



## A Season of Abundance

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December is a great month to pause and reflect on all that which we are grateful for. During this month of holidays, I find that there is an abundance of good will and cheer. Why isn't this the case during other months of the year? It is for some, and it all starts with attitude. Yours.

Have you ever been asked if the glass is half-empty or half-full? An eternal optimist, I typically find my glass half-full in almost any situation. Why? It's all about my attitude. I find the good or the opportunity in almost any situation I find myself in. That's why companies like to hire me as a consultant on projects that involve strategic, long-term organizational change. I have the right attitude. And, as you probably know, attitude is contagious.

This month my focus is on abundance. Webster's dictionary defines abundance as:

1. Ample quantity, profusion
2. Affluence, wealth
3. Relative degree of plentifulness

When you find yourself scurrying around getting flustered as you try to finish your holiday shopping, your baking, or party preparations, stop and take five minutes for reflection. Take a deep breath, and write down everything that you feel you have enjoyed in abundance during the past year. Then, ask yourself, how can I share this abundance with others? Write down at least three things you are willing to do this month. Then make a commitment and do them.

For me, the spirit of abundance begins with giving. You've got to give in order to receive. I have come to learn that this is how the universe works, like it or not. So what does this mean? It means that what you put out into the world will eventually come back to you. How does it work? For example, if you are unwilling to share information with others, information that you need may not find its way to you. Or if you hoard money, then you may find that you have less money flowing into your checkbook than you might like.

On the other hand, if you give generously of your time, energy and money, then you will probably find you have an abundant supply of any or all of these in your life. That's how the universe works. It's that simple.

There is a Native American saying: "Give thanks for unknown blessings already on their way." The best way I know how to honor the abundance of unknown blessings that are out there waiting for me, is to give first. Start by giving thanks to all of the people who have been implemental in creating the abundance you have enjoyed in your life.

One of my clients told me that in December she writes down a list of 10-12 people that she feels have helped her achieve success during the past year. At a minimum, she writes them a special thank you. If time permits, she makes a personal phone call to thank them in person. I was lucky enough to be one of those people who received a personal phone call.

My wish for you is that you will be able to manifest your own season of abundance. Start now and you will be amazed at what unfolds for you in the New Year. And remember, the abundance you experience in the coming year is already on its way. What unknown blessings are you giving thanks for?

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