

# The Abundance Newsletter

Edition 1.1

## Welcome!

Welcome to the first edition of *The Abundance Newsletter*, the newsletter designed to encourage, enrich, and improve the flow of abundance in your life.

## The Abundance Barometer

How's the "weather" of your financial well-being? Is it sunny, partly cloudy, or dark and stormy? No matter what your Abundance Barometer is currently revealing, be encouraged...the forecast is for better days ahead.

## Cow Pies Next 75 Miles

Let's be honest: The road to financial peace and prosperity can be difficult. In fact, there may be times where it is downright sloppy, stinky, and squishy.

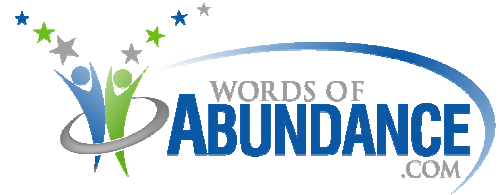
The "Abundance Patrol" has given us good news though: In spite of the current conditions, the road to prosperity is *open!* Let's put on our boots and wade on ahead!

## Quick Hits

Here are some easy actions you can take to start increasing the flow of

abundance in your life – starting today:

- ✓ Ask yourself: "What one thing can I do to save some money today?" Do that one thing.
- ✓ Make it a daily goal to spend at least fifteen minutes seeking to increase your financial knowledge and wisdom.
- ✓ Take care of yourself (focus on proper nutrition, exercise, and sleep).
- ✓ Allow yourself to enjoy some quiet time each day. Even a short period away from the normal chaos is helpful.
- ✓ Find ways to make a contribution. What can you give others who are having difficulty? You'll be amazed how your own anxiety lessens when you are focusing on helping someone else.
- ✓ Reduce the clutter that surrounds you. Clutter prevents clarity. Small amounts of time daily in this practice pays big dividends.
- ✓ Remember that you don't have to have perfect clarity about your direction before you take any action.
- ✓ Continue taking small steps in the direction that seems best to you.
- ✓ View the process as an adventure!



## **Be Kind to Yourself**

Relax. Beating yourself up for past mistakes or failures is counter-productive. Yesterday is over. Today is a new day. You can make better decisions starting today.

Do you have “problems?” Try instead to view those situations as “opportunities.” Every problem presents you with an opportunity to learn and grow.

None of us can control interest rates, the stock market or the price of gasoline. Accept that as a given and don’t drive yourself crazy trying to control outcomes.

## **Control What You Can**

There are many things that you can control in your life. Consider taking one or more of these actions that will strengthen your personal financial situation:

- ✓ Work on reducing your debt
- ✓ Increase the amount of your emergency fund. Most advisors suggest setting aside enough for at least three months of expenses – six or twelve months would be even better.
- ✓ Keep a close eye on your spending. Reduce the “nice to have” and focus your resources on increasing savings and reducing debt instead.

## **Stay Flexible, Remain Patient**

When the time is right, opportunity often happens naturally. Someone once said

that success is what happens when opportunity meets preparedness.

Abundance sometimes comes from unexpected sources...but it rarely comes to those who haven’t prepared themselves for it.

How can you prepare yourself? One good way is to continually work on enhancing and broadening your skills.

Look for new ways to do things and for new creative solutions to problems. Volunteer for new projects and assignments. Spread your wings. Enjoy learning.

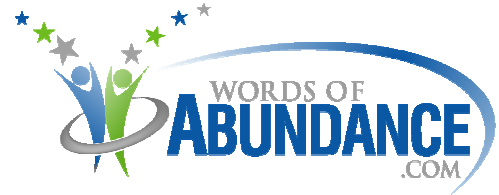
## **Keep Things in Perspective**

Spend daily time being thankful. Have you heard the story of the man who constantly complained because he had no shoes? His perspective completely changed when he met a man who had no feet.

## **Question of the Month**

Question: “I am in debt but have a small amount of extra cash available. Am I better off putting my extra cash toward paying off my debt or to starting an emergency fund?”

Answer: Generally speaking, debt reduction would come first because debts usually have higher interest rates. You want to have interest working in your favor, not against you.



That said, the real answer for you personally should come from asking yourself this question: “Which activity (reducing my debts or increasing my emergency savings) will reduce my stress the most?”

If building your emergency fund will reduce your stress more than putting the extra money toward your debts, then by all means put the money in the emergency fund.

The more you can relax about money, the more easily abundance will flow to you. If you make your decisions based on reducing your stress, you will rarely go wrong.

*Do you have a question you would like to have answered? We'll try to send a personal response to every question. Who knows – yours might even make it into the newsletter! Submit questions to: [questions@wordsofabundance.com](mailto:questions@wordsofabundance.com).*

## **It's a New Game!**

For all you fans of the book *Money Games*, here is a new “game” for you:

### **Xylophobia**

“What’s that wooden sound?”

Are you familiar with the musical percussion instrument called the Xylophone? As you’ll recall, it has wooden bars of various lengths that are struck with mallets. Don’t quote me on this, but I think they have about 28 “bars” from which the player can

choose. For me, that is about 27 too many choices!

I find it interesting that the name “xylophone” comes from Greek words that mean “wooden sound” because that’s about the same kind of sound my neighbors hear when I’m confronted with too many investment choices. (In reality, it is just the sound of my head hitting the wall.)

“Xylophobia” is a word I made up to describe the paralysis we sometimes face when confronted with too many choices. We have some money, but there are too many investment choices available so we freeze and do nothing.

Yes, there *are* many saving and investment choices. Should that cause us to freeze-up and take no action? No.

We should learn as much as we can and/or consult several people who are good with money management and take our best shot.

It is better that we invest *somewhere* than to panic and do our investing at the mall. Even if we make poor choices, we still have the opportunity to learn from our mistakes. Get that money out there.

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*Do you have a great idea for a Money Game? Submit it to [newgameideas@wordsofabundance.com](mailto:newgameideas@wordsofabundance.com)*

Have an abundant month! See you again soon.