**Worksheet:**

**Shifting from Subconscious Lack to**

**Subconscious Abundance**  
(Incorporating the insights of Napoleon Hill and Bob Proctor)

### ****Section 1: Understanding Subconscious Lack vs. Subconscious Abundance****

#### **Subconscious Lack**

* Rooted in fear, doubt, and limitation.
* Reflects a scarcity mindset, where belief in insufficiency dominates your thoughts.
* Napoleon Hill, in Think and Grow Rich, describes this as the result of "negative auto-suggestions" that reinforce doubt and failure.
* Bob Proctor visualizes this as the Stick Person’s conscious mind sending negative or limiting thoughts to the subconscious, leading to actions and results aligned with lack.

#### **Subconscious Abundance**

* Rooted in faith, gratitude, and opportunity.
* Reflects a mindset of growth and belief in limitless possibilities.
* Napoleon Hill calls this "positive auto-suggestion" and emphasizes the power of feeding the subconscious with affirmations of success and abundance.
* Bob Proctor expands on this by teaching how to rewrite the paradigm in the Stick Person model, ensuring the subconscious receives empowering beliefs and translates them into actions that produce abundant results.

### ****Examples of Subconscious Lack vs. Subconscious Abundance****

#### **Subconscious Lack:**

* Thought: "I always have bad things happen to me."
  + Reality: This belief attracts situations that validate it.
  + (Hill’s View): Dwelling on negative outcomes fuels the Law of Attraction in reverse.

#### **Subconscious Abundance:**

* Thought: "Things do not happen to me; they happen FOR me. Every situation has a positive counterpart. I choose to see what some may say as negative as opportunities for growth."
  + Reality: This belief opens the door for learning, growth, and improved outcomes.
  + (Hill’s View): Recognizing the seed of equivalent benefit in every adversity aligns with his principles.

#### **Subconscious Lack:**

* Thought: "I do not have access to the resources I need to be successful."
  + Reality: This thought limits creativity and resourcefulness.
  + (Hill’s View): It reflects a lack of faith and imagination, two critical components of success.

#### **Subconscious Abundance:**

* Thought: "The universe will provide for me all resources. What I need is available in abundance."
  + Reality: This belief activates creativity and resourcefulness, attracting solutions.
  + (Hill’s View): This mindset engages Infinite Intelligence, a key to achieving your Definiteness of Purpose.

**REFLECTIONS**

Write down one belief you currently hold in the **Subconscious Lack** column and reframe it into a **Subconscious Abundance** belief.

* Lack Belief: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Abundance Belief: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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### ****Section 2: Bob Proctor’s Stick Person Model and Napoleon Hill’s Input****

#### **The Stick Person Model (Proctor)**

* **Conscious Mind:** Your thinking mind that accepts or rejects ideas.
* **Subconscious Mind:** Your emotional mind that cannot reject ideas and acts on what it’s given.
* **Body:** The instrument of the mind, reflecting actions based on subconscious programming.

Napoleon Hill’s contributions align with this:

* Hill’s Definiteness of Purpose corresponds to feeding clear, positive thoughts into the conscious mind.
* His focus on Faith and Desire complements Proctor’s idea of emotionalizing thoughts in the subconscious to turn them into reality.

#### **Key Takeaway:**

You must consciously choose empowering, positive beliefs to reprogram the subconscious mind for abundance.

### ****Exercises to Shift Your Mindset****

#### **Exercise 1: Rewriting Limiting Beliefs (Bob Proctor)**

* Write down a limiting belief from your subconscious.
* Challenge its validity using conscious reasoning.
* Replace it with a positive affirmation that aligns with abundance.
* Example: Replace "I am not good enough" with "I am uniquely qualified and capable of success."

#### **Exercise 2: Auto-Suggestion Practice (Napoleon Hill)**

* Every morning, write or recite affirmations for abundance.
* Example: "I am grateful for the limitless opportunities around me. I am attracting wealth, happiness, and success into my life."

#### **Exercise 3: Emotionalizing Your Desires**

* Visualize your goals as though they are already achieved.
* Engage your emotions fully—feel the joy, gratitude, and fulfillment.
* Combine this with Hill’s Definiteness of Purpose and Faith.

### ****Affirmation for Daily Practice****

“I am part of the God energy that moves through the Universe. The thoughts I feed my subconscious create my reality. I choose to focus on abundance, love, and gratitude, knowing there are no limits to what I can manifest.”

### ****Building an Abundance Mindset****

#### Exercise 1: Gratitude Practice

Gratitude shifts your focus from scarcity to abundance.

## Write three things you are grateful for today:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#### Visualization

Close your eyes and visualize your life of abundance. Use vivid details. What do you see, hear, and feel?

Describe your vision: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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#### Daily Affirmations

Choose or create an affirmation to reprogram your subconscious. You can have multiple. Repeat it daily. Examples include:

* “I am a magnet for wealth and success.”
* “Opportunities flow to me effortlessly.”
* “I am worthy of living an abundant life.”

Your Affirmation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Action Plan for Abundance**

Identify one actionable step you can take today to shift from lack to abundance. It does not have to be something giant:

### ****Citations****

1. Hill, Napoleon. Think and Grow Rich. 1937.
2. Proctor, Bob. You Were Born Rich. LifeSuccess Productions.
3. Proctor, Bob. Stick Person Concept. [Source: Proctor Gallagher Institute].