

# LIVE IN ABUNDANCE



How many people do you know that live with abundance in their lives? Not just financial, I mean abundance in;

- Health
- Love
- Wealth
- Achievement
- Time to do the things they love
- Joy and happiness
- Helping others
- Good nutrition and fitness
- Positive thinking
- Positive friends and associates

If you are anything like me, you don't know many people that could honestly say they have abundance in all of those areas. I am certainly not saying that I have abundance in all of those things either ... yet!

Over the past few years I have met and associated with a very small minority of people who can honestly tick off every one of the above list. Through associating with these people I have learnt one inescapable fact – **if you want to live differently to other people, you have to think and act differently to other people.** These highly successful people do the things on a consistent basis that unsuccessful people are not prepared to do. It is that simple.

Let me relate this to an area I am successful in, so I can talk from experience. My health and vitality is abundant because I do things that most people don't do on a continual basis. I am passionate about my health and so I prioritise, just as I am sure that you do the same with certain areas of your life.

Let me give you an example. Today (as I write this) is Saturday and every Saturday morning I get out and exercise. This morning I was blessed with brilliant weather; the sky was blue, the sun was shining and I shared the great outdoors with many other enthusiasts. Last Saturday was a different story altogether – it rained steadily all day. It wasn't cold at all; in fact it was a really enjoyable training session because the rain was so refreshing. I also understand that I am waterproof!

There was no-one, and I mean no-one else, out exercising because of the rain. I thought of all the people that would have looked outside and said; "I am not exercising today! Hopefully tomorrow will be better". It actually made me smile because I knew that I was doing something that most people wouldn't do so I could live in abundance in that area of my life.

Have you ever done or attempted something and others tried to discourage you, or thought that you were a bit cuckoo for doing it? Did you give up because of what others said or did you do it anyway?

If you are doing something that others resist, ridicule you for or just plain wouldn't do, then you are right on track for abundance in your life. Keep going, don't listen to the DREAM STEALERS and NAY SAYERS and remember to say to yourself every day:

***"I will do today what others won't so I can live tomorrow like others can't"***