

Anthony Isong
Sister Augusta
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UNDERSTANDING SCARCITY MENTALITY

Scarcity mentality refers to the belief that there is a limited amount of resources, opportunities, or success available, which often leads individuals to fear that they will not have enough to thrive. People with a scarcity mindset view the world as a zero-sum game, where one person's gain is seen as another's loss. This mindset fuels anxiety and competition, pushing individuals to focus on short-term survival rather than long-term growth. Those who adopt this mindset may hoard resources, avoid risk-taking, and become overly focused on preserving what little they have, all of which can limit their personal development and hinder their ability to collaborate or innovate.

The consequences of scarcity mentality extend beyond the individual and can affect society at large. When groups of people or entire communities operate under a scarcity mindset, it fosters division and inequality, as individuals or organizations act out of self-interest and resist sharing resources or opportunities. This mindset can exacerbate problems during times of crisis, such as economic downturns or environmental disasters, as people may act out of fear rather than cooperation. Overcoming scarcity mentality requires a shift toward an abundance mindset, where individuals recognize that resources, while finite, can be managed sustainably and that collaboration and generosity can lead to greater collective success.

