

The 90-Day Prosperity Experiment

Day 48: A Hand Up *by Kate Nowak*

Hello from my heart to yours!

None of us came here to exist in a troubled world for seventy or eighty years just so we could, in the end, be put in a box and buried six feet under. We came here to live. We came to enjoy and embrace life. We came to walk in abundance, grace and love. We came to learn and teach and grow. We came to celebrate life. We came to prosper.

Yet it is amazing how few of us do any of what we came to do.

Truth is, most of the six and a half billion people currently residing on this planet are spending their entire lives shuffling from one day to the next and barely existing in between. They assume any day they make it through is as good as it gets and so their goal is not to enjoy and be blessed by each day, but to simply get it over with as quickly as possible.

If you think I'm exaggerating, then stop for a moment and consider how most people respond when you ask them how they are doing. Chances are very good you're going to hear responses like...

"Getting by, but just barely."

"I'm hanging in there."

"Just trying to make through another day."

Or at best, you'll hear, "Oh, fine," in such a resigned and lackluster tone that you'll know at once the person you're talking to is living a mediocre life and has absolutely no desire to change it.

The challenge accompanying such responses is that they have such a low vibration that you practically have to scrape it off the ground to feel it. And for some unperceivable reason, most of us have this idea that we're not being compassionate and understanding if we're feeling good while those around us are feeling bad, so we feel compelled to lower our own vibration to match theirs.

Which, of course, makes no sense whatsoever.

It makes no sense because life is not a teeter-totter. No matter how hard you try, you can't get down enough to raise someone else up. You can't get poor enough to make anyone else rich. You can't get sick enough to make anyone else well. And you can't get sad enough to make anyone else happy. So why bother trying?

The greatest gift you can give anyone is your joy, your zest for life, your enthusiasm and your exuberance. And the greatest disservice you can do anyone who is in a low vibratory state is to lower your own vibration to match. Just as two wrongs don't make a right, two downs won't make an up. Ever.

So go ahead and remain exuberant when those around you are anything but. If you're filled with energy and joy and want to shout your appreciation for life from the very rooftops, shout it out, and don't feel you have to tone it down when you get met with a weak, "oh, fine," response.

If anything, amp it up a bit. You don't have to go crazy with giddiness, but you don't have to fold like Superman when someone whips out the kryptonite,

either. Believe it or not, joy is just as contagious as depression. And it's a lot more fun to spread. So you might as well spread it.

So, the next time someone tells you they're "just getting by", instead of toning it down with an "Oh, yeah, know what you mean," agreement, think about what you can do, instead, to turn their negative into your positive. Point out something beautiful, or tell a funny joke, or give a hug, or share a smile, or simply send a blessing, wrapping the person in unconditional love. Moving from a mediocre response to a magnificent one takes a little thought on your part to be sure, but it's well worth the effort.

And any time anyone asks you how you are doing, make certain that the response you give is a radiant reflection not only of who you are right now, but who you growing to be. Answer with expressions like...

"I am blessed."

"I am doing wonderfully well."

"I am thankful."

"I am AWESOME!"

Because just in case you weren't paying attention at the beginning, you came here for some very important reasons:

You came to live.

You came to enjoy and embrace life.

You came to walk in abundance, grace and love.

You came to learn and teach and grow.

You came to celebrate life.

You came to prosper.

You came to be absolutely phenomenal.

And guess what... YOU ARE!

So say so. And reflect so. *And be so.*

Because by your presence you have the ability to remind others that they came for the same reason.

And that's always been the best way to give others a hand up.

Today's Action Step:

1. Re-read your Prosperity Business Plan and your ~~Ten~~ **Eleven** Things Gratitude List.
2. Place today's allotment of money in your container and read the affirmation on the container three times. Expect to receive in return.
3. Bless 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.

4. 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:

"The greatest good we can do for others is not just to share our riches with them, but to reveal theirs."

— Zig Ziglar

Today's Affirmation:

"I am abundantly blessed. I am PHENOMENAL!"



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<http://prosperity.blessingsexperiment.com>

To join the **Prosperity Experiment Forum**, please go to this URL:

<http://www.bettertobless.com/peforum.html>

Note: A password is required to access the forum. The password is **bless**