1. Accept Yourself

Exercise: Self-acceptance feels so good that you should try it at least once in your life! At the deepest level, self-acceptance is the awareness that you are what you seek. The love you hope to find in the world is what you are made of, and the happiness you are searching for is your true nature. Today, be willing to accept the idea that love is here because you are here, and happiness is here because you are here, and hope is here because you are here. Affirm to yourself, "I am what I seek."

2. The power of connection

Exercise: If you want more energy, more inspiration, more creativity, more aliveness, more joy, you have to connect. First connect with yourself. Failure to do so will leave you feeling like something is missing in your life. Eventually, you will come to realize that what is missing is you! Next, connect with others. Ask yourself, "Who would I like to spend more time with?" Social studies show that people who invest in a rich "circle of friends" are twice as likely to feel very happy and abundant.

Your abundance score will increase as you extend your sense of connection to include the sun, the stars, the sea and the trees. Too many of us suffer from what author Richard Louv calls "a nature-deficit disorder." Mother Nature offers a perfect holding environment that helps to restore us to our unconditioned selves. Most important of all is our connection with the original energy that created us. In my favorite book, *A Course in Miracles*, it is written, "A sense of separation from God is the only lack you really need to correct." Amen to that.

3. Know what you want

Exercise: Reflect on the statement, "I know what I want." How true is this for you? Sit with this until you are at least a little bit clearer than before about what is the real more you want and why. Your newfound clarity will save you so much time, so much energy and so much unnecessary heartache. Notice also that knowing what you want isn't just about "having" and "doing," it's also about "giving" and "being." When you know what you want, you stop wanting more of everything else.

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4. **Realize that money isn't everything**

Exercise: Money is important in life, but if you are to enjoy a truly healthy relationship with money, you have to be clear about what is even more important than money. The real truth is that you can't buy what you really want. True love is not for sale. Real happiness cannot be bought. Peace of mind is not a commodity. To increase your abundance score immediately, try this great exercise: Make a list of 10 things in your life that are priceless to you and that money cannot buy. This powerful exercise will open your eyes to how rich your life already is.

5. **Are you a good receiver?**

Exercise: Take a personal inventory in which you identify at least three ways you limit your own happiness and abundance. Notice how you are depriving yourself of nourishment, inspiration, joy and aliveness. Make a resolution to stop being so mean to yourself. And be willing to let life give to you, so you can give yourself more fully to life. Reflect also on what my friend Dr. Chuck Spezzano says: "When the receiver is ready, the gift appears."

6. **Give unconditionally**

Exercise: Today, do not think in terms of giving and receiving; rather, see that giving is receiving. Notice the difference between giving from your essence and giving from a role. From your essence, giving is always sharing and the gifts are multiplied. In a role, giving is always a transaction in which someone inevitably loses. When you give from your essence, you notice how you receive as you give, and, thus, you naturally let go of all fear of giving and receiving.

7. **Strong sense of purpose**

Exercise 1: What would you say if someone was to ask you, "What is the purpose of your life?" Notice your response to this question. If you are not clear on your answer, you need to take some time to work this out. If you need some more help on this, I recommend you read my piece, "What Do You Want to Do with Your Life?" The clearer you are about your purpose, the more abundant you will feel.

Exercise 2: To discover the purpose of your life, you have to "let yourself be silently drawn by the stronger pull of what you really love," the poet Rumi said. Asking yourself, "What do I love?" will help to clarify what energizes you, what touches your heart and what inspires you. As you answer the call to what you love, you will naturally feel more alive and more deeply

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engaged with life. You will also experience a greater sense of direction, meaning and fulfillment.

8. **Don't carry grievances**

Exercise: Make this your affirmation today: "Forgiveness offers everything I want." One of my favorite lessons in *A Course in Miracles* begins: "Do you want peace? Forgiveness offers it. Do you want happiness, a quiet mind, a certainty of purpose, and a sense of worth and beauty that transcends the world? Do you want care and safety, and the warmth of sure protection always? Do you want quietness that cannot be disturbed, a gentleness that never can be hurt, a deep, abiding comfort, and a rest so perfect it can never be upset? ... All this forgiveness offers you, and more."

9. **Practice gratitude daily**

Exercise: Your abundance score will increase if you commit to practicing gratitude on a daily basis. To get started, say out loud 10 things you are truly grateful for. Notice what this feels like to hear yourself say it. Are you having fun? Does it feel silly? Any resistance to doing this exercise is really a temptation to keep holding on to your old stories of lack, unworthiness and separation. Keep going. And keep doing it. The gift of gratitude is that it helps you to enjoy your life as it happens, here and now.

10. **Be fully present in your life**

Exercise: One way to be more present in your life is to stop "doing," "going" and "having," and pay more attention to "being." How does this work? Well, you can start right now, by deciding "to be" more of what you want to experience. For example: If you want more love, be more loving; if you want to receive more, be more open; if you want to feel more abundant, be more grateful; and if you want to enjoy your life more, be more present.

By being more of who you really are,
you manifest more of what you really want.

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