

THE INTENTIONAL LIFE POWER PROGRAM

Banish FINANCIAL STRESS

BY GETTING OUT OF YOUR OWN WAY™



50 SIMPLE WAYS
to Attract Prosperity

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What People Are Saying

“Nothing is more toxic to self esteem or to relationships than dead serious money problems... and these times are loaded with instability and uncertainty about basic survival level family economics. Craig’s book is spot on. It may not solve core financial issues per se, but it sure is a great tool in helping stressed-to-the max people to separate fear from self and to take a couple steps back from the emotional tinderbox these kinds of situations tend to create.”

~ Joseph McD. Burke,
Hargrove & Associates
Minneapolis, MN

“One of the keys to sound financial management is having a clear and positive state of mind. Craig’s concepts provide a workable framework for overcoming financial stress and pessimism. Her book offers a no nonsense way for the reader to manage financial challenges with hope and optimism for prosperity in the future.”

~ G.B. Bose,
President & CEO
Washington Retirement Planning Specialists
Bethesda, MD

“Mari’s teachings inspire and remind me that whatever is going on in our lives, we have choices. Mari helps you come up with choices you may have overlooked.”

~ M.C.M.
Professional Coach
Rockville, MD

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Counselor and Certified Professional Coach
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4064 Norbeck Square Drive
Rockville, Maryland
(301)929-9767
www.maricraig.com
maricraig@comcast.net

Fifty Simple Ways to Attract Prosperity

Almost 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.

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.
6. **Remember your personal strengths and skills and how they have helped you in the past.** Whenever you think of past challenges around money, remember that you found a way over, around or through those problems before. Every decade has had financial challenges that we managed to get through, and you will prevail again.
7. **Remind yourself that your thoughts determine your conditions...not the other way around.** Most people are on a mental hamster wheel, spinning symptoms rather than dealing directly with causation. Stop trying to transform the conditions around you when you can only be transformed by the “renewing of your mind.” You can attract all that you desire if your mind works with you to support your dreams.
8. **Engage in activities that nurture your being.** What brings you joy and nurtures your being? Invest in building up your body, mind, spirit and emotions in healthy ways. Do you like walking out in nature, or playing an instrument? Whatever you enjoy, feel free to experiment with new and exciting things that challenge you.
9. **Take back your personal power.** When times are challenging be your own best cheerleader. Taking your power back means valuing who you are and respecting your own needs, wants and desires. It means not allowing others to take advantage of you by asserting your limits or just saying “no”.
10. **Prosperity is about abundance in all areas of your life.** Many of us have known people like the “miserly millionaire” who has trouble parting with five dollars. Prosperity is about having close family and friends, a home filled with love, meaningful work, a supportive community, and a church or temple where you feel a sense of belonging.
11. **Trust that your soul has boundless resilience and endless resourcefulness.** Working out at the gym may frequently feel like being up against the wall, but once that wall of resistance has been broken it is invariably followed by a feeling of elation. “Yes I did it!” You can also take the “workout” approach to release financial stress and attract prosperity into your life
12. **Be true to yourself and your goals for creating prosperity.** Every business has a mission statement to keep business moving in a direction that is consistent. I suggest that you do that on a personal level so that each action you take is congruent with who you are and your goals.
13. **Keep this process simple.** Take a deep breath and pick one of these twenty timely tips to work on each day. You will be surprised at how much you are able to accomplish in a short period of time. You will see your financial stress diminish as you begin attracting more prosperity into your life. You can do it!
14. **Cultivate a realistic sense of proportion and a balanced perspective.** By placing your financial stress in a more realistic context you can begin to come up with a plan to deal with it effectively. If you are worried about investments, meet regularly with a competent investment broker. It is still possible to keep your money working for you.
15. **Practice an attitude of gratitude.** Begin your day by recalling those people and things for which you are grateful. Seeing the glass half-full will spread to those around you and come back to you three-fold. These seeds of prosperity once planted will flourish and attract even greater prosperity in all areas of your life.

16. **End each day with a mental re-run of those things that made you more hopeful and increased your prosperity.** By looking for and acknowledging the hopeful things around you each day you are building a “hope chest” in your heart that increases your prosperity every day.
17. **Get out of yourself.** There is always someone, somewhere, who is having a more challenging time of it than you. I suggest an attitude adjustment by getting out of yourself to help someone else.
18. **Be Generous.** The size or importance of what you give isn't the key; the very act of giving produces good feelings. It feels good to be generous and know that you can make a difference for someone else. A “random act of kindness” expands your boundaries and makes you feel connected to others and the universe
19. **Enjoy each new day in a spirit of adventure.** Don't allow yourself to be boxed in by sticking with the familiar. When you stretch outside your familiar box you stay young, vital and attract prosperity.
20. **Commit yourself to developing a plan for your money.** Become knowledgeable about your finances by spending one evening a week (one to three hours) managing your finances. Invest your money wisely with the help of a competent broker.
21. **Look at what you have not what you don't have.** By seeing the glass half-full you will create a self-fulfilling prophesy.
22. **Be aware of your money feelings.** Release the feelings behind your financial situation. Once you understand those feelings you are acting out through your money, you can release those feelings and attract greater prosperity.
23. **Take action.** Change whatever it is in your life that is standing in the way of feeling good about yourself. If you don't like or need the things you have sell, trade or donate them. Start small and begin to see yourself in a positive light.
24. **Look at your feeling habits.** Develop the habit of new feeling thoughts. Feelings are not facts, they are conditioned emotional responses.
25. **Affirm yourself daily.** Recall the personal strengths that you have.
26. **Release your fear of being wealthy.** Changes, even good ones can be difficult. Move ahead in your life anyway.
27. **Give yourself permission to be wealthy.** Do not keep yourself within the status quo.
28. **Know that you have the right to feel and be wealthy.** The power of choice is your birthright.
29. **Realize that it is not disloyal to your family or friends to be wealthy.** You may inspire and encourage others by your example.
30. **Know that you deserve to be wealthy.** Your efforts are worth being rewarded.
31. **Be comfortable with deserving the best that life has to offer you.** Be the gate keeper of your own happiness.
32. **Become willing to be satisfied with who you are.** Realize your personal value and self-worth. You are the culmination of many hard earned lessons.
33. **Remember that you can be humble and wealthy at the same time.** These qualities are not mutually exclusive; they keep each other in balance.
34. **Examine your beliefs and prejudices about wealthy people.** Work through your personal blocks to success; if needed with a counselor.
35. **Practice slow, deep breaths.** Avoid shallow anxious breathing that sends anxious signals to the brain.
36. **Try yoga, meditation or t'ai chi to keep yourself present and centered.**

37. **Start saving.** Be prepared for emergencies with six months of expenses set aside.
38. **Work your network.** Each day find a way to get the word out to people you know who can support your efforts to attract greater prosperity.
39. **Have enough insurance.** If your investments have lost value, it may make sense to get more life, disability or long-term care insurance.
40. **Spread your assets around.** Diversify by spreading your assets beyond more than one source. That means home equity, your salary, stocks and bonds or your investment earnings.
41. **Be objective.** Try to separate yourself from the emotional triggers of dealing with your money. Make your financial decisions based on the facts.
42. **Manage your financial affairs with your spouse.** Develop good habits of budgeting and investing together to avoid money fights. Each spouse should establish and protect his/her own credit.
43. **Be prepared to act in times of crisis.** Estate planning should include a backup plan for any business. Be prepared to know how to take over without freezing in the event that your partner is incapacitated.
44. **Be knowledgeable about financial services.** There are many different kinds of financial services. One reliable source is aarpmagazine.org/money for the assistance available from planners, credit counselors, and financial services companies.
45. **Review your financial progress.** Keep track of your progress with managing your money to increase your positive feelings for improving your finances.
46. **Prioritize your financial goals.** List short, medium and long-term goals and prioritize each. Put them in a place where you can see them everyday.
47. **Make it your intention to grow as a whole person.** Meet your needs mentally, physically, emotionally, spiritually, socially and financially.
48. **Simplify your life.** Discard the extraneous, unnecessary people, things and habits in your life.
49. **Step outside your comfort zone.** The illusion of Samsara or safety in life is only temporary. When you challenge yourself in new ways it is exhilarating and increases your confidence.
50. **Daily envisioning.** Paint a mental picture of the world from your point of view as if you moved without any boundaries.

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™* available on www.amazon.com. Reprints of this booklet may be found on her website: www.maricraig.com.

Ten Tips to Promote YOUR Business with This Booklet

1. Send this booklet to your clients at year's end, thanking them for their business.
2. Use this booklet as a "thank you" for a sales appointment.
3. Mail this booklet to your prospect list to stay in touch with them.
4. Offer this booklet free with any purchase during a specific time, with a certain purchase amount, or when opening a new account.
5. Distribute this booklet to prospects at a trade show.
6. Give this booklet as an incentive for completing a questionnaire or survey.
7. Include this booklet as a thank you gift when mailing your invoices.
8. Package this booklet as a value-added bonus with a product you sell.
9. Deliver a copy of this booklet to the hands of the first "X" number of people who enter a drawing or come into your store.
10. Provide copies of this booklet to people and organizations who can refer business to you.

MARI G. CRAIG
COACHING & COUNSELING
LCSW-C, CCDC, CPC

*Licensed Clinical Social Worker, Certified Chemical
Dependency Counselor, and Certified Professional Coach*

4064 Norbeck Square Drive
Rockville, Maryland 20853

301-929-9767
maricraig@comcast.net

www.maricraig.com