

Point-to-Path Coaching Bi-weekly Ezine!

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This week's topic: The Joy of Abundance (Vol 3-092903)

Abundance means a great to plentiful amount; a fullness to overflowing. Build an abundance of time, money and relationships. Having more than you need in these areas allows you to come from a place of **Patience and Discernment rather than Panic and Desperation.**

1. Time

When you have more than enough time, you're not late, not hurried and not stressed.

- On Sunday evening, take 10 minutes to plan your week. Make a reasonable "to-do" list.
- When you have to be somewhere at a certain time, figure out how much time it takes to get ready, drive there and arrive 10 minutes early. Total that amount of time and subtract from the appointment time - start there.
- When feeling overwhelmed because of lack of time, ask yourself what really needs to be done today or this week. What can I delegate? What can I plan for another time? (key word is **plan**, not put off!)

2. Money

Unless you come into money from inheritance or investment, it will probably take time to build an abundance of money. But why not start today? Saving \$20 per week adds up to \$1040 per year. What could you do with \$1040? When you have a reserve of money, the desperation factor goes away and you can:

- Get the job you want instead of taking the job you have to settle for
- Take the vacation of a lifetime (more than once) instead of going anywhere just to get away (and possibly into debt)
- Buy your dream car instead of the one with the lowest monthly payments
- Help a friend in need instead of turning away from them

3. Relationships

Rule of Thumb - build relationships **before** you need them!

- Family - yes, that relationship needs nourishment to grow
- Friends - approach them with the spirit of giving rather than receiving. What you give will come back to you when you need it.
- Business contacts - same with friends. Don't network just to network.
- Both Stephen Covey (The 7 Habits of Highly Effective People) and St. Francis of Assisi (The Prayer of St. Francis) subscribe to the notion of "Seek first to understand rather than to be understood". Try it - it works!