

# THINK PROSPERITY

SHIFT FROM A POVERTY MINDSET TO  
A PROSPERITY MINDSET

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# Chapter 1

## **Think Prosperity - Shift from a Poverty Mindset to a Prosperity Mindset**



**D**o you doubt your ability to live a life filled with happiness and prosperity?

Are you always struggling to make ends meet, and wonder if this is just simply the fate that has been handed to you?

Like many, you may not even realize that you're caught in a cycle of negative thinking that keeps you bound to a state of just barely getting by. Yes, life can be difficult at times. We've all gone through struggles, hardships, and obstacles.

Your perception and mindset deeply influence just how far you get in life.

Now, I know some of you will think that this whole “change your thoughts, change your life” stuff is just some New Age babble that all the wealthy folks say to downplay how hard life can be.

But that's not true. Your thoughts do influence your current state of being.

The thoughts that you think are the words that you will speak. Those thoughts and words become actions. Actions ultimately determine where we end up in life.

When you shift your mindset to one filled with positivity, your perspective changes. It's literally like the universe opens up to you.

Whereas once all you saw were obstacles, with a positive mind, now you see a temporary setback that you get through because you have confidence in yourself built through a change in mindset.

Stop fooling yourself. You're more powerful than you give yourself credit for. No matter where you come from or what you've been through, you have the power to live a healthy, happy prosperous life.

But first, you've got to shift your mindset from being torn down and poverty-stricken to one of wealth and prosperity.

There is a Bible verse, Proverbs 23:7, that says, "*For as He thinks in his heart, so is he.*" When you finally realize that it is your thoughts that make you who you are, you won't spend another moment focused on the negative!

It's all about putting your mind at the level that you desire. Where your mind vibrates, your actions will follow. A positive mindset is already yours. Here are a few suggestions to get you on the path to prosperity and happiness through positive thinking.

## Chapter 2

# Train your Mindset-Think Good Thoughts



I'm going to be very honest with you, your mindset is keeping you in a state of poverty.

Let's first consider the condition that is poverty. There is lack. There is never enough. Struggling to

get by. Having to say no to something or someone because you don't "have it." It's a pretty depressing, and whether you are willing to admit it or not, this affects your mind.

Although we can't control what we are born into and/or turn back the hands of time, we can change what we focus on. Whether you know it or not, something as simple as speaking kindly to yourself in your head or aloud can boost your mood and change your perspective. Think to yourself each day: I am confident. I am happy. I am grateful, and I have a happy life. Then, say it as what you think is what you speak.

Change the negative stream of words in your head to positive, uplifting words. You'll be incredibly surprised at how this simple change will influence your perspective of yourself and change the trajectory of your life in a positive manner.

If it's not so hard to believe that negativity can crush your spirits and keep you in a lowly, depressed state then surely infusing yourself with positivity can greatly add the positivity to your life that allows you to live a prosperous life.

Still not convinced. Well, it's been proven scientifically that positive thoughts and words affect human consciousness via The Emoto Water



Experiment. Scientist, Dr. Emoto, exposed water in glasses to words, pictures, and music. It was found that the glasses of water that were exposed to loving, positive words, pictures, and music blossomed! Unfortunately, the glasses of water that were exposed to negative, hateful words, and images, and violent/depressing music resulted in water molecules breaking down and/or becoming deformed!

Now just consider that if words can have this type of impact on water molecules, just think what positive and negative thought forms are doing to YOU!

Emoto's scientific water consciousness experiment is proof of just how much our consciousness is affected by the type of energy that you expose yourself to. So, if you want to be prosperous, you've got to change the type of information that you allow into your headspace.

Carefully consider the content of your self-talk. Be very mindful of what you allow others to say to you as well. Consider the type of music that you listen to and the meanings behind the words in the music. Music is more than just a funky beat. It impacts your subconscious mind and whatever is happening subconsciously ultimately affects you consciously.

Give yourself the prosperous life you desire by changing your thoughts to change your life. It's possible. It has been done, and you are more than capable of doing it.

**TRAINING HACK: Be sure to always ask yourself the following:**

What are you reading? Why are you reading it? How often are you reading good news or listening to positive energy?

## Chapter 3

# Track your Money



**H**ave you ever heard of the saying that money is energy? Well, it is, and how you manage your money says a lot about how you value yourself.

To live a prosperous life, managing your money in a reasonable manner is a necessity. Money makes the world go round, and if you don't know how to

manage your money, it's going to be very difficult for you to manage your life.

Contrary to popular belief, even the wealthiest have budgets. In fact, they insist on them. Why? Because people who have acquired wealth understand the value of the money that they've earned. They understand that to make money work for them successfully, they have to know how much is going in, how much is going out, and how they can use their resources to create even more wealth for themselves.

Wealthy people also pay themselves first. But here's the thing. You don't have to be wealthy in order to adopt these financial practices. You can get started today. If you don't have money today, do it when the money comes in. Pay yourself first...ALWAYS. Even if you have to look at paying yourself as a job well done for earning income for yourself...just make sure that you put something away for yourself in a savings account on a regular basis. It's an investment in yourself, and you'll feel good about the security that you are building for yourself over time.

Also, debt is a burden that you can afford to do without as much as necessary. If you're someone who comes from a place where there wasn't a lot of money, you are aware of the glaring irony that the

poor always pay more because the less money you have the more you are perceived as a financial risk...unfortunately. Do your best to lower your debt-to-income ratio. Even if you're sitting on a mound of debt, there's hope for you. Pay the least expensive bill first and get the debt paydown rolling. The confidence that you build from taking charge of your financial life will increase the energy of prosperity in your life. Before you know it, you'll be well on your way to achieving a debt-free, financially secure life.

**ASK YOURSELF- How do you track your money? What software or app do you use? How often are you tracking your purchases?**

## Chapter 4

# Transition your Movements



**W**hether you want to admit it or not, your actions are a direct reflection of the amount of prosperity in your life...or lack thereof. Everyday habits create the life that you live. So, if you change your habits, you will in fact change your life.

Consider for a moment what you do daily, and how it impacts your everyday way of living. If you are discontent with where you are, consider whether your actions align with who and what you want to be. Are you acting in a manner that will get you where you want to be?

Here are some real-life examples. Something as simple as having a regulated schedule on the daily basis provides structure for your life. The most prosperous people don't sleep in. They're up at the crack of dawn ready to embrace the day...exercising, meditating, and eating a healthy breakfast. Eventually, these prosperous people will get to a point where they may not have to join the rat race, but even still they make it a habit to create structure in their lives.

Let's say you want better health. Well, you have to adopt eating habits that promote a healthy lifestyle. Just like if you want to live a more prosperous life, you have to take steps to create a consistent monetary flow in your life. Apply for that new higher paying job. Start that business. Get the additional training and education. Work some additional hours. In the end, your habits determine where you are now, and where you're headed.

Consider embracing self-affirming actions and lifestyle habits that align you with the energy of prosperity.

**TAKE ACTION:** What are your patterns towards your financial portfolio? Do you have a financial portfolio? List a few of your assets right now.



## Chapter 5

# Trust your Mentors



**E**ven if you come from absolutely nothing, and you've never experienced your idea of success and prosperity, don't let that stop you from creating prosperity for yourself and for your future generations to come. There are plenty of people who have been where you are, and they are living examples of the power of positivity for a prosperous life.

From Napoleon Hill and his famous book *Think and Grow Rich* to Robert T. Kiyosaki's *Rich Dad Poor Dad*, there are people who have been just where you are...with absolutely nothing or very little to their names-who figured out how to align themselves with the flow of prosperity. You can do it too!

Some of the most successful people are self- made. They've gone through struggles. They've made the mistakes. They've gone from rags to riches and sometimes back to rags only to pick themselves up and achieve even greater heights. There's a ton of information available to you for free on how to be prosperous and successful. From books to seminars to real-life people offering financial help and advice. As the saying goes, "when the student is ready, the teacher appears."

So, put yourself on the playing field of prosperity! Hit the internet and the library. Gather all the information you can. Speak to people who are where you want to be. Don't shortchange yourself nor underestimate the kindness of those who have forged their own paths to success. There are always people out there who are willing to share their path to success if you are open to receiving kindness and guidance.

**CHECK-IN: Who are your mentors? What books or resources are you reading from your mentors? How often do you learn from them?**

# Chapter 6

## Transformational Mindset



There's nothing more affirming than actually seeing your life change due to a shift in your perspective. Although you may have initially had doubts that your life could change, you've decided to give it a try because you had nothing to lose. You said I'll speak kindly to and of myself. I'll say these affirmations each morning and see where it gets me

in 21 days. I'll even change the type of music I listen to because it can't hurt. I'll even adopt some different habits like sticking to a daily schedule or exercising each morning and see how it changes the way I feel about myself.

Guess what? All of this works! Once you realize that investing in yourself produces remarkable results, you'll never want to stop!

Your thoughts influence your actions much more than you would like to believe. Taking the time to invest in high vibrating, self-affirming, positive influences have the potential to change your life for the better. There's no way that you can invest in yourself positively and not receive a positive return. It simply isn't possible. So, why not give it a shot. If you already think you're down and out, you don't really have much to lose and so much to gain.

They say it takes 21 days to change a habit. So, challenge yourself to 21 days of positive thoughts, reflections, and exposure. You could spend 21 days talking to yourself poorly, indulging in poor habits that continue to get you nowhere, blowing your money down the drain, and spending your time and energy associated with people who will keep you down.

OR you can shift your mindset and spend 21 days filling yourself with positivity. The latter sounds a whole lot better than continuing to stunt yourself with the familiarity of negativity.

**TAKE ACTION: Do you want a transformational mindset toward your personal finance? Are you willing to be ready for a new transformation? Describe your new thoughts about your wealth.**

Get ready for some seriously positive transformations. The positive energy you pour into yourself is guaranteed to give you a positive return. Believe in yourself. A life of prosperity is available to you with a change of your mindset.

# ABOUT THE AUTHOR



**Esther Johnson, Owner**  
**Young Excellent Scholar Academy, LLC**

Esther Johnson is a wife, mother, teacher, minister, investor, and business owner. As the founder of Young Excellent Scholar Academy, a virtual platform (in-person upon request) that provides financial education to underserved communities, she is passionate about educating, engaging, and impacting children in underserved communities to learn financial literacy and gain access to building wealth. She works in collaboration with Wells Fargo, Miami-Dade County Government, Children's Trust, Atlantic Pacific Communities, and 93rd St. Community Development to enrich and empower more underserved families. A former business teacher who impacted students at Miami-Dade

Public School, an executive director for non-profits, and a volunteer at her local church, Esther is also a former assistant housing director and a Realtor. She became a real estate investor at age 25 and remains active in purchasing real estate; this area comprises 90% of her financial portfolio, with the remaining 10% in the stock market.

At an early age, Esther was surrounded by negativity and poverty. Her family struggled financially and mentally, and she witnessed numerous deaths and destructive behaviors throughout her community. Destruction aimed toward her, but she gave her heart and mind to the Creator to build a relationship with Him. She transformed her mind with positive information and surrounded herself with positive people to encourage and elevate her thoughts. She took control of her finances to expand her knowledge and increase her portfolio.

As a result, Esther has built generational wealth for her children and their children. Now, she is sharing her stories with children and women in shelters, schools, and group homes to give them hope for prosperity and financial success.



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