

# Foundation of Abundance by Darren Hardy

I'm here to tell you, there is one thought that can change your life. This one thought can:

- Create great wealth
- Bolster your health and keep disease at bay
- Unlock your greatest potential
- Forge and fortify deep abiding love
- Inspire great joy to the point of bliss

Of all the thoughts you experience and control, there is one that can profoundly transform your life on a daily basis—Gratitude. Realizing what you already have is an important step to creating your goals for what you want.

I believe our holiday times should be wonderful and filled with lasting and enjoyable moments and memories. So how can we ensure that we come out of the holidays in January with great memories of the past month? Here are six thoughts that will help you experience the holidays the way they were intended to be experienced:

## ***The Creation Process Formula***

We get out of life what we create. Simple enough, right? We are all creative beings. We all arrive the same—naked, vulnerable and ignorant. What becomes of our lives from that point forward is what we create for ourselves.

Input → Thought → Expectation → Create → Life Results

So what drives and determines our creation process?

In a word, expectation. You may have heard the saying, “Expectation manifests into creation.” Thus, expectation determines what we create in our lives.

So what, then, are we expecting? Why does one person have a different expectation for life than another? It's our thoughts that drive our expectations. Whatever we're thinking about becomes our expectation of what will happen. Good or bad, our thoughts have a powerful effect on our lives. This is why many of the great self-improvement books have focused on the power of thoughts: *Think and Grow Rich*, *The Power of Positive Thinking*, *As a Man Thinketh*, *The Magic of Thinking Big*, etc.

This is why what you think about comes about.

## ***Preventing the Fatal Mistake***

During the goal-setting process, you can actually turn this creative process against you. As you design the life you want, you will be fixated on the life you don't have. You will focus on all you don't have, what you haven't accomplished and all that you are not, yet. While you need to have a vision for where you want to go and who you want to become, it is critical to first get centered, grounded and affirmed with the abundance you already possess. You want your mind and creative process fixed on abundance. An abundance mindset comes from realizing and appreciating all that you already have and all that you already are.

Gratitude is the attitude that changes everything.

We can stop the natural, negative doubts deep inside our minds by redirecting them toward abundance. This simple shift can change your world and all that you can create in it. An attitude of gratitude adjusts your mind to focus on the positive. Thus, you'll see, discover and create more of the same, experiencing more abundance, prosperity, well-being, love, joy and happiness.

***The Continued Tangible Benefits of Gratitude Health*** Research has proven that practicing gratitude improves our emotional and physical well-being, reduces stress, worry, fear, anxiety and the conditions closely associated with these emotions such as high blood pressure, depression, heart disease, and immune system deficiencies. Gratitude can save and prolong your life.

***Relationships*** I loved what SUCCESS cover personality Joel Osteen said in my interview with him. He said our romantic partners usually fulfill only about 80 percent of our needs. Most people, however, focus on the 20 percent that's missing. Thus, they ultimately become unhappy and unfulfilled. Sadly, many people will leave their relationships to find that 20 percent in someone else. What they find is that "new" person will also fulfill only about 80 percent of their needs as well—they're just different needs and expectations from their last partner.

The key is to focus on the 80 percent that is right, wonderful and beautiful about your partner and your relationship. Your positive perspective will change how you behave, interact with and support your partner, and your partner will respond to this more positive behavior in kind. Gratitude can build and deepen your relationships.

***Wealth*** When you see the glass half-full versus half-empty, you will start to see the abundance of water all around you. When you attune your mind to abundance, you will start to develop new ideas, and see the opportunity and potential all around you. Your positive outlook will change how you walk, talk and interact in the world. Other influential and resourceful "birds of a feather" will also see the commonality and flock to you. Gratitude can make you wealthy.

### **Gratitude Is a Choice**

It can become a positive habit—but only with discipline. With continued exercise, practicing gratitude will create more abundance, prosperity, well-being, and happiness than you ever thought possible.

In order to create abundance you must first acknowledge and appreciate the abundance you already have. If you operate from what you lack, you will continue to produce outcomes to match it.

To turn this around, start thinking about the great abundance you already possess. This attitude or mindset will now attract more of itself into your life. Your external life will begin to mirror your new internal one.

I know the power of gratitude. So, to help calibrate my creative "attraction magnets," I start my New Year's goal writing by first reminding myself of what I am already grateful for.

Sometimes, we get so focused on the goal ahead, that we don't see what we already have beside us.

Review the many blessings in your life and expose areas in your life that are wealthy, abundant and prosperous. Concentrate on the abundance you already possess and you'll find it easier to focus on what's possible and what you can accomplish, versus what you lack and what you have failed to get thus far. With such a positive look at the past, you will be able to turn toward the future with arms wide open—ready and willing to receive all of the blessings yet to come.

Remember, like attracts like. An abundance state of mind will be the proper workshop for your inner creative genius to work its magic.