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Do You Need an Attitude Adjustment?

By Cyndi Roberts

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Do you really want to live better for less? Are you anxious to make your money go further? Do you want to develop a strategy to help your family live the good life --- on a budget?

I am sure you do --- Why else would you be reading this article? And I have good news for you!

You can do it! Yes, you can! It's really easier than you think. There are families out there, living the good life on a shoestring. The good news is --- you and your family can do it, too!

The bad news is --- you may need a change of attitude in order to meet your goals. Yes, even with a step by step budget and plan, if you don't have the right attitude, you may never find the "good life".

It has been said, "Your attitude determines your altitude". If you always see the glass as being half empty versus seeing the glass as being half full, then you may not recognize the good life even when you have it!

I believe the "good things in life" are different things for different people. What is important to me may not be important to you.

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It is important to me to cultivate an appreciation of simple things. One of my greatest joys is sharing laughter with my husband or my sons. If we can laugh at life's foibles, we won't be brought down by life's stresses.

When my husband and I are outdoors we always take note of the beauty of nature in our surroundings. We live in a rural area, and when we are driving, we may see a bright cardinal fly in front of our car, or a deer and her fawn crossing the road. It never fails to make us appreciate the simple things.

Think about what you consider to be the "good things in life". If you can learn to appreciate people, nature, friendships, and

other intangibles, then you are learning to see the glass as half full instead of half empty. And guess what? You are on the road to living the good life!

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Attitudes are contagious—make yours worth catching!

Cyndi Roberts is the editor of the bi-weekly newsletter "1 Frugal Friend 2 Another", bringing you practical, money-saving tips, recipes and ideas. Visit her online at <http://www.cynroberts.com> to subscribe and receive the Free e-course, "Taming the Monster Grocery Bill".

Got Attitude?

By Kathryn Lord

Probably you do have attitude, but what is it? Jaded, self-protective? Frightened? Is "scared to death" too strong?

What you want, a plan to get there, and an attitude to match is vital for partnering success. Think about it: if you are sure that what you are doing won't work, chances are very good that you will be right.

It's like planning a trip to where you really don't want to go, but it is the only route you know. Who wants to spend their vacation in the city dump? That's just what you are deciding to do if you are saying things to yourself like "There are no good men out there," or "Women are just looking for a fat wallet," or "It's not going to work, so why try?" You can be sure with those kinds of attitudes, you won't find any good men, or will just find gold-digging women, or you won't get anywhere at all.

Do you know how, when you suddenly become interested in something, you start noticing it everywhere? A few months ago, I got a sudden inspiration that I wanted a white convertible, right out of

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the blue. And then I started noticing convertibles. Never knew that there were so many of them around, but then again, I hadn't been looking before. It's the same way with those PT Cruisers — I think they are as cute as a button, and I notice them. I do not notice Cadillac's or Chevrolets or BMW's.

That's the way it works with attitude and dating. You get a "destination" in your mind, where you are heading, and then, both consciously and unconsciously, you notice things and make choices that get you there. So it is very important, if you want success, to have success as your destination.

I am convinced, that for everyone who wants one, there is a perfect mate Out There. And, if you are looking, it is crucial for you to believe that too.

The question is where this person is, finding him or her, and how long it will take. Those are the real questions.

So can you believe? Can you adopt an attitude of bemused curiosity? Of wondering who your sweetheart will be and when and where he or she will manifest themselves? Of readying your life to accommodate sharing with another? Of hopeful expectancy? Of an opening to possibility and an acceptance of what is to come?

Just try an Attitude Adjustment and see what happens.

Kathryn Lord, Romance Coach / Helping Singles Find A Sweetheart!
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