns through deliberate daily practice. Three exercises every day. Exercise 1: Read each of your top 3 scarcity thoughts, say the abundance replacement aloud 3 times. Exercise 2: Write 3 pieces of evidence that abundance exists. Exercise 3: Make one production decision instead of a consumption decision.

DAY	Ex 1 ■ Done	Ex 2 — One piece of abundance evidence today	Ex 3 — Production decision I made	Scarcity thought I caught and replaced
21	■	_____	_____	_____
22	■	_____	_____	_____
23	■	_____	_____	_____
24	■	_____	_____	_____
25	■	_____	_____	_____
26	■	_____	_____	_____
27	■	_____	_____	_____
28	■	_____	_____	_____
29	■	_____	_____	_____
30	■	_____	_____	_____
31	■	_____	_____	_____
32	■	_____	_____	_____
33	■	_____	_____	_____
34	■	_____	_____	_____
35	■	_____	_____	_____
36	■	_____	_____	_____
37	■	_____	_____	_____
38	■	_____	_____	_____
39	■	_____	_____	_____
40	■	_____	_____	_____

DAY 40 CHECK-IN

Scarcity thoughts now feel: ■ Weaker and easier to catch ■ About the same ■ I need to repeat Phase 2

Abundance alternatives now feel: ■ More natural ■ Still forced Opportunities I am noticing that I missed before: _____

My updated abundance score (re-take the diagnostic): _____ / 75 Change from baseline: + _____

Ready for Phase 3: ■ Yes ■ Not yet — I will repeat Days 35–40

PHASE 3 — INTEGRATION | Days 41–60

Goal: Make abundance thinking automatic. Three exercises daily. Exercise 1: The Opportunity Scan — actively look for one income opportunity and evaluate it. Exercise 2: The Calculated Risk — take one small strategic risk. Exercise 3: Abundance Evidence — write 3 pieces of daily evidence that abundance is real and available.

DAY	Ex 1 — Opportunity I spotted and evaluated	Ex 2 — Calculated risk I took today	Ex 3 — Abundance evidence (3 today)	Scarcity thought frequency (1=rare 10=constant)
41				
42				
43				
44				
45				
46				
47				
48				
49				
50				
51				
52				
53				
54				
55				
56				
57				
58				
59				
60				

DAY 60 — FINAL CHECK-IN

Final abundance score (re-take the diagnostic): _____ / 75 Total improvement from baseline: + _____

Final scarcity score: _____ / 75 Reduction from baseline: - _____

Abundance thinking now feels: ■ Natural and automatic ■ Mostly natural ■ Still requires effort

Opportunities I spotted in the past 20 days that I would have missed before:

Income or financial changes I have noticed in the past 60 days:

I have completed the 60-day protocol: ■ Yes — moving to maintenance phase ■ Repeating Days 50–60

MAINTENANCE (Days 61+): Weekly abundance evidence journal (3 examples) · Monthly opportunity scan · Ongoing production decisions · Catch any scarcity relapse immediately. Most people see measurable income increase within 90 days of completing this protocol — not because opportunities suddenly appeared, but because they can finally see the ones that were always there.

WHAT'S NEXT

You've reprogrammed the filter. Now build the complete system.

The scarcity-to-abundance flip is one layer of your financial operating system.

The Wealth Code Course Ladder

FREE	Wealth Archetype Guide Discover your natural wealth-building path and the system built for it. richabbottmedia.systeme.io/wealth-code
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\$97	Wealth Code Playbook Advanced protocols. Identity transformation, decision systems, leverage frameworks. richabbottmedia.systeme.io/wealth-code-playbook
\$197	Wealth Code Masterclass The full system live. Deep implementation with direct feedback. richabbottmedia.systeme.io/wealth-code-masterclass
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