

The 90-Day Prosperity Experiment

Day 21: Ten Things *by Kate Nowak*

Hello from my heart to yours!

Congratulations! You've made it 21 days. That's the amount of time, most experts agree, that it takes to create a new habit. This means, of course, that in the past 21 days you have succeeded in creating the habit of thinking more prosperously.

So today, we'll begin a new habit: The habit of gratitude. While we've been skirting all around gratitude for the last 21 days, today, we'll going to begin an intent focus on being thankful, because the more we focus on how grateful we are, the more we find we have to be grateful for.

So today, I want you to make a list of ten things you are incredibly grateful for; things you believe have made an amazing difference in your life; things that bring you feelings of joy and peace and love; things that convince you day in and day out that life is worth living; things that daily reassure you that goodness is alive and well in the universe and all is as it should be.

Once your list is made, put it with your Prosperity Business Plan and read over it daily. You can add to it, if you wish, or you can make changes as you feel are necessary, but make certain that your list contains at least ten different things that you are thankful for.

These ten blessings, counted daily for the remainder of the Prosperity Experiment, will be the foundation stones upon which your prosperous life will be build. So choose them well.

Today's Action Step:

1. Make your new list of ten things to be grateful for.
2. Re-read your Prosperity Business Plan.
3. Place today's allotment of money in your container and read the affirmation on the container three times.
4. Continue blessing those around you, including your fellow participants in this experiment. See those you bless prospering and surrounded by good. Then bless yourself and see the same. You may also want to continue blessing those on the blessing request list.
5. Return to the blessings requests and read the responses being posted by those who have been blessed. (you'll find a link at the bottom of this email, or simply go to bettertobless.com and click on "Request a Blessing")Your blessings are making a difference. Reading the responses will give you an opportunity to see for yourself.

Today's Quote:

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary."

--Margaret Cousins

Today's Affirmation:

"I am so grateful for all I have."

