



Abundance and Prosperity: 12 Ideas

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You might be wondering why I am writing about this topic. “Penny”, you say, “we are going through such horrible times, filled with illness, loss, the economy in the toilet, and bad news everyday”. Well, that is exactly why I am writing about abundance and prosperity. Whatever you might be hearing daily, and whatever you might be thinking day after day, possibilities exist. Before those negative thoughts of loss, lack, and fear become deeply entrenched neural pathways in your brain so you no longer think about anything else, I want to give you an alternative.

1. Are you a possibility thinker or a fear-based thinker? If you think limitation and scarcity that is what you end up with. Poor people think there is not enough to go around. They come from a fear-based mindset. They go for security and safety before self-expression and possibility. With a little creativity and an open mind, you can have both. Create an empowering reality. Your brain is a marvelous organ. When you think a thought, it tends to create a whole lot more thoughts along the same narrative. When you think lack and loss your brain simply does not have you thinking thoughts that could take you out of loss and lack. You just think more loss and lack. Which is fine if you want to feel loss and lack. But if you don't, if you want the opposite, then you need to decide to think different thoughts and feel different feelings.
2. See the world as an abundant place. See a world that wants you to be abundant and successful and prosper, not one that is conspiring against you.
3. Be grateful. If you are reading this article, then you still do have a lot in your life. Be thankful for that. You probably have a roof over your head. You have clothes to wear. You did eat today.
4. Ask, “What can I contribute today”? Acknowledge you have skills, assets, and other gifts to give others. This can be as simple as a smile or good wishes. Quite honestly what you put out does come back to you. Add value to others.
5. Remember that your abundance and prosperity benefits others (or it should). No one lacks because you are prosperous. There is not a fixed amount to go around. We can all create more and more prosperity, we don't have to divide up what we have. We create abundance and prosperity and everyone can do it without depriving anyone else.

6. You cannot move forward if you are clinging onto the old. Let go of what you need to let go of. Be in an attitude of allowing the new to come.
7. Pay attention to your dreams. Visualise how you want things to be. Right now, so many of us are thinking about what we don't want. Which is what is happening right now. Think about what you do want and give that your energy. What are the possibilities for your life and your business or career?
8. Brainstorm. Challenge yourself to produce more ideas than you need. Think out of the box. Make the most of the infinite possibilities ahead of you.
9. Declare what you want. Own it, claim it, and work for it. People are usually happiest when they are in pursuit of a goal. If the Covid-19 pandemic has meant you had to throw some of your goals for the year out the window, then set some other goals that it will not affect. And go for those. Having goals to achieve gives you a sense of purpose and that makes a big difference to feeling like you have a worthwhile life.
10. Initiate actions that move you towards abundance and success. Think from the end. Go to the end picture that you want and work backwards to outline the steps you need to take. On Walt Disney's death, a mourner said to his wife, "it's such a pity he didn't get to see the final result of what he was building". "Oh but he did", she said, "he saw everything in clear detail before he built it."
11. While you are working towards achieving your goals, feel as if you have achieved them. Feel as if you already have abundance and prosperity. Speak to others with passion and energy. Inspire other people. Interact with others from a place of confidence and joy.
12. Sometimes you have to surrender. Sometimes something is just not going to be the way you want it to be. Learning to let go, is a big life lesson a lot of us need to learn. When you let go, a new pathway can open up. Be quiet and go within. We are so used to the chatter and advice of people outside us, we forget to listen to our own inner wisdom. We have incredible wisdom, if we would stop listening to everyone else, and learn to listen to ourselves.

“Lean into the future instead of catastrophizing the “What-ifs”. There is plenty of space for us all on the playing field.”

~ Sheryl Sandberg

There is opportunity to reinvent yourself, reinvent your life, add more value to the lives of others, be of service and make an income from it.