

Proof of abundance in the world

The abundance mindset consists of the three crucial elements:

- (1) Seeing all the possibilities the world has to offer in order to create, connect, grow and enjoy,
- (2) knowing that you deserve love and prosperity, and
- (3) realizing that if you'd experience only plentitude in life, it would be boring as hell and you wouldn't appreciate anything you have at all.

The opposite of the abundance mindset is a scarcity mentality. The scarcity mentality doesn't only lead to an impoverishment of life, it also makes you take malicious actions towards yourself and others. The problem is that it's much easier to become blind to the opportunities and what the world has to offer than to become aware of your toxic feelings that block your assertiveness and cause symbolical self-castration.

Therefore, you have to always keep in mind how much the World has to offer. You and your mindset are the only ones stopping you from enjoying high quality of life (in the most cases). So here is the actual proof of abundance in the world:

- There are around **7,000,000,000 people in the world**, all your potential lovers, spouses, friends, social groups to join etc.
- There is more than **4,000,000,000,000 USD in circulation** (M0). Let's not even mention all the virtual money and other material assets (land, gold etc.).
- There are around **1,000,000,000 webpages** and more than **130,000,000 books** you can learn from – and more than a million books and new webpages published every day.
- Only in the UK, they **throw away 7 million tons of food** and every year. It's the first data I found online, I'm not singling out the UK for any specific reason.
- There are more than **800 different types of groups of occupations**.
- There are more than **190 million registered companies** you can work for in the world, 45,000 of them listed on the stock exchange.

- There are more than **1 million charities you can donate to**.
- There are more than 190 countries you can travel to and around **2,000,000 major cities worldwide**.
- There are more than **6,000 languages you can learn**.
- Let's not forget more **than 250 programming languages**.
- There are more than **200 different types of hobbies**.
- There are more than **400 different sports**.
- There are more than **70 religions and belief systems**.
- There are more than **30 different types of art**.
- There are more than **250,000 new products launched** each year.
- You can buy the cheapest smartphone for around 30\$.

7,000,000,000 people and you would suffer in isolation; 4,000,000,000,000 USD and you don't have any idea of how to contribute to the markets to make money; 130,000,000 books and you can't find a book to be curious about; 190,000,000 companies and you don't know how to find a job; 2,000,000 cities and you don't like the place where you live; 1,200 different hobbies and sports, and you are bored. It can only happen if you are captured in an emotional cage.

There is enough – for everyone. Also for you (if you don't suffer from greed). **And you deserve it.** This doesn't mean that poverty is not a real world problem. But don't let your scarcity mindset shift focus now. There is enough. For you as well. Period.

More information about the techniques and how to upgrade your mindset:

- <https://agileleanlife.com/abundance-mindset/>