

90-Day Prosperity Experiment Lab Report

Day 74 — *Escaping Yesterday*

*“Waking up again
To the same old thing
To the same old songs
To the same old pain.”*

From the song “**Groundhog Days**”
lyrics by Nick Jones

Today’s Message

You may remember the 1993 movie **Groundhog Day**. It is a delightful comedy about an obnoxious meteorologist assigned to cover the annual Groundhog Day celebration in Punxsutawney, Pennsylvania. After reporting on the groundhog’s emergence from the burrow, weatherman Phil Connors (played by actor Bill Murray) not only finds himself stuck in Punxsutawney because of a blizzard he forecast incorrectly, he also finds himself stuck in the same exact day over and over again, having to wake up to it each morning and forced to relive it day after day after day. The town doesn’t change, the people don’t change, but through the course of the movie, Phil does. With no control over his outer circumstance, he eventually discovers that he has no choice but to change himself.

Hailed as one of the most spiritual movies of all time, **Groundhog Day** presents a comedic reflection of the way we humans often get stuck in our own sort of life loop, repeating the same action and behavior day after day. Chock full of great spiritual and philosophical lessons and insights, **Groundhog Day** brilliantly dramatizes how real change always comes from within. Though we often grab onto the external hoping for happiness, the movie gently points out that it is up to each individual to break free of negative boundaries and create his or her own happiness.

In the movie, a somewhat jaded and bitter Phil is forced to find a meaning and purpose for living. It is his only way out of the loop. Throughout the course of the film, viewers watch as he changes his life by changing one attitude or behavior each day. And with each change a transformation occurs.

It’s not Phil’s life that changes, of course, but only his perspective of it. And what the movie so beautifully reminds us of is that we are all capable of doing the same. We each have within us the capability to change our own perspectives so completely that even the most cruel and miserable day can be turned into one that is filled with joy and magic. Our ability to change our perspective at will is one of the greatest gifts we’ve been given. More importantly it is a fundamental key to enjoying all the abundant blessings life offers.

Unfortunately, so many of us live on autopilot, reliving each day in our minds over and over again, that we

90-Day Prosperity Experiment Lab Report

Escaping Yesterday — Day 74

never realize we have other options. We carry the same thoughts, the same feelings, the same grudges, the same worries and the same anxieties into each new day. Unlike Phil Connors, we aren't trapped by a time loop; we're caught in a mental one; one that keeps us bound to old patterns of thinking and acting, some of them going back as far as early childhood.

The great thing about a mental loop, though, is that we only need change our minds to break free of it. And this is much easier to do than most of us realize. You start simply paying attention to your thought processes. By monitoring what you are thinking and feeling throughout the day, becoming aware of your dominant thought and feeling patterns. Once you're aware, you can start experimenting with replacing negative thoughts and emotions with those that make you feel better about yourself and your world. And once you change the way you think and feel, you'll see the world differently.

The world won't change.

But you will.

And that's all that matters.

As Phil Connors discovers, each day gives us an opportunity to try new behaviors and then measure the results and evaluate them. We may not return to the exact same day each day as Phil did, but we do live our lives in days so strikingly similar that we are literally a walking, talking laboratory; a place where we can experiment, adjust, tweak and play with our thoughts, emotions and feelings until they feel just right for us. And as we do so, the changes that lead to a joyful and prosperous new life are effortlessly made. And life becomes the magical movie we would have it be.

Note from Kate: If you have a chance, I urge you to borrow, rent or buy the movie and watch *Groundhog Day*. And if you really want to change your life, I urge you to follow Phil Connors lead and change the way you look at the world. It truly is the quickest, easiest and most efficient way to change your life.

Today's Affirmation

Every day in every way I am better and better.

90-Day Prosperity Experiment Lab Report

Day 74 — *Escaping Yesterday*

Today's Action Steps

1. Re-read your Prosperity Business Plan and your **Eleven Things Gratitude List**.
2. Take a moment to stand firmly with one arm raised to the heavens, the fist clenched as firmly as if you were holding on to the hand of God. Now either mentally or vocally affirm:

As God as my witness, I am powerful today, I am brave today, I am strong today, I am fearless today, I prosper today. And I am living each moment of this day embracing my true nature and moving closer to becoming the person I am destined to be. For today and every day from this point forward this is my truth.

Note: If possible write this affirmation on a card that will fit in your wallet or purse and carry it with you so you can refer whenever you feel doubts or fears arising. And each time you repeat this affirmation, say the words with as much feeling and emotion as you possibly can, spending at least one full minute imagining every aspect of your life as you want it to be.

3. Place today's allotment of money in your container and read the affirmation on the container three times. Expect to receive in return.
4. 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. Reading the responses will give you an opportunity to see for yourself.
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.