



ABUNDANCE BELONGS TO US ALL

A WORKBOOK
CREATED BY ZHOU FANG

A BEGINNER'S GUIDE
TO ABUNDANCE



WELCOME TO THE WORLD OF ABUNDANCE

I believe that Abundance Belongs To Us All.

This free workbook provides an opportunity for us to
relearn the 4 key principles of Abundance:

Time, Rest, Dreaming, and Space.

A paid version will be available soon.

More information on www.intersectional.group

Or email zhou@intersectional.group

Let's build the village of abundance, together.

Zhou Fang

INTRO



Abundance Belongs to Us All.
With guidance and practice, we
can move away from the
scarcity mindset and move into
the abundance mindset.

We can live abundantly, joyfully,
and lovingly. This is an entry-
level version of the abundance
mindset practice. It is also an
effective one.






MINDSET SHIFT ONE: TIME IS NOT A COMMODITY

You won't "run out of" or "make up" time. You don't need to "rush" or "hurry". Time is a construct. Time is relational and cyclical.

Let's experience time:

1. Count to 60 seconds and see how "accurate" you are.
 2. Use your curiosity to imagine, "what if we have more than 24 hours a day? or less than? what would I do?"
 3. What if time is a tool for us to create experience and memory?
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MINDSET SHIFT TWO: REST IS NOT LAZY

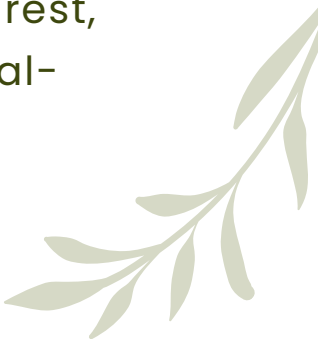
You are not “wasting” time if/when you need to rest. You deserve to rest, recharge, replenish, restore.

Let’s rest:

1. Review the 7 types of rest* and think about what kind(s) of rest works for you?

2. Choose a way to “rest” and notice how you feel after.

*the 7 types of rest are: physical rest, mental rest, emotional rest, social rest, sensory rest, creative rest, spiritual rest. (<https://www.apa.org/topics/mental-health/seven-rest-types>)



MINDSET SHIFT THREE: DREAMING IS NOT FRIVOLOUS

Remember, the world we want to live in begins as a dream.

Let's dream:

1. What is a better future for you? for the next generation?

2. What if we don't have to hustle and grind?

3. What if we can take care of each other?
How would we do that?



MINDSET SHIFT FOUR: SPACE IS EXPANSIVE AND BOUNDLESS

We can set boundaries and grow capacity at the same time.

Let's make room (physical and headspace):

1. Take a deep breath, let air fill and expand your body. Look outside, how far can you see? Have you ever seen the "end" of the ocean?

2. What activities help you expand your headspace? Yoga? Meditation? Walking/hiking? Cooking? Gardening? Making art? Reading?

3. Practice saying "no" and saying "yes" when your inner self suggests you to do so.

THIS ISN'T THE END. IT'S THE BEGINNING. ABUNDANCE BELONGS TO US ALL.

TIME, REST, DREAMING, AND SPACE are 4 key principles of the Abundance Mindset. They are not the only ones.

In the Abundance with Zhou program, we also talk passionately about curiosity, joy, village building, solidarity, generosity, love, compassion, nature, financial stability, and more.

The Abundance Mindset isn't just an idea, or a theory, it's a way of thinking, a way of living, and a way of appreciating the world as an interconnected organism.

We are one. Abundance belongs to us all.



LEARN MORE ABOUT THE PROGRAM:

ABUNDANCE WITH ZHOU

([HTTPS://WWW.INTERSECTIONAL.GROUP/ABUNDANCE-WITH-ZHOU](https://www.intersectional.group/abundance-with-zhou))

EMAIL:

ZHOU@INTERSECTIONAL.GROUP

