

## Living a Life of Prosperity

Last Friday I spoke on the Main Stage at the Northwest Women's Show in Seattle. Little did I know when I accepted the speaking engagement last October that I would be considered one of the show's celebrities. I knew my picture was on the show's website, but that's fairly common. My newfound celebrity status began to sink in when I started receiving emails and phone calls from friends and colleagues telling me they had seen my picture in the Seattle Times or heard my name on the radio. When I arrived at the Northwest Women's Show I experienced the strangest sensation.

Seven years earlier – in March 2002 -- I staffed a Social Security Administration booth at the Northwest Women's Show and spoke on the seminar stage. Less than two weeks later I read the quote "Our purpose in life is to find our gift, perfect it and give it back to others". The quote inspired me to step outside my comfort zone, take early retirement from my Public Affairs job with Social Security and started Money Wise Women.

Fast forward seven years and I'm back at the Northwest Women's Show as a *Celebrity* speaker. How in the heck did that happen?

In April 2002 I took a three-week "time out" from my public relations job to spend time getting quiet and listening to what Marcia needed. Like most women I was so busy with my every day activities that I didn't take time to STOP long enough to think about Marcia. It only took a few days of quiet reflection for me to realize I wanted more from life. I wanted to be the CEO of my own life. Today I'm living the life I love without financial constraints with a happiness in my heart and spirit.

Are you wondering – what about me? I want to live the life I love. Begin by spending some quiet time to determine what lights your fire. You might need to go away for a weekend – all by yourself to read inspirational books, listen to music, take long walks. The important thing is getting your mind quiet so you can really listen and pay attention to what you're passionate about. I recommend writing your thoughts down – don't worry about making it pretty, just write, write, write. It's for your eyes only.

If you can afford the investment, make an appointment with a life coach. Only after working with a life coach did I realize how much she helped me determine my intentions and set goals. I know without a shadow of a doubt I would NEVER have accomplished my goals without the guidance of my life coach. You'll find a list of life coaches on the Money Wi\$e Women website under Sponsors/Coaches.

I highly recommend creating a Dream Board to visualize your intentions and goals. I use the word *dream* not *goal*, because my dreams are my purpose in life. Some people also refer to this as Treasure Mapping. Every January after meeting with my life coach I

create a Dream Board with a theme. Last year's theme was *Abundance*. This year's theme is *Balance*.

I create a colorful, visual representation of my dreams and goals for the year. Because I'm a very visual person, I clip pictures, sayings and words from magazines. I use my rubber stamps and stickers and also include pictures of myself. I arrange all of this on a large poster board and glue it down. My Dream Board hangs in my dressing area where I look at it each morning and evening. It's powerful. I know setting positive intentions attracts positive outcomes in my life. Several of my 2009 goals have already occurred and it's only April!

Now that you've created your plan it's time to follow Eleanor Roosevelt's advice "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do." Are you ready to stretch and step outside your comfort zone? Just take one small step at a time. Small steps lead to big results. And, never, never, never give up!

Below are just a few resources to help you create and live a passionate life:

Melissa Wadsworth, Dream Board expert – [www.melissawadsworth.com](http://www.melissawadsworth.com)

Life Coaches – there's a list of excellent coaches on my website

[www.moneywisewomen.net](http://www.moneywisewomen.net)

Books (alphabetically listed by author)

Deep Breath of Life, Alan Cohen

Wake-up Calls, Joan Lunden

What's Next? Women Redefining Their Dreams in the Prime of Life, Rena Pederson

Get What You Really Want Without the Guilt, Sandra Smith

Secrets of Six-Figure Women: Surprising Strategies to Up Your Earnings and Change Your Life, Barbara Stanny

LifeMoxie! - Ambition on a Mission - 9 Strategies for Taking Life by the Horns - Ann Tardy

Why Women Earn Less: How to Make What You're Really Worth, Mikelann Valterra

Workshops and Teleseminars

Many of the authors and life coaches (on my website) offer workshops and teleseminars. I also recommend the Money Wi\$e Women Get Smart Teleseminar Series.