

practical prosperity

it's time to change the game...



7 Ways to Create Good Fortune

2-18-19

Hi...

I have decided to do this class for you for FREE in a series of FB live video events over the next 4 weeks. Here is a brief description of the class:

Anything is possible with the correct tools and an understanding of HOW to use them. Good Fortune is something that can be created in your life by understanding certain universal principles and actively using them to change your thoughts and behaviors. Success and Good Fortune come to those who WORK for them, this isn't a class that promises you a magic solution for your life.

This IS a class that will show you HOW to change the game for yourself and start manifesting the life that you want. You CAN design the life you want, IF you are willing to do the WORK...that's the catch, you have to do the work. No amount of positive thinking is a substitute for action.

In this class you will gain a working understanding of 7 ways that you can immediately begin shifting the circumstances around you.

This is a class for people that are ready to get to work creating the life they want...if you are looking for a magic, easy, quick fix please go away...this is not the class for you. I am going to give you tools and expect that you will USE them.

If you are looking for an easy way out, Staples sells a button for that.

The dates are:

Feb. 21

Feb. 27

March 7

March 13

From 8pm to 9pm EST on FB Live video at The Working Single Mom page

I suggest you grab a notebook and a package of index cards. See you soon.

XO,

Noelle

Week 1

MANAGE YOUR MIND

◇ **Respond don't react**

◇ **DIRECT your attention**

◇ **Create a NEW script**

◇ **EDIT your historic stories**

◇ **CREATE NEW habits/ behaviors**

◇ **DO the work**

Week 2

CHOOSE WORDS **WISELY**

◇ **YOUR words go forward to create your reality**

◇ **STOP complaining**

◇ **DO NOT speak about what you do not want more of**

◇ **SPEAK affirmative statements of how you want your life to be**

Week 2

DEVELOP AN ATTITUDE OF GRATITUDE

◇ **Say THANK YOU**

◇ **Actively practice gratitude**

◇ **Experience what it really means to
be grateful**

◇ **Gratitude list and journal**

Week 3

BE ACCOUNTABLE

◇ **Have integrity**

◇ **Keep your word**

◇ **STOP the blame game**

◇ **Be responsible for your decisions
and actions**

◇ **OWN your TRUTH!**

Week 3

BE ORIGINAL

◇ **Be AUTHENTIC**

◇ **YOU are the BRAND**

◇ **Take an inventory of what is around you—does it represent you?**

◇ **HOW do you show up?**

◇ **What do people remember about you?**

Week 4

BE INTENTIONAL- **WRITE IT DOWN**

◇ **Goals**

◇ **Manifestation List**

◇ **Elimination List**

Week 4

BE CREATIVE-

PICTURE YOUR GOOD

◇ **Using pictures to visualize your good**

◇ **Image book**

◇ **Treasure mapping**

◇ **Wheel of Fortune concept**

◇ **Vision board concept**

Some interesting news about goals...

In 1979, Harvard Business School did a study on the graduating class and their goals here is some of what they found out:

- **84% of the class had set no goals at all**
- **13% of the class had set written goals but had no concrete plans**
- **3% of the class had both written goals and concrete action plans**

10 years later, the 13% of the class that had set written goals but had not created concrete plans, were making twice as much money as the 84% of the class that had set no goals at all...

The 3% of the class that had both written goals and a plan, were making TEN TIMES as much money as the rest of the 97% of the class...

****<https://www.wanderlustworker.com/the-harvard-mba-business-school-study-on-goal-setting/>**

Inspiration

Meaningful Stories: 3 Women Share the Power of Words

By Catherine Strawn Posted: 12/22/14 Updated: 05/01/15

To Kat Cole, Ruzwana Bashir and Shannon Galpin, sharing a powerful story is one of the best ways to engage and motivate people.

The three did just that when sharing the stories of their own fascinating lives at October's Forbes Under 30 Summit in Philadelphia.

Owning Your Story

Kat Cole started waitressing at Hooters in high school to help bring in money for her family. She said her single mother fed their family of four on a budget of just \$10 per week.

Cole worked her way up to the Hooters corporate office. Then, at 26, she became one of the company's four vice presidents—the youngest by far.

Around the time she was promoted, her mom sent a birthday card with a bit of advice written inside: "Don't forget where you came from, but don't you dare ever let that define you."

The message has become a personal mantra for Cole, now in her 30s and president of Cinnabon. "I will not be defined by Hooters. I will not be defined by Cinnabon. I will not be defined by my alcoholic father or my single mother," she said. "I will always be defined by whatever is most meaningful to me at this moment in time, what feeds my soul, what I'm able to give to the world."

By sharing how she forged her own path—initially dropping out of college but later earning an MBA, for example—Cole says she hopes others will see their own potential.

“Keep creating your new story. It’s that evolution that helps keep you relevant.”

Kat Cole

Above all, “you want to be the one telling your story,” she said, because if you don’t, people “will be left filling the void with their own version of reality.” And usually the truth is a far more positive and powerful tale, one that’s never really finished. “Keep creating your new story,” she said. “It’s that evolution that helps keep you relevant.”

Speaking Up for Others

“If you have a voice, you have a moral obligation to do something.” That’s what Peek.com co-founder and CEO Ruzwana Bashir says she realized recently when reports came out about widespread child sex abuse in Rotherham, England.

The 31-year-old penned an op-ed for The Guardian that brought to light the stigma that prevents many victims from coming forward, focusing on her own hesitation to discuss her history of being abused as a young girl living not far from Rotherham. “This wasn’t just my story,” she said. “It was the story of many, many others.”

Bashir advocates for women at her startup. “Paying it forward is really, really important,” she said. “If I had been born where my mother was born in a northern village in Pakistan, I just wouldn’t be here.” She says she wants to show the way to those who aim to become entrepreneurs. “My role is to inspire other women, but also to give them the tools they need to be able to succeed,” she said, whether that means sharing the inside scoop on fundraising or connecting them to others who can advance their careers.

Stopping to Listen

Shannon Galpin started the nonprofit Mountain2Mountain in 2006 to help women and girls, particularly in conflict zones. On one of her trips to Afghanistan, she spoke with prisoners in Kandahar—some of whom said they had been raped by family members and then jailed under adultery laws.

“I was not in a position to help these women in any real, tangible way,” she said. But she spent time with them, listening to their stories. As one after another poured out their hearts, Galpin said she realized the importance of their individual stories. “The power of voice is more important than we give it credit for. Voice is what gives us our identity.”

As a foreign woman, Galpin said she can bypass gender boundaries in countries like Afghanistan. She uses this to her advantage, talking with both the male gatekeepers and the women she’s trying to help. In humanitarian work and in business, she said, “the way to create change is to listen first.”

Cole and Bashir agreed. “It’s the smallest changes that make the biggest impact,” said Cole. “Show up and be helpful beyond the story.”

As Bashir said it, while stories engage people, what matters most is the next step: “We need to stop standing by waiting for someone else to change stuff, and we have to do it ourselves.”

**<https://www.chase.com/news/122214-storytelling-in-business>

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