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Signposts: Improving your attitude of abundance

By Pia Muggerud

Without going into gory detail, let's just say there is a lot of attention-grabbing news these days about the current state of affairs in the world of global economics. Current events are hard to escape if you are living close to a TV or radio, or another human being.. People I know have expressed anything from mild stomach-upset to full-blown hysteria.

As much as these times seem to drag you down, you do not have to let global affairs, the global economy or the welfare of your industry become your personal reality. You may think this sounds naive, but please keep your mind open for a minute! To survive or thrive personally, you only need to pay attention and focus on your immediate world and the things that you are in a position to personally effect - your finances, your business and your state of mind.

In 1990 and 1991, the share prices of Wal-Mart, Sears and the SNP 500 were in a tie. Wal Mart chose to take an aggressive stance, investing in physical assets to strengthen their brand name, whilst Sears on the other hand, decided to cut their investments. The result: within two years, Wal-Mart's share prices tripled! Whilst those of Sears and the SNP remained flat. You may or may not know, but no competitor has recovered to catch Wal-Mart since.

If you don't let the woes of the world drag you down, then you can be in a position to uniquely thrive in times like these.

And to end on an inspirational note, when asked his opinion on the 1991 recession, the late Sam Walton of Wal-Mart said: *"I've thought about it, and decided not to participate."*

In writing this, it was not me being a Pollyanna, though I would take that as fair criticism. The fact of the matter is, there are still great things happening out there in the world, despite the economy. It is at times like these that it is even more crucial handle with care what you focus on. As my mentor Tony Robbins would say: You have to see things as they really are, but not worse than they are. And if you look carefully in your own world, I am sure there are many things you are still very grateful for in the midst of current world of uncertainty and fear.

"Tell me something good" was Chaka Khan's first hit back in the 70's, and even more recently Pink did a remake of it with equal amounts of style and funk! With the news blurting out one piece of bad news after another, isn't it time for us to stop and think about what is good? So what can you think of today that is good in your world? And what is the best thing that happened to you lately?

My client Marianne's life hit the floor when her company made her redundant. She relied strongly on her income to keep up with the life style that she had grown to enjoy very much. Although she had long shared with me that she had grown tired of her industry, she did not have the motivation or drive to start fresh doing something else.

Once she got over the initial shock, I challenged her to look the positive in her current reality. I asked her to look at how this experience could actually turn out to be really great for her.

Marianne started realised that she had not been living a life that she loved deep down. That she had let her pay check rule how she lived her life, and if she was being completely honest with herself, she had had enough.. She also finally admitted to herself that she had a passion for writing, but had put this down as a hobby and left it at that.

So I am giving you the same challenge as I gave Marianne! (should you choose to accept it.) Spend at least 10 minutes every day for the next 30 days, to count your blessings. Get your journal or a notebook out, and write down all that you are grateful for in your life. And tell a friend or loved one *something good* that happened. Every day! Can you do that?

5 tips for improving your attitude of abundance:

1. As above, write down all that you are grateful for every day. Then read it daily!
2. Make a decision to be abundant/wealthy and affirm that decision by taking action every day in that direction.
3. Surround yourself with people who have the attitude of gratitude and abundance.
4. Read books and articles that will support your new outlook and attitude about what is possible.
5. And finally, "be the change you want to see in your world". Through your own attitude, you can make a difference in another's life. Teaching helps you anchor your own attitude and learning deeper.

Marianne is now preparing to go back to college to do a Masters degree and is completely juiced about what her future has in store for her!

Pia Muggerud runs Copia Coaching and is a member of the Hong Kong International Coaching Community. (info@coachinghk.org)