

SCARCITY INVENTORY

Step 1 Look through this list and identify with a check mark the areas where you believe that you do not have enough.

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|----------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Appreciation | <input type="checkbox"/> Fame | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Attention | <input type="checkbox"/> Freedom | <input type="checkbox"/> Resources |
| <input type="checkbox"/> Clarity | <input type="checkbox"/> Friends | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Fun | <input type="checkbox"/> Rest |
| <input type="checkbox"/> Control | <input type="checkbox"/> Knowing | <input type="checkbox"/> Security |
| <input type="checkbox"/> Community | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Sex |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Love | <input type="checkbox"/> Sleep |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Money | <input type="checkbox"/> Space |
| <input type="checkbox"/> Energy | <input type="checkbox"/> Motivation | <input type="checkbox"/> Success |
| <input type="checkbox"/> Ease | <input type="checkbox"/> Passion | <input type="checkbox"/> Support |
| <input type="checkbox"/> Enlightenment | <input type="checkbox"/> Peace | <input type="checkbox"/> Touch |
| <input type="checkbox"/> Experience | <input type="checkbox"/> Possessions | <input type="checkbox"/> Time |
| <input type="checkbox"/> Family | <input type="checkbox"/> Privacy | <input type="checkbox"/> Time off |

Step 2 Pick one of the checked areas above and fill in the statement below.

*I don't have enough _____ **right now.***

Step 3 **Bring your full attention (mind, heart and body) to the present moment.** If you drift to the past or future, simply come back to now. It takes practice to really stay in the present moment.

From this place, experience how the statement below (which equals having enough) is more true than the statement above (which equals lack). In order to truly experience enough, you must exercise extreme discipline to look for the evidence in only this now moment.

*I do have enough _____ **right now.***