

# WRITING SAMPLE - NERISSA MARTIN

Title: How to Change a Poverty Mindset: Using Like Attracts Like to Your Advantage

You may have heard that we all have within us a superpower (I'm going to say we all have more than one), and for many of us, that power remains untapped. We don't have to go to a special school to learn how to use them, and there's no Professor (X, if you're an X-Men fan) to mentor us.

We're using our powers all the time.

Maybe we can't set fire to a car with our eyes, but just like the heroes we see in the movies, how we use these powers can change the world.

I'm serious.

Literally—we can change the world with our powers.

We've all seen and felt the effect of this. One person does a small, kind thing for someone else, and sometimes that one small act can turn into hundreds, maybe thousands of other small, kind acts.

The thing that determines each person's capacity for kindness is their mindset.

A person with a poverty mindset isn't able to recognize kindness when it happens and stops the flow of love from coming into their life. They might feel suspicious of a nice gesture, or like they don't deserve it. Someone who has a wealth mindset welcomes kindness and happily passes it on.

In this article, we'll focus on the poverty mindset: what it is, how it affects your life, and how you can use your superpowers to change it.

What Is A Poverty Mindset?

"Keep quiet. Don't make waves. Be a cog in the system... The thinking comes from place of desperation. And that's the thinking that's handed down, generation to generation. The weird part is: it's completely invisible to us. We hear this advice and we think it's right. We think it's completely normal." (Douglas Kruger)

Many of us have heard the saying: 'like attracts like'. This is the basic idea behind the law of attraction, or LOA for short.

There are many common terms that describe the law of attraction and how we use it in our day-to-day lives. A 'mindset' is one of those terms—it's another way to say 'like attracts like'.

A 'poverty mindset' is a way of viewing the world and a way of seeing your self.

Here are some traits:

**A poverty mindset is based on low self-worth.** Sometimes this is disguised in thinking not having enough somehow makes a person 'worthy'. It's believing the good life is for someone else.

**A poverty mindset is thinking life is tough.** Another term for this is 'victim mentality'. Thinking and feeling like things aren't fair, and that life is a constant struggle.

**A poverty mindset is believing the world is scary.** It's where we experience shame, embarrassment, being a target, failure, disappointment, or making mistakes. Which leads to...

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**A poverty mindset is finding safety in staying inside a bubble.** That scary world is exactly why the poverty mindset likes to create and stay inside a self-made shield, but...

**A poverty mindset is also feeling trapped!** That bubble created by a poverty mindset may seem like safety, but what usually ends up happening is it traps the person inside.

### How A Poverty Mindset Affects Your Life

Have you ever heard the idea that there aren't enough jobs, money, food, or love to go around? Have you ever met someone who is jealous of others and constantly comparing themselves to other people?

Lack, competition, constraint, fear and struggle. Do the same things as everyone else around you, keep the same habits, go the same places, watch the same shows, and you're attracting the same things to yourself over and over again. This is how we control our worlds to make them seem more manageable and less scary.

\*\*\* END OF SAMPLE \*\*\*