

you do want—in this case, more income—your mind will focus on ways to produce greater opportunities for generating wealth.

In your relationship, how often do you focus on what you don't like in your partner? What if you were to consciously acknowledge all of the wonderful attributes and actions of your loved one? Perhaps those wonderful things would expand in your life and your relationship!

A continuous diet of mental garbage will manifest itself in some way and at some point in your life. We're inundated, almost on a continuous basis, with negative information. If we fill our bodies with junk food day after day, the results will be easy to see. When it comes to our minds, the effects of a steady diet of junk (negativity) are far more subtle—but they are just as debilitating.


Cleanse your mind effortlessly by accepting this three-part, 30-day challenge. Involve your partner for maximum support and effectiveness:

STEP ONE: Wear an elastic band on your left wrist. Wear it all day for at least 30 days. Each time you think or feel something negative, snap the band quickly and fiercely, jolting your brain as well as your wrist. This will accomplish the first step in conquering any bad habit: increasing your awareness by interrupting old patterns.

STEP TWO: Fill the gap. As in overcoming any addiction or negative habit, you must replace the negative with the positive. How often have you seen someone quit smoking cigarettes, only to gain countless pounds? After you've "snapped" your elastic and identified a negative thought that needs replacing, think the opposite, positive thought—or, better yet, say the opposite thought out loud.

STEP THREE: Be grateful. When the opposite thought doesn't immediately work and you need to snap yourself out of a negative spin, take a moment

to feel gratitude and appreciation. No matter how bleak your situation may seem, life has dealt many people even more difficult cards. And at the end of the day, remember—love or hate our government, we still live in one of the greatest and most prosperous countries in the world.

A positive mental attitude can increase your chances for wealth and make you even more attractive to your spouse and other loved ones. Live prosperously! 

*Kelley Keehn, lecturer, personal coach and author of **The Prosperity Factor**, uncovers the "inner games" we play surrounding wealth. As a financial professional for over a decade, she's witnessed first-hand the problems individuals and couples have with money, and she has developed a fun and practical guide that will help you make changes to your money mindset at a fundamental level. Watch for Kelley's second book, **The Woman's Guide to Money**, which is due out in March, 2006. For more information, visit Kelley at www.TheProsperityFactor.com or call her at 1.877.488.8760.*

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