Prosperity Consciousness E-Course - Day 1
Clear Stagnation From Your Life

In order to create greater prosperity in your life, you need to first eliminate any stagnant circumstances that may create blockages. Stagnation can take many forms, but think of it as anything that has fallen into disrepair, disuse, neglect, or lost the sparkle and vitality it once had.

These situations can block any attempts you make to create a more abundant lifestyle. It's like inviting friends to your home, and then piling a bunch of stuff in front of the door so they can't enter! Clutter and disharmony will block prosperity from entering your life in the same way.

In order to eliminate stagnation from your life, you need to be firm and efficient about it. This can be challenging because you may have emotional attachments to some of your clutter, but if you keep in mind that you are clearing away the old to make way for something new and better, it makes the process less painful.

Begin by first identifying things and situations that are no longer serving you.

Take a look at your physical surroundings. Do you have a lot of physical clutter in your home, car and workplace? Not only can this clutter pose a blockage for what you really want to create in your life, it can result in cloudy thoughts, depression, lethargy and a sense of constriction.

Get rid of the physical clutter in your life. Donate clothing and possessions that are no longer needed. Clean and organize your surroundings as much as possible, putting away things you want to keep and clearing away any debris. Wash the
windows, sweep the floor, and dust all surfaces so they are clean and shiny. This activity alone can make you feel so empowered that you will gladly take on the bigger challenges below.

Now give some thought to your financial life. Is it out of balance? Do you have subscriptions to magazines you no longer read? Online memberships you no longer use? Are your credit cards maxed out? When was the last time you balanced your checkbook? Do you have a lot of past-due bills gathering dust in a drawer?

TAKE CHARGE of your financial situation! It's very easy to ignore this type of stagnation because it seems so overwhelming, but keep in mind that you don't have to resolve every situation immediately - just have a plan in place for doing so.

Set up a payment plan with creditors, create a budget and stick to it, reduce unnecessary spending, start a savings account - these small actions will go a long way in creating greater peace of mind, and calling in greater prosperity.

Finally, consider your emotional and spiritual balance. Are you clinging to old relationships or grudges that don't serve your highest good? Are you stuck in self-defeating habits and activities? Do you feel empty and aimless much of the time? Do you yearn for a stronger spiritual connection?

Address these situations in the same firm way you did with your physical surroundings and financial clutter. Be willing to let go of anything that detracts or distracts from what you really want. Come up with a plan to resolve anything that makes you feel dissatisfied, and begin making changes in those areas.

This de-cluttering process may seem like a massive undertaking at first, but once you get moving it becomes downright exhilarating! Before you know it, good things start flowing into your life as if by magic - all because you simply made room for them.
Tomorrow we'll cover three crucial aspects of developing an Abundance Mind-Set, so stay tuned!

Until then, I wish you an uncluttered, harmonious existence.
Prosperity Consciousness E-Course - Day 2
Developing an Abundance Mind-Set

Do you feel abundant in every area of your life? If you’re like most people, you probably feel blessed in some areas, but maybe not so much in others. It is possible to expand your mind-set to not only see more abundance around you but also attract more abundance into your life. First, it’s important to recognize the differences between a mind-set of abundance and scarcity.

A scarcity-focused mind believes that there is never enough to go around: never enough money, resources, love, opportunity, friendship, passion, excitement or fulfillment. This perspective sees a shortage of everything desirable, therefore it is necessary to grasp and grab to get whatever it can before someone else comes along and takes it. A scarcity-focused mind sees the glass as half empty, and dwells on problems and challenges instead of blessings and joy.

An abundance-focused mind believes just the opposite of a scarcity-focused mind. It believes that there is more than enough for everyone so there is no hurry to grasp what it can right now. It believes in a never-ending flow of prosperity and joy, so it can take its time and enjoy the moment. An abundance-focused mind sees the glass not just as half-full, but overflowing from a constantly bubbling stream feeding it from beneath.

How do you switch from a scarcity mind-set to an abundance mind-set? By choosing an abundant outlook moment to moment! You have to be willing to ignore your old inner messages of scarcity and emptiness, and begin replacing them with new messages of hope and plenty. Here are three simple ways to start:

1) Become aware of the abundance all around you.
When you visit a large supermarket or department store, pause for a moment and notice the massive abundance in the form of material goods surrounding you. All of these things were created from nothing, and turned into something useful by a
person with a vision. Think about how this process could be used to bring more abundance into your own life.

2) Keep affirming you have more than enough.
Remember, a lack focused mind dwells on what it DOESN’T have, while an abundant mind focuses on what it DOES have. Rather than worrying about having enough, affirm that you have enough! Say things like, “I always have plenty of money,” and “I am so incredibly blessed.”

3) Give.
When we feel like we don’t have enough our first response is usually to hold onto what we have a little tighter. This sends a powerful message of lack to the universe! Instead, start sharing your time, money and resources with others. Do so with a heart full of gratitude and confidence that whatever you send out will return to you tenfold. (Note: you don’t have to give on a large scale either, just a few dollars or an hour of your time can generate a new cycle of abundance in your life.)

Keep up with activities like these and before long, you’ll find yourself automatically feeling more abundant - and attracting greater prosperity, love, joy and miracles at every turn. Tune in tomorrow and we’ll cover ways to naturally increase your Prosperity Awareness!

Until then, I wish you an amazing abundant mind-set.
If you’ve held a scarcity mentality for any length of time, you have likely reduced your awareness of the prosperity that exists all around you, and you’ve gotten used to seeing lack and shortage everywhere you turn.

You know how they put "blinders" on horses so they can’t see peripherally and get spooked or distracted? You’ve got your own kind of blinders on; they are blotting out your ability to see true abundance.

It’s time to take the blinders off!

Let's go through three simple steps that will help you increase your prosperity awareness.

1) Switch your perspective.
Because you’re so used to focusing on lack and scarcity, you may need to consciously switch your perspective in every situation until it becomes a habit.

A good way to start is by paying attention to the times when you begin focusing on scarcity. If you feel stressed when it’s time to pay your bills, or you get angry when an unexpected expense arises or when you miss an opportunity – make a conscious decision to alter your perspective in these moments.

Rather than feeling stressed about paying your bills, affirm that you always have more than enough money to cover them, even if you have to juggle a few things around. Affirm that just like you received the money you have right now, you will receive more again.

If an unexpected expense comes up, affirm that your resources are expanding to fill the demand. If you miss out on a great opportunity, affirm that opportunities
are limitless in number, and vow that you will recognize and take advantage of them as often as possible from now on.

2) **Tune into the natural abundance around you.**

A great way to become aware of the abundance around you is to spend time in a natural setting. Take an afternoon visit to a local park, public gardens, or even your own back yard.

Sit quietly and take in your surroundings. Notice the abundance of plant and animal life, and see how effortlessly everything blooms into life.

Think about the process that takes place in the cycles of nature: how a seed is planted, watered and given sunlight and begins to grow into something beautiful.

Think about ways you can apply this same process in your own life. What seeds can you plant and nurture? What do you need to shine more sunlight upon, and what needs consistent pruning and maintenance?

3) **Go on a prosperity hunt.**

Have you ever participated in an Easter egg hunt? Adults hide colorful plastic eggs filled with toys and candy; then children go on a “hunt” to find them and keep whatever they find.

You can do the same thing in your own life, but seek expressions of prosperity instead of eggs. Travel new pathways and look for prosperity wherever you go. Look more closely at the people you encounter, and expand your awareness of places and situations to find the hidden egg of prosperity that exists there.

Prosperity lurks under every bush, within every flower, in every location, in every smile you receive and give, and in every situation you experience in life. You just need to recognize it and embrace it and it will be yours.
Once your prosperity awareness is strong, you will more easily see the potential in every situation. Opportunities will seem to drop right into your lap, and you will feel eager to grasp the abundance that is rightfully yours.

Tomorrow we'll go over some fun ways to turn you into a Prosperity MAGNET! :-) 

Until then, I wish you a keen awareness of true prosperity everywhere you go.
Prosperity Consciousness E-Course - Day 4
Becoming a Prosperity Magnet

Have you ever wondered about people who seem to naturally attract good stuff? They have no shortage of money, a circle of great friends, loving and healthy relationships, great jobs, limitless possibilities – everything seems to come so easily to them, while you struggle and scrape by.

These people know the secret to living prosperously – and you can learn it too! It’s simply a matter of changing the way you think, feel and act - which will change the results you get in life. Here are three major components of living a prosperous life:

1) Follow your passions.
Those prosperous people in your life do not settle for mediocrity; have you ever noticed that? They have interesting jobs and they aren’t afraid to try new things. Each day is a new adventure for them, and they make a habit of squeezing every drop of joy out of life that they can.

You can easily do the same by first giving some thought to the things you feel passionate about. What did you used to love to do when you were a child? What hobbies or creative pursuits do you enjoy now? If you can’t come up with any ideas right away, explore! Try new activities. Sign up for some classes and try new things. Let your heart lead you in whatever you do, and before you know it you’ll be living passionately too.

2) Believe in the possibilities.
Prosperous people know that as good as things are right now, they can always get better. They believe in the limitless possibilities that exist for their lives, and they quickly take advantage of opportunities that come their way.

You can begin to adopt this same heightened awareness by expanding your concept of what is possible for your life. Keep affirming that your life is not static.
Everything within and around you is in a constant state of flux – nothing stays the same, ever. Learn to embrace change, consult your inner guidance and take action on improving your life, and you will automatically call in greater opportunities.

3) **Believe you deserve it.**

Prosperous people have no doubt whatsoever that they deserve the goodness in their lives. They are open to receiving all the blessings and abundance they believe they deserve, and they gracefully (and gratefully) accept.

You may not feel that you have worth issues, but ask yourself how you react when someone gives you a compliment or an unexpected gift. Do you express your thanks and gratitude, or do you try to refuse it or dismiss it? If you are in the habit of turning away goodness in all its forms, you might have an underlying belief that you don’t deserve it. Start building a stronger belief in yourself and affirm that you deserve much more than you have now. Express gratitude for the blessings in your life, and when good things come your way - embrace them!

If you keep up with these activities on a daily basis, you will transform yourself into one of those people that seem to have a prosperity magnet embedded in their brains. That’s not all you can do, though! Tomorrow I’ll share some tips for using affirmations to raise your Prosperity Consciousness.

Until then, I wish you a truly magnetic personality that attracts all of your heart's desires.
Prosperity Consciousness E-Course - Day 5
Using Affirmations to Raise Your Prosperity Consciousness

Affirmations are a fantastic tool to help you build your prosperity consciousness because they keep your mind focused on abundance rather than scarcity.

However, it’s important that your affirmations are worded in such a way as to make them believable. They must be believable because if you don’t believe what you’re saying, your affirmations will be completely ineffective.

In addition, affirmations should be worded in present tense, not future tense. If they place the benefits in some obscure future timeframe, you won’t feel a benefit from saying them NOW.

One good way to meet both of these requirements is to write your affirmations in such a way that they focus on a PROCESS rather than an end result. Instead of saying, “I have a lot of money,” you could say, “My financial situation is getting better by the day.” The latter is easier to believe than the former, especially if you don’t yet have a lot of money.

There are two types of affirmations you will want to use to increase your prosperity consciousness: those that focus on changing unsatisfactory circumstances, and those that affirm better circumstances. Start by making a list of the things you’re unhappy with in your life right now. If you feel strapped financially, write it down. If you feel empty spiritually, write that down. Keep going until you can’t think of anything else you are unhappy with. Then write a statement for each scenario and affirm that it is getting better.

Do the same thing with situations you want to create or expand in your life. If you’ve experienced some success with your career but would like to expand upon it, write that down. Same with your relationships, health, or whatever else you want to increase. Then write statements for each of those situations.
Here are some sample affirmations you can use:

~ I effortlessly attract abundance wherever I go.
~ Every day my financial situation is improving.
~ I trust in my ability to bring forth better circumstances.
~ My inner guidance leads me to lucrative opportunities.
~ I honor my natural talents and use them as often as possible.
~ As I learn to love and respect myself, others do also.
~ I have what it takes to create an amazing, passionate life.
~ I eagerly take advantage of the many opportunities that come my way.
~ I am open to receive all the abundance and blessings I deserve.
~ I am grateful for the limitless abundance I have right in my life right now.

The biggest challenge is remembering to say your affirmations daily, and especially when you find yourself focusing on scarcity! You may find it helpful to write or print your affirmations on index cards and post them where you will see them frequently. Place them on your desk at work, in your car, and in the place where you pay your bills.

With enough repetition, you will find it gets easier and easier to keep up with your affirmations and build your prosperity consciousness so big and strong that it becomes a permanent part of you! Did you notice that the last affirmation I shared focused on gratitude? Gratitude is a tool that can drastically increase the prosperity in your life, and I'll share some more tips on that tomorrow.

Until then, I'm affirming great prosperity and success for you! :-}
Prosperity Consciousness E-Course - Day 6
How Gratitude Can Drastically Increase Your Prosperity

One of the quickest and easiest ways to create a more prosperous life is to start focusing more on gratitude.

How can such a simple technique create such impressive change? If you consider that we classify most of our experiences based on our perspective, you can see the power of choosing our focus wisely. Let’s look at a simple example of the power of perspective:

Imagine a man that has no money; not even a few dollars to buy a meal. Suddenly a stranger appears and hands him $20. How would he react to receiving $20? He’d probably be overcome with joy and gratitude!

Now imagine a man that has $200, but needs $1000 more to pay his rent by tomorrow. What would his reaction be if he received $20 from a stranger? He would probably be appreciative, but still mostly focused on what he DOESN’T have - $980 still needed to pay his rent.

This isn’t about the sum of money involved, but the FOCUS chosen in each example. You may think that a simple focus on gratitude can do nothing more than help you feel better about your life, but it goes much deeper than that.

Here are three powerful ways that an attitude of gratitude can change your life and increase your prosperity:

1) **What you focus on expands.**
   The more you make an effort to see the benefits in each situation, the more benefits you will notice. Not only do you recognize more of the good stuff, you’ll actually begin to attract it. Like attracts like! The more grateful you are for what you have, the more stuff you will attract to be grateful about. The more positive you are, the more positive people you will attract. The more prosperous you
think, the more prosperity you will attract. On and on it goes, for every possible quality or experience you want to receive.

2) **You’ll be more receptive to opportunities.**
In order to recognize and take advantage of opportunities, you need to be open to them! If you’re busy brooding about how awful your life is, you will be preoccupied and miss out on opportunities that come your way. Either that or you’ll be so cynical that even if you see an opportunity, you won’t act on it. A genuine focus on gratitude keeps you feeling happy and alert, so you’ll be more likely to see and grasp the opportunities you encounter.

3) **You’ll feel better about your current circumstances.**
Finally, gratitude can indeed make your existing circumstances seem better, even before anything has changed. Not only do you take time to appreciate the good things in your life, you also begin to feel hopeful and optimistic about the future. You begin to recognize the good aspects of even troublesome situations, which can reveal solutions or at least help you develop a calm acceptance for anything out of your control.

Adopting a gratitude focus may not be a magic solution to all of your problems, but it can help you create a more peaceful, satisfied state of mind. And isn’t that what prosperity is all about? Tomorrow we're going to cover a crucial aspect of a prosperity consciousness; what it REALLY means to have "more than enough."

Until then, I wish you endless opportunities to feel genuine gratitude.
Prosperity Consciousness E-Course - Day 7
Abundance Means Having "More Than Enough"

If you’re like most people, you’ve experienced periods of lack in your life. Whether you didn’t have enough money for something you wanted or you felt bored and uninspired, you likely found yourself yearning for "more" – of whatever you felt you needed at the time.

Though abundance seems to be something separate from you, it is actually a state of mind that you can adopt whenever you want to. One of the best ways to do this is by choosing to see "more than enough" wherever you go.

If you’re accustomed to focusing on what you DON'T have rather than what you DO have, this concept may be challenging to grasp when you first begin.

However, with a little practice you will be able to slip into an abundance mind-set easily. The first step is to consciously alter your focus in every situation. When you find yourself thinking thoughts of lack, choose instead to think thoughts of abundance.

Here are some situations where you might be tempted to focus on scarcity:

~ When you want to buy something and don’t have the money for it.

~ When you feel bored or unfulfilled by your job.

~ When you wish you could meet a great guy or girl to share your life.

~ When you crave a more passionate purpose in life.

When thoughts like this begin to enter your mind, stop for a moment and acknowledge what you DO already have. Think about the many blessings in your life.
Look around at your home, your vehicle, your relationships, your health, and anything else you would consider a plus. Acknowledge that some people don’t even have half of what you do.

Express gratitude for what you do have and affirm that it is "more than enough." Enjoy the feeling of having more than you actually "need" for survival, and marvel at what a great gift that is.

Now, just because you’re affirming that you already have "more than enough" doesn’t mean that you won’t (or can’t) have more! Quite the contrary – your very attitude of gratitude will begin to attract even more to be grateful for.

What you focus on the most in life tends to EXPAND. Focus on not having enough, and you will feel like you have less than you do. Focus on having more than enough and you will feel like you have more and more wonderful things to be grateful for.

At the same time, think about the many ways you can expand upon what you have. You may feel powerless about some situations but if you give them some dedicated thought, you could probably come up with several simple action steps that would help you create “more” in any area of your life.

However, it’s important to note that your attitude while taking these action steps should be joyful and lighthearted – NOT fearful and desperate. Trust in your ability to create more of what you want, and trust in the universe’s willingness to help you do just that. Before you realize it, you really will have "more than enough" of everything you could possibly desire.

Positive Expectations + Unwavering Faith = Unstoppable Power!
When you know how to use your conscious thoughts, subconscious beliefs, positive expectations AND unshakable confidence in your own inner power together . . . you understand the meaning of being a "deliberate creator."

Tomorrow we'll cover still another powerful aspect of prosperity; the power of giving!

Until then, I wish you "more than enough" of whatever your heart desires.
Prosperity Consciousness E-Course - Day 8
The Incredible Power of Giving

One of the most powerful ways to increase the abundance in your own life is by giving to others. Though it may seem like a contradiction, the more you give away, the more you’ll have.

How is this possible? If you give everything you have, doesn’t that leave you with nothing? How does the act of giving create a return?

The answer lies in our perception of a limited universe. Most of us have lived our lives under the impression that the universe is limited. Further, what we have is limited and if we take from someone else, we have more and they have less. If we give to someone else, they have more and we have less.

Most of us are not taught the reciprocal nature of the universe – which means we tend to get back what we put out. You may have heard that what you focus on the most expands, or that “like attracts like.” But pause for a moment and consider this in a broader sense.

You may be able to recall instances when you did something nice for someone and received a pleasant surprise in return. Likewise, if you harmed someone or took from someone out of greed, you probably received a negative consequence in return (even if it showed up later).

Think of the universe as a great big mirror. Whatever you believe, you will receive. What you do unto others you also do unto yourself. This is good news because you can use this principle to increase your own abundance in ways that also greatly enhance the lives of others.

There are a few important points to keep in mind, however:

1) Don’t serve others with an expectation that you’ll get something in return.
If you focus on that, you are not serving with a truly generous heart, and the returns you get will be less than impressive. Instead, let the joy and gratitude you feel about helping others serve as its own reward – and it definitely won’t be your only reward.

2) Leave it up to the universe to figure out how you’ll be compensated.
Trust fully that whatever you give away will come back to you multiplied! But don't focus on how or when it comes back. Leave that part up to the universe. Just focus on giving and know in your heart that the universe will provide everything you need and much more.

3) Don’t wait until you have a lot of resources before you begin to give.
Give now and give often – even if you don’t have a lot to give. In fact, the power of your gesture will be MUCH stronger if you DON'T have a lot to give. That seems to make no sense, but what you’re doing is affirming that there is more than enough to go around, which means more will come back to you more quickly.

Once you start to give to others with a heart full of joy, you’ll realize that there is truly no such thing as scarcity and the universe has an unlimited ability to bless you with abundance and awe. Don’t miss tomorrow's tip - I'm going to show you how to create plenty of gateways through prosperity can come to you. :-)

Until then, I wish you plenty of abundance to give, give, and give some more!
Prosperity Consciousness E-Course - Day 9
Creating "Gateways" for Your Prosperity

When you find yourself feeling stuck, struggling financially, and yearning for greater prosperity and abundance in your life, there is a great symbolic gesture you can do to turn things around.

You can create some "gateways" for prosperity to flow into your life! Let’s take a look at some ways to do this.

Let’s say you want to get a job that pays more and is more fulfilling than your current job. If you did nothing but think about wanting a better job, what are the chances you’d get one? Probably close to none.

On the other hand, if you browse the classified advertisements in your local newspaper, talk to people you know about possible job opportunities, visit some local businesses you feel attracted to – what are the odds that you’d end up finding a better job? Now we’re getting somewhere!

Those actions you took created gateways in your life through which a better job can come. You paved the way for opportunities to flow toward you!

You can do this for any other goal too. If you’d like to meet Mr. or Ms. Right, find new friends, create better health and vitality, discover your passion or anything else - think about the end result you’d like to have, and then consider actions that would create gateways to let it in.

Here’s a list of ideas to get your creative juices flowing:

~ Introduce yourself to someone new.
~ Volunteer your time to charitable causes.
~ Start a part-time home business.
~ Join a health club.
~ Take classes in interesting topics.
~ Write in a journal for self-discovery.
~ Read books that expand your mind.
~ Learn a new skill.
~ Do something that you would ordinarily shy away from.
~ Buy a lottery ticket.
~ Take an art class.
~ Ask for a promotion or pay raise.
~ Make an investment.

The possibilities are endless, depending on what you want to attract. The actions themselves can be anything you feel inspired to do – but they should be somewhat targeted to the results you want to create.

Then stay on the lookout for opportunities in your daily life, and be sure to take advantage of them when they appear.

Tomorrow we're going to cover something that many people forget to do - being open to receive!

See you then! :-)
Prosperity Consciousness E-Course - Day 10
Opening To Receive

Today we’re going to delve into something that is difficult for many people, and maybe for you too: RECEIVING.

If you’ve been stuck in a cycle of scarcity for any length of time, you may have forgotten how to receive. More importantly, how to OPEN yourself to receive, rather than pushing away everything good the universe tries to send your way.

In order to get prosperity flowing effortlessly into your life, you need to consciously open yourself to the abundance that is rightfully yours.

This can be more challenging than it seems at first glance because so many of us have been taught that it’s good to give but greedy or selfish to receive. If you want to expand your ability to receive, you will need to first change this belief and replace it with a healthy dose of self-worth.

If you don’t believe you deserve abundance, it’s no wonder you don’t have it! Every time something good comes your way, you are in effect telling the universe, “No, I can’t accept this. Please give it to someone who needs it more than I do.”

Accepting goodness and abundance for yourself does NOT mean you are taking from others. In fact, the more resources you have at your disposal the better able you are to help others. Once you wrap your mind around this and understand the importance of being able to receive, you will be well on your way to increasing the abundance in your own life and in the lives of others.

Below are three simple steps that can help you open to receive in your own life:

1) Find the blessing in every situation.
You may be so used to focusing on what you’re NOT receiving that you can’t clearly see what you are receiving in every situation. Focusing on the blessing does not mean you have to live in denial, but rather choose your perspective moment to moment. Just as you can easily focus on the negative, you can choose to focus on the positive.

2) Be thankful for everything you receive.

Of course you should be thankful for everything you have, all the blessings and goodness in your life. But what about the things you RECEIVE each day?

Did a stranger smile and greet you this morning? Did you receive an unexpected coupon for your next shopping trip at the supermarket?

Did you receive a nice card of thanks from a co-worker? Were you greeted by a spectacular sunrise this morning?

When little things like these happen, express your gratitude to the universe. It may seem like a small thing, but your focus on these little "gifts" each day will begin to attract more of them.

3) Consciously "open" yourself to receive.

Whenever you can think of it, pause for a moment, close your eyes and imagine yourself opening to the limitless abundance of the universe. Affirm that you are open to receiving the gifts and blessings the universe has in store for you, and give thanks for them – even though they haven’t arrived yet. Simply express your certainty that they will, and your willingness to remain open to them.

The more you focus on exercises like these, the more you release your resistance to abundance - and the more easily it can come flooding into your life from every direction!
Attracting money and other forms of abundance into your life is not really hard to do, but it does require consistent effort.
Here's a Fun Bonus Prosperity Exercise :-) 

Attracting prosperity into your life can be challenging when all you see around you is scarcity and struggle. What you may not have considered is the fact that just feeling good about anything can help you to release resistance, and when you release resistance, more money and everything good can flow to you easily.

Try this exercise for releasing resistance.

Grab a sheet of paper and a pen, and start writing descriptions of things you LOVE.

It could be anything: the peacefulness of a sunrise, the scent of crisp Autumn air, a warm hug from someone you love, the laughter of children playing in a park, the sense of freedom you enjoy while driving your car, the warm security you feel while curled up in your bed napping . . .

As you write these descriptions, be as detailed as you can and really get into the FEELING of how good it feels to think about them.

Here are some examples:

"I love how wonderful I feel when I take a long drive in my car. Especially if it's a warm summer day and I can put down the windows and enjoy the fresh air flowing over me. I turn on the radio and enjoy some great music while I just drive, drive, drive - I leave behind any stress or worries I may have had and just enjoy the freedom of the open road before me. When I'm driving in my car like this, I feel so good! I can feel my mood lifting, my heart soaring, and I want it to go on like that forever."

"I love curling up in bed on a cold rainy day, hearing the patter of rain of the roof, feeling cozy and safe under a warm blanket or two, a hot cup of tea on the table next to me, my attention riveted on a great book that captures my imagination.
and takes me away to exciting or interesting places. And when I get a bit drowsy, I just put the book down, snuggle deeper under the covers and drift away for a refreshing nap. I feel more rested just thinking about it right now!"

You can also do these exercises about experiences you haven't yet had!

"I love the thought of my husband and I having true freedom in our lives, having plenty of money, being able to travel as much as we like. I can see us taking a world tour to many different countries and having a blast together! We would meet such interesting people, we could buy mementos from each place we visit, and spending such quality time together would make us feel so close and connected again."

Whatever fantasies really get your juices flowing when you think about them, engage in mini-visualizations about them. Dive deep into the great feelings you get from thinking about these scenarios, and you will shift your vibration to a higher, more abundant place.

The more you do it, the better it works! :-)

P.S. If you want more free prosperity tips, you'll love my Prosperity Tips & Affirmations Ezine! I send out helpful tips, articles, exercises, and affirmations weekly.