

Multiple Dimensions of Wealth

By Ron Gardner

The Wealth of Positive Mental Attitude

Perhaps American psychiatrist Dr. Karl Menninger summed it up best when he said “Attitudes are more important than facts.” A positive mental attitude can serve as the cornerstone of your success as well as provide a strong, healthy foundation for all that you do in life. The riches of a positive mental attitude can be beyond comprehension.

I would not be able to make this claim if it were not for being stricken by a devastating stroke but not overcome by it. A positive attitude combined with unshakeable faith saved my life as well as my business.

Considering the emotional and financial havoc that was thrust upon me with the force and fury of a lightning bolt, I experienced the essence of a true miracle. I knew the real meaning of wealth. You cannot control everything that happens in life. You can control the most important factor and that is how you react to the situation. How can you develop and sustain this most important asset? Mastering your attitude is not always easy.

The best way to develop and maintain a positive mental attitude is to practice. A quick assessment of your AQ will get you on the right track. That is your awareness quotient. Become more aware every day

of what you are thinking. Is your thought giving you power over a situation or taking it away from you? Protect your thoughts just as you would any other assets.

The Wealth of Thoughts

The predecessor of everything is a thought. Thoughts are very powerful. It has been said in many ways through time that you become what you think about all day long. That is exactly what philosopher William James was referring to when he said, “The greatest discovery of my time is that man can alter his life by altering the attitude of his mind.” What compelling words they are. Thoughts pass through your conscious mind and are stored into the subconscious for later action or use. It is up to you to feed and nurture your thoughts. Henry Ford said, “If you think you can or you think you can't, you're right.”

The Wealth of Hope

The element of hope is essential in any situation when the circumstances appear bleak. Without hope, all bets are off. Hope is defined as a strong desire with expectation of achievement. Hope against hope can be referred to as hope without any basis for expecting fulfillment. The key word is expectation. The two definitions can appear paradoxical in nature.

We can become torn between expecting the outcome we desire and not having any basis to expect the desired outcome. Yet, we still can hold on to the power of hope. Hope combined with a strong faith is a powerful elixir.

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