

## How to Be a Magnet for Prosperity by Kaya Singer

It is a beautiful day and wonderful to be alive! Maybe you are thinking, "well, I don't feel that way. It's ok for you, but my life is a mess."

I have discovered that if I focus on my problems then I tend to have more problems to focus on. If you are like most people you tend to do things the same way day after day without thinking about it. We all have many, many habits that we have developed over time. It is part of the way we all live.

Some of these habits are positive and others keep you stuck and are unsupportive. Habits are called "good" when they support you in your health, success, and prosperity. A bad habit reinforces negative beliefs, poor health, lack and limitation.

Think about something that makes you feel really good. It doesn't matter what it is as long as it generates good feelings. For a few moments just soak up those good feelings and notice what happens. It is not possible to feel good and be negative at the same time. Prosperity is attached to positive thoughts.

Decide to feel good all day regardless of the situation. If someone says, "how are you?" answer, "I feel wonderful." When you say that, things shift and your energy changes. Positive energy attracts positive things to you whereas negative energy repels and also attracts negative situations. You are a magnet. It is time to be a magnet for prosperity.

Whether you are talking to customers,

tele-marketers, salespeople, or the garbage collector, be positive and up-beat. What a difference it will make for your business Today be positive all day regardless of the situation. At the end of the day write a few words in your journal. Writing helps to ground the energy into your being at another level.

Rather than focusing on the bad habits focus on creating good prosperity habits. To change your habits it is important to do the same thing over and over until a new habit is formed.

Begin to fill up your mind with new mind-chatter about prosperity and success. The more you do this the more it becomes a new habit as well.

But what do you do when you fall backwards into feelings of fear or limitation? Old patterns can be very tenacious and they want to hook on to your old triggers, and before you know it you are worrying or being anxious. Not fun.

The important thing is to know what to do when this happens. Here are some concrete ideas. These are also things you can do even when you are feeling good. They will reinforce your good feelings.

1. Be kind to yourself and give yourself heaps of appreciation for all of you have accomplished. Make a list of your accomplishments.
- 2, Make a list of everything you have done recently to change your limiting habits and develop prosperity. You will be amazed at what you have done.
3. Choose to see only prosperity. It isn't about how much money you have in your bank account it is all about your attitude. One of my mentors would say, "I am a millionaire now and the money is on the way to my bank account."

4. Call a positive thinking friend to talk to. Someone who won't commiserate with you; someone who is upbeat and happy.

These are very powerful ways to get yourself re-aligned.

Starting today:

- Have a positive attitude
- Say positive self-talk
- Be positive when you talk to people

Blessings on your prosperity and your new prosperity habits.

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