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**How to Explode Your Prosperity with Free Gratitude Dollars**

**By Doug C. Grant**

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What are Gratitude Dollars?

They are sort of lookalike dollars that contribute real power to your life when properly used. I'll tell you how to claim your Gratitude Dollars, FREE, in just a moment.

**BUT FIRST, LET'S TALK ABOUT THE WHY' OF GRATITUDE DOLLARS.**

You've probably heard that in order to get more in life you need to be thankful for what you already have. I can hear my mother now, "What'a mean you don't like your shoes? The world is full of kids who don't have shoes. Be grateful. Otherwise you may never get another pair."

We've heard this be thankful' law so much it's like, "Okay, tomorrow I'll start really being thankful. But today I'm busy." Consequently we shut the door in the face of a lot of prosperity.

**DO YOU HAVE SOME NEEDS IN YOUR LIFE?**

What if you found out that many of your needs could be met by simply going to the top of the Empire State Building in New York City and spitting into the wind with your fingers crossed. Would you do it? Darn straight you would!

The gratitude program I'm going to outline doesn't require either the expense or time of a New York trip. In fact, it's free with no strings. Plus I absolutely guarantee it can start exploding your prosperity.

**BEGIN BY WITHDRAWING YOUR GRATITUDE DOLLARS FROM MY WEB SITE**

Remember, these dollars are free...now and always. And you won't be added to a mailing list. In fact, I won't even know if or when you visit, withdraw your dollars and disappear. Unless, of course, you stop to subscribe to my free ezine, THE EMPOWERED MATURITY PAGE.

## How to Explode Your Prosperity with Free Gratitude Dollars

Here's how to obtain your dollars. Go to my web site, <http://www.dougcgrant.com>. Click the Site Map listed in the left-hand panel. Scan down the list of pages to Gratitude Dollars'. Click this link and the dollars are yours.

These dollars are in the form of a PDF file (Acrobat Reader). The file consists of five Gratitude Dollars ready for printing. I recommend that you print out at least three pages giving you a total of fifteen dollars. Cut them apart and you're ready to begin getting thankful.

### HERE'S HOW TO ADD POWER TO YOUR DOLLARS

You will note that each Dollar includes a blank line. Write a word or two on that line for something you are grateful for. It could be health, sunshine, stars, church, a car...whatever. Don't go into detail. It will

only clutter up the dollar.

Fill in ten of your fifteen dollars. I know, you could probably fill more and will in the future. But ten is a good start.

At least twice a day, thumb through your Gratitude Dollars. If you're alone, say something like Thanks for' and read out loud the word you've written. It will take only about 30 seconds. Far less time than visiting the Empire State Building.

When you think of something new to be thankful for, fill out a blank Gratitude Dollar and add it to your pile. If your pile gets too big, take some of the dollars out. You can always rotate them back in from time to time.

### THAT'S IT!

Simple. Effective. It works because my mother said it would. I also read it in the Bible and every self-help book on my shelf.

When you live in a state of thanksgiving, doors of prosperity will open for you. Maybe not right away. Particularly if you've been a chronic hand-wringer. But open they will. It might be next week, next month or maybe not for a year. However, you'll be wonderfully surprised at the many doors that your new attitude of gratitude will open.

### SO START!

It costs nothing. Obligates you to nothing. And can open a new world of prosperity for you.

The only thing required is consistency and that becomes easy once you've established the habit of counting your Gratitude Dollars at least twice a day. More is better.

Carry your dollars with you and use them to fill empty moments. For example, when sitting at a red light, waiting on the telephone or even just walking down the street. Every time you use them, your

gratitude attitude grows.

Remember, the big difference between lack and prosperity is often gratitude failure. Invest some Gratitude Dollars into your life and turn that failure into profit.

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Get more facts, techniques and information about living healthier, happier and being more productive. Subscribe Free to Doug C. Grant's bi-monthly e-zine, THE EMPOWERED MATURITY PAGE. It's directed toward the over 50 Crowd but good reading for anyone wanting to boost their life up a notch or two. Subscribe at: <mailto:empoweredpage@smartautoresponder.com>

Doug C. Grant retired from a successful career as a nationally recognized business writer & marketing consultant. He now helps members of the 'Over-50', crowd (or any age) live healthier, happier

and more productive lives through his Empowered Maturity Web Site (<http://www.dougcgrant.com>) and an on-line interactive seminar.

## **5 Key Ways to Attract Abundance and Prosperity**

**By Julie Plenty**

When you hear the words "abundance" and "prosperity", what immediately comes to mind? Is it money, fulfilling relationships, a lovely house to live in, peace of mind, a career/vocation that expresses your gifts?

It may be all or none of those things. It may mean something else to you. But if you want to attract more prosperity and abundance into your life, no matter how you define them, then this article outlines 5 key ways to do so.

### **1. Understand Attraction Law**

This is better known as the Law of Attraction, as defined by Abraham Hicks, states that "you attract whatever you give your attention and energy to, whether wanted or unwanted".

So, if you're curious about what you're putting out there, look at what you are attracting, the visible results in your life. Knowing about and working with the the Law of Attraction will help you in manifesting, creating and attracting more abundance and prosperity in your life.

Once you understand it, there's no turning back.

### **2. You get what you focus on**

One of the key concepts in the Law of Attraction is that you get what you focus on, whether that be

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money, relationships, employment etc). So when you focus on having less, that is the experience you create for yourself.

Saying that "I hate my job" will just draw even more attention to the aspects of the job that you don't like. Even if you look for another job, it'll be with that negative energy.

Just wanting something isn't enough, because you will still continue to think about what you don't have. Always focusing on what you lack means that you don't see the present and future opportunities, or begin to realise your true desires. You're getting in your own way!

### 3. Clear your head

.....to allow you to focus more effectively. Our minds are full of "stuff"; old, tired and limiting beliefs, which don't reflect who we are now, or who we want to become.

Set aside quiet time for yourself on a regular basis to get real clear about what you really want to attract in your life. Use this opportunity to ask yourself questions.

Ask yourself: "how can I create more prosperity and abundance in my life?". Once your head is clear, you will allow the answers to come to you. Meditation is a great way to start clearing the mind.

### 4. Appreciate life's abundance

Appreciating life's abundance is another way to opening yourself up to accept more abundance and prosperity in your life. When you fully appreciate what you have in your life, the Universe has a way of giving you more.

Keep a gratitude journal and at the end of each day, write down everything that you appreciate in your life. You'll begin to change your energy and vibration and become more internally aligned with what you want to create in your life.

### 5. Use prosperity affirmations

As you write your gratitude journal, it is an opportunity to write down prosperity affirmations as well. Affirmations are statements of acceptance that you use to manifest your destiny or what you want to create in your life. They are powerful, positive thoughts and words sent out to the universe.

If you want to use affirmations to create positive changes in your life, then you must first BELIEVE that this is possible. It shouldn't be a half hearted "well, I'll give this a go and see what happens".

To make affirmations more effective, put as much positive energy in writing and saying them as possible. Visualise what you want to create and let this inform your prosperity affirmations.

When you cease operating from a position of lack, you start to create the fertile conditions to make

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more informed decisions, identify greater opportunities and attract more abundance and prosperity into your life.

Julie Plenty is a Personal and Business Coach who helps self employed creative professionals develop a strong personal foundation and therefore increase the success of their business. For more self growth articles, resources and free ecards, visit:

5 Key Ways to Attract Abundance and Prosperity

Appreciation Attracts Prosperity

Increasing Prosperity With Positive Thinking

Be Grateful for Gratitude

Keeping an Attitude of Gratitude

EmailMasterPro

Profitable Crafts Vol 2

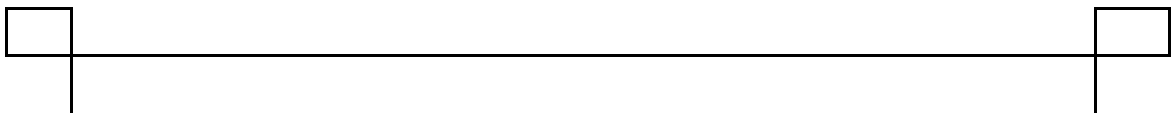
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