

How To Be Wealthy In All Areas Of Your Life

The Law Of Giving

The law of giving is another powerful concept you should apply to your life. When you give you make others happy. You help improve others life.

It's a magical feeling when you do something good for someone out of the kindness of your heart and you can see how much they appreciate it.

This can be a difficult concept to grasp when you are trying to gain as much as you can, not give it away. Giving is powerful in many ways, it makes you feel good on the inside. It puts you in the right frame of mind and in a positive mood.

The law of attraction is always working so when you give to people you feel really good inside yourself so you are sending out more good frequency waves and attracting more things to feel good about.

It also helps to build the millionaire mindset. If you give away money when you don't really have a lot to spare yourself it helps create the reality of you being rich.

It implies that you have plenty of money and you don't worry about money. Simply say to yourself it's no big deal because I'm rich.

All these things help mould your reality. Your subconscious has many different areas it can look to for "proof" that your visualizations and what you are telling your mind is true.

You want to merge together your current life and your dream life and by doing things in the real world that represent your dream life you help your dream life become your reality.

The law of giving states that the more you give the more you shall receive in return. Many people have often received much more than they gave.

There is a reason millionaires are always donating their money because they understand the law of giving. The more they give and the more good they spread with the world the more they are going to receive.

Start making it a habit to give at every opportunity you can. It doesn't have to be money it can be anything like a possession or clothes or your seat on the bus etc. Giving is a very important part of attaining your dream life, make sure you don't ignore it.

Gratitude

Every single successful person will tell you that it is extremely important to be grateful for what you have in your life.

Some people struggle with this concept because they don't believe they have anything to be grateful for. If you are broke or something tragic has recently happened in your family or you just got divorced etc. it can be a little difficult to see anything to be grateful for.

Gratitude has tremendous power, when you are genuinely grateful about something it puts you in a different frame of mind. You feel good, you feel happy for what it is you are grateful for. It puts a smile on your face.

It's also extremely important in the terms of the law of attraction. Remember the law of attraction is always working even when you are not thinking about it.

So when you are grateful for something or someone you are sending out a strong positive frequency wave into the universe and as we know like attracts like so you are going to get something in return. The more grateful you are the more things you will have to be grateful for.

Many successful people have said that you need to stop complaining about the things you don't have and be grateful for what you do have. It's an extremely powerful message and it shouldn't be taken lightly.

When people say to me they have nothing to be grateful for I simply tell them they should be grateful for the fact that they are alive. Life itself should not be taken for granted.

The fact that you have the opportunity to grow, to change, to develop and succeed is more than enough to be grateful for and we all have those things so every single person already has something to be thankful for.

Be grateful for the present moment. Don't try and define it as good or bad just be grateful that you are willing to experience this moment.

You are actually very lucky because in this moment right now there are a lot of people who are not able to experience it and there are also people for who this very exact moment, right now, this present moment is their last.

They will not be experiencing the moment that is coming right after this one. So you have plenty to be grateful for.

When you start being grateful for things it starts to open up your mind to other things that you can be grateful for and before you know it you have a whole list of things that you are grateful for and this puts you in a very positive space.

It is good practise to be grateful for every single day. Genuinely give thanks for every day. When you wake up in the morning give thanks for the good night's sleep you just had and for the day that lies ahead.

When you go to bed say thank you for the day you just had and all the good things that were a part of it.

The 5 Important Areas Of Your Dream Life

I personally believe there are five main areas of your life that you need to focus on if you want to experience wealth in all areas of your life.

If you want your true dream life you have to cater to every area of it.

Think about it. Money is just one area of your life. If you become ridiculously rich it doesn't mean you can be wealthy in all the other areas of your life.

There are so many rich people out there who have plenty of money but the other areas of their lives are a total mess.

This is your dream life we are talking about here. Don't you want it to be perfect in every way?

Why settle for being wealthy in just one area when you can be rich, happy, wealthy and abundant in all areas of your life.

You constantly see celebrities who have millions of dollars and yet they are severely depressed and are in and out of rehab.

Not to mention all the failed relationships and marriages. The reason is because they only focused on becoming wealthy financially and neglected the other areas of their life.

Money can't buy happiness. I'm sure you have heard it before but the truth is real happiness comes from within.

The mistake most people make is that they think once they become rich it will make them happy so they hold off their happiness until they are rich. So they are

miserable all the time and we know that the law of attraction is always working so all they are doing is attracting more misery into their lives.

Become happy NOW and the money will follow. If you postpone your happiness you will never ever get there.

Health and fitness is an extremely important part of your life that is often overlooked.

Think about how many financially wealthy people you know who are fat and out of shape. They have completely neglected that area of their life and they are not truly wealthy.

If it was your dream life you would want to be rich, successful, in the best shape of your life, have the perfect relationship and be 100% happy.

This is what we want to achieve. If you want ultimate happiness and truly live the life of your dreams you need to work on all areas of your life.

Another common mistake people do is try and balance everything all at once. You can't balance everything in your life at the exact same time, you are just going to become overwhelmed and give up.

You want to lead with one area of your life sometimes and then lead with another area of your life.

For example when you are working on your business you are leading with the financial area of your life but when you are at the gym working out you are working on the physical area of your life.

Different areas takes center stage at different times. This also helps to keep things fresh and different.

You can easily get burned out if you lock yourself away and don't come out until you have a million dollars.

James Ray first defined these five main areas of life and they are:

Financial

Spiritual

Mental

Physical

Relational

To achieve your dream life you want to become wealthy in all five areas. We can use the law of attraction in all these areas to get the results we desire.

Financial

The financial area of your life is obviously where money comes into play. Changing your negative beliefs about money and your overall mindset about money is very important if you want to become wealthy in this area of your life. This area usually requires the most work because most of us have had negative views and beliefs about money and success ingrained into our minds from an early age. So you need to work on changing those things as we discussed previously.

Spiritual

Spiritual means getting in touch with yourself. Getting in touch with your spirit. There is a misconception that to be spiritual you need to burn incense and meditate in front of a Buddha statue. But if that's not spiritual to you then it's not going to work. Find your bliss, find what makes YOU happy and do that. No one can tell you if it's right or wrong because it's your spirit. If you enjoy listening to rock music and wearing expensive jewellery then that's what's spiritual for you.

Mental

The mental area of your life is all about getting clear. Our mind is a marvellous tool but it can get pretty cluttered in there and can work against us. So what we want to work on is improving our mindset to a positive one. Becoming aware of our thoughts, feelings and actions and truly understand what we are doing and why we are doing it. When you have a clear mind you have crystal clear laser focus. Basically we want to "get our minds right"

Physical

I haven't talked much about the physical side of things yet but it is extremely important. We need to look after our bodies because they will serve us well. It has now been proven that in today's world with medical science where it is at now the human body is capable of living for 114 years.

With the knowledge and resources we have today the human body can live for at least 114 years. The only way you are going to get there is if you look after your body. Most people are missing out on 30,40 even 50 years of their lives.

When you are in good physical condition it is impossible not to feel good. Your self esteem and self confidence automatically sky rockets. Just after you have finished exercising your body feels good, you literally feel good physically and it's impossible

to not feel good mentally. You feel more alive, you walk around with more confidence and energy.

You easily send out powerful frequency waves to the universe without even noticing it. Most people don't cover the importance of being in good shape when discussing the law of attraction but if you want to short cut your success dramatically then start working out and eating right.

Relational

The relational area deals with romantic relationships and friendships. It's important to maintain good friendships as we live in a social world and we are social creatures. It's also important to enjoy romantic relationships. However, this is the part where it gets a bit tricky and some of you may find your beliefs systems put up a bit of resistance.

You do NOT need a partner to become complete. You are able to be 100% happy and fulfilled by yourself. We have been led to believe that one of the most important things in life is to find "true love" and we won't be happy unless we find it.

That is a terrible message to send. Our society, through movies, television and other forms have painted this picture that one is not complete until they find their "soul mate" or "better half". This is the wrong attitude to have because it implies we are not perfect and we are not whole by ourselves.

We are complete as one. We don't need another person to make us whole or complete. You can live perfectly happy and fulfilling live on your own and you should. Countless people all over the world are miserable and depressed because they believe they will never find "the one" who completes them.

This believe literally ruins people's lives. I personally know both men and women who have wasted years of their lives trying to find "true love" and have been heartbroken and miserable throughout the entire time.

Once you understand that you don't NEED another person for your life to be complete you can begin to enjoy your life. Have multiple relationships but instead of desperately clinging to the relationship hoping that finally you have found "the one" simply look at it as a fun extension of your life and if it doesn't work out there is no harm done, you don't NEED for it to work out and you don't NEED for any relationship to work.

Most people get married because of the fear of “dying alone”. The whole dying alone thing was made popular by movies and music and unfortunately people now see it as a legitimate fear.

The most important thing that you need to remember when it comes to relationships is you are already perfectly complete how you are now. You don't need another person to make you complete or whole and you don't have another half.

So those are the 5 areas of your life that when you are happy in all areas you will be living the life of your dreams, in fact you will be living the life beyond your wildest dreams.

It's important to not neglect one or more areas of your life because that will limit your overall success. You might focus on getting in shape but totally neglect the relational area of your life and because you are not getting that support and feedback from people and not attracting the opposite sex you become unmotivated and stop working out regularly.

So make sure you put time and attention into ALL areas of your life and you will have a much happier and healthier life.

To your success,

Tristan Bull