



FINANCIAL PREPAREDNESS

"One of life's most painful moments comes when we must admit that we didn't do our homework, that we are not prepared." ~ Merlin Olsen

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What's Great About This Situation?

Too often we find ourselves noticing and perhaps complaining (quietly to ourselves or to others) about things that are less than ideal. There are an infinite number of things to complain about because we don't live in a perfect world.

Additionally, if you're an informed realist or a disappointed humanist-turned-misanthrope, this can be downright depressing and put you into a negative, despondent mindset that saps your motivation and positive energy, thus hindering your ability to pursue your life's purpose.

There is a vast oversupply of complaints and complainers. What's in short supply is positive energy. Generally, people prefer to be around others who bring them up and lift their spirit. It's not charisma, because it's possible to be both charismatic and evil. It's the general and continuous diffusion of positive energy in all directions to everyone around you. It's a combination of a good attitude, optimism, goodwill, enthusiasm, physical energy and gratitude. Often people in leadership positions have positive energy.

I refer to people with a lot of positive energy as "energy ambassadors" and those with a lot of negative energy as "energy vampires." Energy vampires are usually in a bad mood and/or complaining about something. Instead of a smile, they greet you with a scowl.

They often ignore you or are easily offended. They don't give people the benefit of the doubt and take things personally. It's virtually impossible to get along with them, so they have no friends or network and are thus isolated, marginalized and unsuccessful.

Energy ambassadors are in short supply now, but during a crisis, when everything is going to hell, they are very rare and are thus worth their weight in gold. There may well come a time when you need to lead your family or survival group and provide them with reassurance, encouragement and hope. Their (and your) survival could depend on your positive energy. You should develop and cultivate that now before the SHTF.

One of my daily affirmations is: "I frequently ask myself, 'What's great about this situation?'" I have the same question on a label on the side of my pickleball paddle to remind myself to ask that question while I'm playing, because it's easy to feel discontented when play isn't going well.

When you ask yourself that question, it *immediately and completely* changes your mindset from one of discontent to gratitude. It's a way of practicing gratitude in the present moment, as well as being fully present by enjoying and immersing yourself in the moment instead of longing for a more ideal future. As [I've written about before](#), gratitude is a game-changer. You can't be mad or upset and grateful at the same time. Asking yourself that question will reduce your stress, increase your positive energy and patience, and make you a better person.



Be the reason someone smiles today.

Question For You

What do you do to increase your positive energy? [Let me know!](#)

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I would love to hear from you! I thrive on feedback from readers. If you have any comments, suggestions, insight/wisdom, or you'd like to share a link to a great article, please [email me](#).

Generally, I don't have time to answer questions about your specific situation, but if you have a general question that I think other readers also have, [let me know](#) and I will provide an answer in a future issue.

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