



Three Simple Ways to Create More Abundance in Your Work and Your Life

When I was growing up our family didn't have a lot of money. My mother was a single mom challenged with raising four children, providing a stable home and medical care, all on a waitress' salary with no employer benefits except a pay check. As an adult, I know that my mom made many sacrifices so that we could have a better life. Yet, she never complained and always found ways to help others out whom she felt were worse off than we were. And not surprisingly, we always had a roof over our head, a full belly, a warm bed and clean clothes.

Have you ever heard the saying, "that which you put out to the world comes back to you times three?" Without knowing it my mom embraced what I call a gratitude philosophy. Not only was she grateful for what she had but she was always willing to share what she had with others. As a result, she always had more and more to be grateful for because what she graciously gave to others always came back to her in spades.

As we approach the holiday season, I hope that you will take some time to reflect on all that you have to be grateful for. Here are a few simple things you can do to embrace the abundance in your own life.

1. **Say thank you.** The first time I wrote a report on a computer, I lost the entire report because I didn't save my work along the way. As a result, I learned an invaluable lesson: save early, save often. This lesson can apply when it comes to thanking the people in our lives – co-workers, spouses, customers, vendors, friends. Say thank you early on and as often as possible. If you've been lax in this area no worries. Sit down, identify three people that have made a difference in your life this past year, and write them a heartfelt thank you note. I guarantee that you will be pleasantly surprised by the response.
2. **Develop an abundance mantra.** Hope Floats, starring Sandra Bullock and Gena Rowlands, is one of my favorite movies. At the end of the movie, Bullock's daughter says to her, "My cup runneth over." I love that line. You could use this as your mantra but you can probably come up with a better one on your own. Here's one that I use: I have more than enough time to get all of my important things done. And guess what? I do.
3. **Create a gratitude ritual.** A gratitude ritual could be something as simple as saying a prayer before every meal or before you go to bed. Or, you might take a few moments each day to reflect on the things you feel most grateful for that day. Even better, write them down in a notebook and keep it handy for those rough days when you need a boost. Or perhaps each day you might try to do or say something nice to one person that crosses your path that day – a compliment or a kind word can go a long way. Each night my husband and I share three things that we feel grateful for that day before we go to bed. For us, this is both simple and impactful. Pick something that works for you then do it.

As you move into the holiday season, I hope you will carve out your own philosophy of abundance. Then sit back and be amazed at what magically unfolds. More than you expected? I hope so.