

Chapter Two

Get Enriched Quick

There are going to be times when because you are confronted with a stack of past due bills that you are going to start to feel poor.

There are going to be times when because you are unable to find a job that you are going to start to feel useless.

There are going to be times when because you are forced to downsize that you are going to feel inadequate.

There are going to be times when because your checking account is overdrawn that you are going to feel an overwhelming sense of lack.

During times like these you may be tempted to go out shopping for items you don't need or to spend money you don't have because you mistakenly believe that shopping and spending will make you feel better.

But it won't work.

There is nothing you can buy online or at a shopping mall that is going to diminish your feelings of worthlessness and make you feel more worthy.

The initial surge of empowerment you may feel while shopping and spending will quickly wane. And once it does you may feel worse than you did before you began shopping and spending.

Why? Shopping and spending will mean that even less money will be available to invest in improving your financial situation.

So, what should you do the next time your financial difficulties leave you feeling down and out?

You should do the only thing you can do to instantly feel more valuable and enriched: spend time serving, helping and giving to others.

That's right; giving more, not getting more is the way to feel better fast.

Giving your spare change to a homeless man can be an expression of your recognition that you have more than you need.

Helping young children at the YMCA do their homework can make you aware of the fact you have something valuable to give.

Donating your gently used clothes to Goodwill or the Salvation Army can take your mind off shopping and spending.

Sharing some of the extra food you have left over at dinner with an elderly neighbor can demonstrate your faith that you will always have what you need.

Volunteering a few hours each at a battered women's shelter can remind you that others are worse off than you.

Making the effort to enrich your self-value and worth through giving rather than getting will have a profound impact on all aspects of your life.