

Attract Prosperity by Getting Out of Your Own Way

Nearly everyone has been affected and is feeling some degree of uncertainty and stress over the state of today's economic situation. Some perceive a dark future, yet others who are experiencing financial challenges see the possibility for a prosperous future. Hope is what separates the pessimists from the optimists.

Many of us are afraid to hope and see ourselves as victims of the economic downturn. These people tend to fall into three categories: victims, avoiders and dreamers. While counseling Charlie, a 43 year old marketing professional, in my office about the emotional side of money it became clear that he saw himself as a victim after his layoff from a major corporation. His self-defeating attitude perpetuated a cycle of negativity in finding a new career.

We all know people like Marge, a 35 year old stay-at-home mom who came into my office complaining that she was avoiding returning to work since that was easier than failing to get the job she so desperately needed to help support her family.

Lastly, there are the dreamers like Harry who sought counseling to deal with life on life's terms. For years he had been stuck in a dead-end job dreaming that someone would recognize his true talent and rescue him from his misery.

What do these three people have in common? They simply cannot get out of their own way to overcome self-defeating thinking and behavior. They; like many of us, have yet to discover the secrets of attracting prosperity into their lives.

Take ownership, catch your breath and begin to have hope. Hope never disappoints. When your mind is full of light it opens up new doors that attract prosperity into your life.

1. Make the choice to release fear and embrace hope.

Choose to let go of what has been in the past. It is an old chapter from an old book. Choose to write a hopeful book on your new life.

2. Keep a positive focus on you and what you are doing now.

That on which you focus increases in power. Make it a point to focus on your positive *actions* and notice how the positive energy exponentially attracts what you desire.

3. Be aware of your thoughts and only allow those that are positive, optimistic, constructive and loving to enter your mind.

These positive thoughts allow you to construct a new you, someone who is filled with a passion for building a life that reflects what matters most to you. As you go through your day screen for what you wish to integrate into your new way of living.

4. Focus on what is certain in your life.

Focus on the evidence of what is solid, dependable and trustworthy for you. It may be your family, your church, your faith in a Higher Power, or your community. Trust that it is always there for you as you go through your day.

5. Surround yourself with supportive friends and family.

The people who love and care about you keep you grounded and secure through good times and in not so good situations. Keep them on the forefront of your mind and stay in regular contact with them. Allow yourself to be loved and cared about.

As a final note, I recommend that you make a contract with yourself today and begin right now to reposition yourself as a powerful person by remembering, “I am a powerful person and I deserve to attract prosperity into every area of my life.” You may be able to do this by yourself, or with the help of a professional coach or counselor, but NOW is the time to begin. *May the wind be at your back and may the road rise to meet you on your journey to prosperity!*

About the Author

Mari G. Craig, LCSW-C, CPC is a Psychotherapist, Professional Life Coach in private practice for the past twenty years in the Washington, D.C. metro area. She has developed the ***Intentional Life Power Program*** to help people get out of their own way and get to where they need to be in their career, relationships, finances and more. You may read more about the program in her book; ***Awaken the Power Within you by Getting Out of Your Own Way TM*** available on www.amazon.com. Reprints of this article may be found on her website: www.maricraig.com