

# INSPIRING SUCCESS

## 7 Key Practices for Creating Prosperity

The 7 Key Practices for creating prosperity were developed as a result of my work with success/money/wealth/prosperity for the past 20 years. As you dedicate yourself to practicing each one, I know you will experience all the abundance that is waiting for you. It is your birthright!

### Key Practice #1: Meditation

Meditation is something we hear about all the time, then come up with a million excuses not to do: *I can't sit still, I don't have time, it doesn't work for me.* Yet meditation is actually fundamental to attracting success and prosperity. That's because it aligns you with the Universe/God/Spirit; connects you with your inner guidance, wisdom and clarity; releases resistance; and allows you to focus on your priorities. Meditation keeps you from getting entangled in daily drama, obstacles or circumstances that may be upsetting and take you out of alignment with who you are. Do it consistently and you will be much less rattled by temporary upsets and external situations. **Meditation puts you in a magnetizing zone!**

The secret to a successful meditation practice is consistency, so set realistic goals. If you can't commit to 30 minutes daily, start with 5 minutes. It helps to do it at the same time each day to build the habit. I personally recommend meditating first thing in the morning (which is what I do).

Thoughts will naturally come into your head; that's not a meditation failure. Instead of clinging to them, let them pass. When you notice your mind getting stuck in thought, bring your focus back to breathing. There's a reason meditation is a PRACTICE!

I recommend sitting quietly and simply focusing on your breath. There are mediation apps (such as Insight Timer) you can download at no charge. Remember, there's no "wrong" way to meditate. Notice your resistance and do it anyway. Commit to five minutes (or more) each day. Keep up the practice and you WILL experience more ease, more productivity, more miracles, and be more present to your "abundance mindset."

### Key Practice #2: Gratitude

Now that Key Practice #1, Meditation, has put you in a receptive mindset, move on to the practice of gratitude. Expressing what you're grateful for tells the universe how appreciative you are for what you have. A fundamental principle of the law of attraction states that "whatever you focus on expands" so it is important to focus on your abundance, not on what you lack.

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Right after my morning meditation, I pull out my gratitude journal and write 10 things I'm grateful for using this format: "I am deeply grateful for X because \_\_\_\_\_."

This approach deepens the practice because you're not only expressing the what, but also the WHY. You can be grateful for a beautiful home, the warmth of the sun on your body or for one of your service providers...but why? Does beauty bring you joy? Are you nurtured? Empowered? Valued? **Taking that extra step establishes your being in a state of gratitude in a sustained way.**

Now let's apply the practice of gratitude specifically to money by expressing gratitude (either in writing, or in the moment) for:

- All the money you have (in your wallet, in the bank, in investments... EVERYTHING)
- All the money you are/will be receiving (salary, invoice payments, etc.)
- Your material possessions (home, car, clothes, artwork, gadgets, etc.)
- The bills you get to pay

That last one may sound strange, but yes, express gratitude for the bills you GET to pay. Electricity makes our lives more comfortable. Having employees or vendors or service contractors is a blessing, so thank all these people as you pay the bill.

**You can focus on lack or you can focus on abundance. You get to choose, so which one will it be?**

## Key Practice #3: Intention Setting

This 3rd Key Practice follows the first two. After I meditate (Practice #1) and write in my gratitude journal (Practice #2), I write down my intentions for the day... and I do this throughout the day whenever I am transitioning to something new.

Setting an intention harnesses the magic of the Universe. When the Universe delivers, you are awakened to the fact that **you have power to create your life. Setting intentions moves you from being a victim to a victor.** It paves the way for the experiences you want because the Universe shapes itself according to your language—your word is your wand. YOU get a say in how you want any situation to unfold.

Before you move into a new situation (going into a meeting, exercising, meeting a friend, etc.), take a moment to close your eyes, be still and connect with your center. Then state your intention by writing down specifically what you want to accomplish.

Maybe you want a contract with one new client, or exercise for a certain amount of time or distance, or make a certain amount of income, or let go and laugh. Whatever it is, you'll find the desired outcome happening with ease just by stating it. Establish the habit of setting your intentions and you'll realize that YOU are the source of your experiences and the creator of all aspects of your life.

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Here's a simple way to begin to practice intention-setting: Take a look at your daily to-do list and decide how much time you're going to spend on each item. Set the timer and notice how much you're able to accomplish when your mind and actions are aligned with your intentions.

**So...what are your intentions for today?**

## Key Practice #4: Generosity

Now that you're getting into the flow—mediating, expressing gratitude, and setting intentions—it's time to introduce an especially powerful and heart-opening practice: Generosity. **Generosity is about freely giving of your talents, time and treasure (e.g. money).** It is one of the keys to opening up the channels of prosperity. Many people get caught up in a “scarcity mindset” that leaves them afraid to give of their resources, believing that there will be less for them.

Actually the opposite is true. When you are generous with your resources, you activate a law that states, “If you give, you must receive.” Giving is the antidote to scarcity, and to the perception of “not enough-ness” that can plague an otherwise happy life.

There is a big difference between giving unconditionally and giving in order to get. Giving with the expectation of getting something in return is not an act of generosity. The beautiful thing about generosity is that when you DO give from your heart, the Universe gives back. Again, abundance has no limits.

The same is true in the reverse: It is powerful to **receive** with grace and gratitude. If someone gives from their heart, embrace the gift unconditionally. Exercise your receiving muscle. Some people tend to over-give and burn out, so be generous with yourself. YOU are part of this equation. **Generosity doesn't flow from an empty vessel.**

One of my favorite things to do is to give 10% of my gross income to places I am called to support. This is a practice I began 17 years ago and believe it is why I have a prosperous life. I don't give as a result of my prosperity--my giving **results** in my prosperous life.

As you decide each day to give from an authentic place, with no strings attached, you will **experience inner peace and security.** I promise you that! In my opinion, this is the best reward for being generous.

**What act of generosity will you perform today?**

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## Key Practice #5: Registering Accomplishments

Ready to add to your daily routine and make your life even more joyous? The next Key Practice is about keeping a Celebration Log. This is a place for you to record and celebrate the results you are producing as you progress toward your goals. Most people wait to celebrate after they reach their goal (if then!) but the secret is to celebrate as often as possible along the journey, not just at the end. **Capturing your daily accomplishments will train your brain to scan for what's working in your life vs. what is not.** This technique will quickly shift you out of negativity.

I have observed that people are “wired” to focus on what is missing or not working, rather than on the great and wonderful things that are present. We often ignore or take for granted what has been done and what is working. The essence of this practice is to **shift our focus** to the positive things that are happening. This shift allows your intentions and goals to be met with ease.

Focusing on what’s missing comes from scarcity, whereas celebrating successes is rooted in abundance. You get to choose each time you set your focus. Your neurology doesn’t know the difference between a small and a large accomplishment.

Remember, whatever you focus upon expands, so consistently acknowledging your successes attracts even more success... and prosperity.

## Key Practice #6: Being Part of a Community

Just like Key Practice #4 (Generosity), this one is about taking the other Key Practices—Meditation, Gratitude, Intentionality, and Registering Accomplishments—out into the world. Connecting with a group of high achieving, motivated people is one of the fastest and best ways to pull yourself forward into a higher level of success and prosperity. There is great power in the synergy that occurs with the right group, and my experience shows me that people gain more traction with their business and personal goals with the support of others. Associate yourself with those who share your values and embrace the authentic YOU. The group will stretch and inspire you to achieve your goals. Joining the right synergistic community is crucial.

Many people suffer in life because they don’t allow themselves to be supported. Inviting others in and sharing your challenges requires vulnerability and the courage to admit you don’t already have all the answers. But there is SO MUCH POWER in receiving. When support starts flowing, opportunities show up that you could not have imagined and EVERYTHING becomes easier.

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**Isolation keeps you in a state of contraction whereas being in community has you access a state of expansiveness... and we are always either expanding or contracting.**

**How will you reach out and allow yourself to receive support?**

## **Key Practice #7: Connecting With Your Joy**

Last but not least, don't ever forget or put off connecting with your joy. **Having the mindset that will attract joy is the same mindset that will attract abundance.** Remember the importance of meditation for creating the right mindset (Key Practice #1)? Meditation helps reset your brain and clear it of negative patterns so that you can reclaim the joy that is your birthright. The more joy you generate, the more it will spill over into your relationships, and then more spontaneous joy will be created together.

It is easy for us overlook this practice, or deny ourselves things that bring joy into our lives. In order to achieve success, we tend to focus on working hard and solving problems. There is a tendency to postpone the things that bring joy until AFTER all our work is done, which sometimes feels like never!

When you engage in activities that bring joy, you are allowing for abundance and ease. If you've ever experience being in the "zone" or a state of flow, you're in your joy. That's when the Universe lines up with you, opening doors and revealing opportunities.

So, what brings you joy? For me, when I am dancing I feel my body, mind and spirit connected. Another great source of joy for me is serving others.

**Write down what makes you joyful. Every time you discover something new, add it to the list. Then begin to incorporate these things into your life.**

These 7 Key Practices are the proven tools for attracting prosperity NOW. Make them a priority in your own life. Be committed. You will be amazed at the results!