

***HOW TO
OBTAIN
TRUE WEALTH***

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Let's begin by asking ourselves this question: what is true wealth?

- It is living a life that reflects your *beliefs* and *values*.
- It is using your *gifts* to provide yourself and those close to you with a measure of security.
- It is emphasizing *giving* over acquiring.

In the following pages you will find important keys to obtaining true wealth. But first, **let's look at some of the obstacles many people may encounter in their attempt to obtain true wealth.**

* **Hopelessness**. Some people lose hope. They see no light at the end of the tunnel. Without a future or any help in sight, they become hopeless.

* **Feeling trapped**. When a person sees no outlet for change, they may begin to feel trapped. They may feel stuck in a job, relationship, financial situation or life that they do not really want.

* **Debt**. Too much debt can be overwhelming to many people. This can lead to feelings of hopelessness and being trapped.

* **Insecurity**. The loss of a job can create insecurity. The possibility that someone may lose their job can do the same.

* **Stress**. Juggling family, work and social responsibilities can be stressful.

A lack of time means someone or something will suffer.

* **Anxiety**. Perpetual worry can produce anxiety. Making good decisions becomes difficult, if not impossible when someone is terribly anxious.

* **Depression.** The prolonged and combined feelings of any of the above can sometimes lead to depression.

* **Physical ailments.** When someone becomes overwhelmed, they may begin to manifest any of a number of health problems.

* **Lack of faith.** When a person no longer believes in themselves or their life's purpose, they lose their faith and confidence. This makes it more difficult for them to move forward in a positive way.

* **Retreat from values.** Some people begin to “do what they have to do” regardless of their values. A sense of self is then lost and often times an empty feeling results.

These 18 keys can help one overcome any obstacles and obtain *true* wealth.

KEY#1- BELIEVE

You must believe in yourself. Many of us harbor false beliefs. Sometimes we do not realize this. These false beliefs may have been with us our entire life.

We need to rid ourselves of this excess baggage. Many times, these false beliefs only serve to reinforce negative thoughts. This in turn prevents us from doing all the good we might otherwise do. The next time you “talk to yourself“, stop and listen to what you said. Is it really true?

KEY#2- VALUE

You must value everyone and everything that you have. Unfortunately, some of us do not appreciate what we have until it is taken away from us. It is then that we realize our loss and what we had. But then it is too late. Each day we should focus on what we have and give thanks. Remember that by focusing only on what we want and never valuing what we have, we become unhappy.

KEY#3- SECURE

Secure your future by taking initiative. It is unlikely that there is any employer waiting for you to come along so that they can make you rich. That is entirely up to you. We must create our own security-financially and otherwise. Some people gain a false sense of security by continuing to do the same things that they have always done. In this way, it is unnecessary for them to make any changes. Remaining in their comfort zone allows them to retain a feeling of certainty; however, it also deprives them of what they may have had.

KEY#4- SIMPLIFY

To simplify in a complex world is difficult for all of us; nevertheless, it is hard to enjoy any activity when our focus is always on where we need to be next.

A focus on the present---not the future---is always a good starting point in simplifying. One misconception about simplifying is that it means we are doing without. In fact, less is more. By simplifying, we increase the quality of time that is spent with others or doing things we enjoy.

KEY#5- MULTIPLY

By our example, any good works we perform can multiply. To be of service to others is not something everyone wants to do. Yet it is something we should all do. We like it when others are of service to us, don't we? Our good deeds take on added meaning when others not only observe but duplicate them. Regardless of our own situation, it is not difficult for any of us to find someone suffering greater hardships than ourselves. Find that person and let your good works multiply. This will be a source of strength to you.

KEY#6- APPRECIATE

You must appreciate your God given gifts. Recognize them and put them to good use for others and yourself. Sometimes we underestimate those gifts or take them for granted. Listen to what others may be telling you about your own gifts. This is a reminder to us of our special capabilities.

KEY#7- SAVE

Save time, money and your own energy. All of these are in limited supply. Saving should not interfere with generosity. When it does, it loses its value. The purpose of saving is to always have at our disposal the resources we require to assist ourselves and others. Saving can help us---especially in times of need.

KEY#8- REDISCOVER

It is easy to get caught up in the busy pace of daily living. For this reason, we can sometimes lose our sense of direction. Stop and rediscover the goals for your life. Do this regularly.

KEY#9- GIVE

Give and do not expect anything in return. This is a difficult concept for many people to accept and apply. Yet it is in giving that we receive. We may give money, time or services to others from our saved resources. In today's world, some people choose to worry only about themselves. They have little trust of others and are reluctant to give. This is unfortunate as they have lost their ability to receive. In fact, what we ultimately receive by giving can be abundantly more than what we refused to give. Remember that giving is different than lending. Nothing is expected in return. Our world puts an emphasis on acquiring material goods. We must focus instead on giving.

KEY#10- RELAX

Leave your fears and anxieties behind. Many of the things that we worry about never happen. And if they do happen, did the worrying make it any better? In fact, the worrying probably only made it worse. It is difficult to make the proper decisions when our thinking is not clear. Fear and anxiety only clouds our thinking. This makes this a dangerous time during which we must take control of our mind. It is a garden that must be nurtured and weeded regularly. Be aware of negative thoughts that must be weeded out. Also be aware of the seeds of positive thoughts that must be planted. A well kept garden will bring you relaxation.

KEY#11- CONTROL

Take control of your future. Some people don't and their future is then controlled by someone else. Don't be one of those people. Be in control of your beliefs, your values and especially your dreams. We must always be able to visualize what we want from life. Unexpected events will inevitably occur and cause us to slow down or even stop for a while. That's ok. The important point is to maintain a focus that is right for us- not someone else.

KEY#12- INVEST

We must invest in ourselves and in others. We take what we have saved-time, money, services- and invest these accordingly. When we invest, we assume risk but have the faith to know there will be a return some day.

KEY#13- MAXIMIZE

Maximize your efforts in all that you do. Regardless of what it is, do it as well as you are capable. We may become discouraged when we do not seem to be moving closer to our goals. That is the time we must draw on our inner strength and forge ahead. We never know when the next blow may break the ice and help us succeed.

KEY#14- CHANGE

Make whatever changes are necessary to create your own security. Some people do not like the idea of change. It makes them uncomfortable; however, it is often times necessary to move us in a new direction. If we sit in our parked car, we should not expect to go anywhere until we shift into gear. Sometimes it is easier to make change with the help of other people who are going through the same kinds of things. At scatterseeds.com, you can become a member of the Security Seekers Club. Just visit the site for details.

KEY#15- UNDERSTAND

We must understand that time is always running out. We will not be in this world forever. We will likely not be remembered for our possessions. They will not earn us a pass to life everlasting in heaven. Our good works, on the other hand, can outlive us when they multiply.

KEY#16- PRIORITIZE

Take care of what is important first. Your values. Your beliefs. Your security.

KEY#17- PLAN

Plan where you want to be and how you will get there. You can't go anywhere if you don't have directions. Visit scatterseeds.com and get help personalizing your own plan.

KEY#18- ACT

Take your gifts and start scattering those seeds. With enough effort and the help of God, you will be secure and obtain true wealth. Pray often, believe and stay true to your values no matter your circumstances.

So those are the 18 keys. I hope they bring you and those whose lives you touch a great sense of fulfillment.

More information can be found by visiting <http://www.scatterseeds.com>.