

Tips for Enhancing Your Prosperity

The following points have always been helpful to me when I'm feeling less than prosperous:

1. Get real about your financial state. So many worry about how bad they think things are, without really knowing what they have/don't have. Move out of paralysis and take inventory of your debts/living expenses and income/assets (with your partner, if applicable). This will allow you to make conscious choices about how to live and spend. If you've just been laid-off, create a 30, 60 and 90 day financial plan. This can be revisited at the end of 90 days and re-adjusted. Next, create a budget--and--stick to it (this can be very empowering). There are lots of online resources for creating family/individual budgets.
2. Give thanks. Pause and think of all you have to be grateful for--your health, your freedom, your ability to create, etc. Choosing to see things from a state of gratitude can really help shift your perspective and often gives you the breathing room you need to see your situation in a different light(how many friends do you have who swear that the darkest moment of their life ended up bringing more good and prosperity--long term--than they ever could have imagined?).
3. Keep the big picture. This too, shall pass. It's really easy to stay "stuck" and fixated on your financial state. Spend time with friends and colleagues who are able to support you and remind you that this is only a brief moment in time. Life is full of bumps in the road; you haven't fallen into a manhole, you're just experiencing a little rough terrain. Things will get better (reflect back on how you have weathered past crises). And remember, your attitude during this time of transition has everything to do with how you feel on a day-to-day basis.
4. Don't stop living. Just because you're in a tough spot financially, doesn't mean your social life has to grind to a halt. Seek out free concerts or outdoor events. Go on a family picnic (on a weeknight). Go to the dollar theater. Pick a fun theme (Mediterranean, Mexican, Greek) and invite your friends to a potluck dinner at your house. Go swimming (lots of free pools in Austin). Getting out will also help you maintain a healthy perspective about your situation and remind you of all you have to be grateful for.