

The Scarcity Mindset of King Midas

Most of us are familiar with the moral-laden story of "King Midas and the Golden Touch". Listeners across all age groups can appreciate this cautionary tale against greed and reflect on the life journey of King Midas. The memorable protagonist of this archaic tale longed for nothing more but having spreads of purest and evidently solid gold before his covetous eyes. As a king who was also gifted with a beloved and benevolent daughter, one would think that he would rejoice in the pleasantries and luxuries of life. But, no, the regal and pampered lifestyle of a king was not enough. He craved more and more gold. After he discovered that his golden touch of alchemy would not amount to the simple blessings he took for granted such as the comfort of frugal but nutritious food and the pleasing warmth of his daughter, it was too late.

To some, this tale served as a valuable lesson about the evil of insatiable human greed which siphons the soul of a person like a black hole. On the other side of the coin, the lesson learned from King Midas is the importance of gratitude and that self-satisfaction emerges first, from the mind and the soul of a person. King Midas has always been physically blessed with abundance, richness, and regality from a commoner's perspective but to himself, his desire for more gold reflected a state of scarcity deep within his being. Such as that in life, we can choose to view the world as abundant or scarce in terms of relationships, opportunities, wealth, and love.

Abundance versus Scarcity Mindset

Both abundance and scarcity are mental products that become apparent in how we view and live life. On one end of the spectrum, scarcity thinkers perceive life as a finite, limited pie. That whole pie reflects the necessary social and physical reserves available for individuals on earth. If a neighbor, for example, indulges themselves in a big slice of pie, that would leave smaller portions for everyone else around the table. In comparison, abundant thinkers possess the mindset which enables them to focus on what they have in life instead of the resources they do not own.

The impacts of manifesting these inner mentalities externally on our daily functionalities of life are starkly contrasting. The gap between demonstrating an abundance or scarcity mindset is immense not only in tangible results but also in the sense of inner fulfillment in life. Scarcity thinking emphasizes limitation and may exhibit itself in terms of intimidation over someone else's success, lack of faith to initiate a major change in relationship or career, and fear to take on potentially profiting business endeavors.

Likewise, abundant thinking offers a 180 degrees shift in perspective and draws life focus on its bountiful possibilities to maximize one's highest possibility and productivity. Now that you are acquainted with the two different inner states of mind that hold the key to success in your life, you should ask yourself this question; Are you an abundant or scarce thinker? If your phrases of self-expression commonly begin with "I don't have..", "I can't", " I won't", or "It's impossible", you may benefit from the following tips to enhance your inner state with the possibilities of abundant thinking.

How to Challenge Yourself into Adopting an Abundant Mindset

The first thing to acknowledge about the empowering thinking powerhouse of an abundant mindset is that abundant thinkers do not have everything. However, the path of life filled with abundance enforces the virtue that we have the option to live our lives to the fullest and life offers waves of opportunities at every turn. Adopting an abundant mindset in the midst of life challenges may be difficult but the following guide will give you a headstart.

1. The Grace of Gratitude

To embrace that you have plenty, one must acknowledge the small little blessings in life that amass collectively to form a force of progressive support in our lives. Abundant thinkers uphold high regard towards gratitude and express appreciation for every single thing that would otherwise appear mundane to those who take them for granted. Some people require an active shift towards living with a practice of gratitude and assuage themselves to do this by starting their day with a gratitude list.

Instead of being jealous of someone else's successes and life goals, they emphasize their own happiness and accomplishment, irrespective of big or small. To start contemplating like an abundant thinker, one should also focus on the positive in life in any situation. On the other hand, failure to recognize the good aspects of life could easily lead to a scarcity mindset that results in a person feeling constantly inadequate.

2. The Collective Power of Abundant Thinkers

Collective abundance takes the mentality of abundant thinking to a new paradigm. You can enrich your life journey with similar-minded people who strive to live the path of abundant thinking. Sharing various aspects of life and mutually learning from each other to seek the positives in life can be the determining factor between succeeding in your venture to become a better person in life.

Not only would you have a group of supportive friends that can push your progress, but you would also have people to hold you accountable in those tempting moments of weakness. In general, it would be difficult to foster an abundance mindset if you consistently spend your time and energy with people who think opposingly.

3. The Power of A Clear Vision

Possessing an abundant mindset surely improves the quality of your life based on the sheer fulfillment it offers by just being grateful for the things in life. Having a clear goal in mind, on top of an abundant mentality, however, will further align your focus and behavior to guide you to achieve your goals in life. Abundant thinkers that outline clear goals can measure their life achievements and manage the steps to their life improvements.

By setting up attainable goals which are also challenging, you will open up new avenues of self-improvement. By equipping an abundance mindset in your thinking, you will also allow yourself the perspective of looking at options and opportunities that make the goals you set as attainable.

Choose the Path of Life You Live

It is not surprising that those with an abundance mindset often set themselves apart as visionaries and risk-takers in life. Every day in our life, as soon as we wake up to a brand new day, we are set with an option to decide where our life will take us today. To think with an abundance mindset of a scarcity one, the choice is up to you.

