



**One Way to Create Your
Personal Prosperity Definition**

Jean E. McClelland

Use in conjunction with The Prosperity Process.

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One Way to Create Your Personal Prosperity Definition

by Jean McClelland
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Welcome!

Throughout the years of creating The Prosperity Process I have found that it is significantly easier to achieve Prosperity when you have specifically defined what prosperity means to you. This eBook is best used in conjunction with the Prosperity Process but even just defining what prosperity is to you is powerful. Do it now!

Here are four fun steps to creating your Personal Prosperity Definition.

First - Assess your current situation

Think about how you currently define prosperity...

Example answers are usually, "When I can pay my bills fully each month." or "When I am out of debt." But, consider that prosperity has many facets. Review the potential categories of prosperity below and choose which ones are right for you. It may be one or it may be all of them! If there is an aspect of prosperity that is important to you but is not listed here, add it. Just remember that focused attention has more power.

Health – Without Health, can you enjoy any other aspect of life?
Do you have abundant health? Are you optimally healthy? What could be better?

Take a piece of paper and draw a line down the middle of it. On the top of the left hand column, write "NOW!" On the top of the right side, write "MY IDEAL". For this portion of the exercise we will only write on the "NOW!" half of the paper.

Write a paragraph or list bullet points about what your health is now. What activities are easy for you? Do you sleep well at night? How much would you like to sleep? What can you eat and still be healthy? (Keep all of this in the positive. Remember you are a wonderful being.)

To complete the "NOW!" side of the paper, become very conscious about how you feel in the present moment - fit and limber? sluggish and overweight? (Always be kind to yourself.)

Be specific and be thorough.

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Let your ideas flow. No one is going to see this but YOU!

Wealth – In the Prosperity Process we define "Wealth" as your ability to live as you like while you are living within your financial means. Wealth can include your income and your investments. Do you pay your bills each month easily with money to spare? Are you paid what you are worth? Is your compensation based on the hours you work or the effort you put forth? What would make you feel wealthy?

Relationships – This is a very large subject. Relationships could be between you and anyone you care about (spouse, parents, children, boss, employees...) or it could be your relationship to money or where you live or whatever. For this particular exercise, let's limit the definition to your relationship with other human beings. You choose which particular relationship or set of relationships (family, co-workers, etc.) on which you wish to work.

Why is this relationship important to you? What do you currently gain from being in this relationship? Why do you want it to be different? What is your ideal form and substance for this relationship?

Business – Almost everyone is in some sort of business, whether it is as an employee, employer or entrepreneur. Is your business supporting your creative nature? Why are you in this particular business? How is being in this business supporting you? What could be better about this business? What could be better about you being in this business? Are you willing to allow the changes you desire to happen? (Really think about this one...)

Second - Draft your ideal situation

Imagine what you want your life to be like - your Personal Prosperity Definition.

Go back to the top of your paper(s) and start writing on the right side of the paper under "MY IDEAL".

Allow your imagination free reign. Don't just look at the left side and ask how it could be better or different. But if you are stuck, allow your current situation to be a guide. You will probably find that there is a lot in your current situation that you want to keep!

Each time you write a description of your ideal situation, ask yourself "WHY? Why do I want it to be that way?"

After you have gone through each category and looked at it anew and/or in comparison with your current situation assessment, start editing yourself into one line descriptions that you can easily remember. Make a one liner for each category or for the category on which you want to concentrate your work.

Third - Fill the gap between your current situation and how you want to live with an initial plan of action

Your current situation assessment and your Personal Prosperity Definition (PPD) are the two end points of your path. Your current situation is your starting point. Your Personal Prosperity Definition is where you want to go. Now we just have to fill in the gap between those two points. Determine some initial actions on how you can get to your PPD from where you are today! Remember, the path to your Personal Prosperity Definition ALWAYS begins with your thoughts.

There are two segments to this step.

1. Identify your deepest values – what is really important to you.
2. Set goals that are in alignment with the values you have defined.

1) An exercise to identify your deepest Values

First, what are values? Dictionary definitions talk about the value of money, color, et al. What we are talking about here are the personal traits and qualities you have formed over your lifetime and that determine how you live your life. For instance, a majority of women value (a verb) monogamy, so that woman would hold a value (noun) of loyalty. Your values are your deepest beliefs – feelings about how to live your life that you no longer question AND that determine most of your behaviors in your life.

Your values are usually so deeply ingrained in your psyche that you are not necessarily aware of them any longer. This exercise helps you put names on your values and bring them up to your conscious awareness.

Once you are again consciously aware of your values, you can take actions toward your Personal Prosperity Definition that are in alignment with your values. When you are in alignment with yourself, there is less confusion about what you want and what you are willing to do to achieve it. The Universe can work faster to provide your Personal Prosperity Definition when your thoughts and actions are in sync.

The Values Exercise – Part of The Prosperity Process

Below is a list of words that are often associated with personal values. As you read the list the first time, feel free to cross off any words that you immediately do not relate to and then add words that you feel reflect your personal values.

Once your list is complete, follow these steps:

1. Using a scale of 1-10 with 10 being a highest value, rate the values in the first column – “Initial Rating”. (See column definitions below.)
2. Rate your list a second time for the second column and a third time for the third column.
3. Average the ratings in the three columns. (Average the rating by adding the three numbers for each value descriptor and then dividing by 3.)
4. Sort the value descriptors in the order of their average rating from high to low.
5. Note the top three values. Are these the most important to you? If not, which ones are? (You will FEEL whether you have been truthful with yourself as soon as you read the top three.)

Column Definitions:

Initial Rating: Read the word and apply a rating without thinking about your personal definition of the word. 1 = not important to you; 10 = very important to you

Scenario Rating: Think of an extreme scenario where the value would be tested. How likely are you to live by that value in that scenario? 1 = wouldn't live it; 10 = would always live it.

Others Rating: How important is it to you that others live by this value? 1 = not important; 10 = vitally important (If they don't live this value, they are not people you want to be around.)

Average: Add the three ratings and divide by three. Round to the nearest number.

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Value Descriptor	Initial Rating	Scenario Rating	Others Rating	Average rating for this value
Accomplishment				
Accountability				
Accuracy				
Acknowledgement				
Action				
Adventure				
Authenticity				
Awareness				
Balance				
Beauty				
Celebration				
Choice				
Clarity				
Community				
Compassion				
Comradeship				
Confidence				
Consistency				
Contribution				
Courage				
Creativity				
Dependability				
Dignity				
Direction				
Discipline				
Elegance				
Empowerment				
Excellence				
Family				
Faith				
Flexibility				
Focus				
Forgiveness				
Freedom				
Fun				
Growth				
Happiness				
Harmony				
Healing				
Honesty				
Honor				

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Humor				
Independence				
Innovation				
Integrity				
Joy				
Knowledge				
Laughter				
Lightness				
Life				
Love				
Loyalty				
Meaningful Work				
Nurturing				
Obedience				
Openness				
Partnership				
Peace				
Performance				
Personal Power				
Productivity				
Professionalism				
Profit				
Purpose				
Recognition				
Relationship				
Reputation				
Risk				
Romance				
Self-Expression				
Service				
Simplicity				
Spirituality				
Stability				
Stability				
Success				
Synergy				
Time				
Tenderness				
Tradition				
Trust				
Trustworthiness				
Vitality				
Work				

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Now take your top three values and write a detailed description of how you are defining these values, why they are important to you and what behaviors might come from them.

Carry the list with you – maybe in your wallet – so that you can refer to the list often throughout the day. Measure your actions of the day relative to the list you have created. Trust yourself to live by your values! Watch yourself be trustworthy! Raise your confidence in yourself as you continue to succeed in doing what you said you would do!

2) Set initial goals in alignment with your values

Ground Rules for goal setting are as varied as the authors who write about them. Some people define “goal” only as the ultimate situation - for example, the Personal Prosperity Definition you just created is your goal. True, but...

Personally, I have found that setting a stream of interim goals that lead to your ultimate goal is more effective than just concentrating on the ultimate goal. Often the gap between your current situation and your Personal Prosperity Definition seems way too wide to cross. Some people call interim goals "milestones". Regardless of what they are called, defining steps/stages/milestones/interim goals to your success allows you to feel the success you are achieving. Feeling your success begets more success so setting and achieving your interim goals keeps and/or builds momentum toward achieving your ultimate goal.

All goals have the same attributes whether they are ultimate goals, interim goals or milestones. (For the record, I define a milestone as a point in time where you have accomplished – note the past tense – a goal that you have set.) Here's a health example based on running.

The current situation: In rehabilitation from knee surgery

The ultimate goal: Run a four minute mile

Interim Goal 1: Walk for 30 minutes straight without pain

Milestone: Have walked without pain for at least 30 minutes per day for a week

Interim Goal 2: Run for 5 minutes without pain

Milestone: Ran 3 days straight for 5 minutes without pain

Interim Goal 3: Run a mile in 15 minutes

Milestone: Ran 1 mile in 15 minutes for 2 weeks straight

Interim Goal 4: Run a mile in 10 minutes

Milestone: Ran at least one 10 minute mile within a 30 minute run for a week straight

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Goal: Run a 4 minute mile

Notice that the interim goals all lead toward the ultimate goal in measurable and achievable steps. Celebrate the achievement of your interim goals just as you will your ultimate goal. Joy always helps continue the path to your ultimate success.

SMART Goals: Over the years, I have found that the acronym SMART helps me to remember the attributes of achievable goals. Many trainers, coaches and others have defined the elements of SMART goals. Following are the definitions that have evolved as I have taught goal setting over the years.

SMART = Specific. Measurable. Achievable. Realistic. Timely.

Specific - be clear and detailed about what you want the outcome of achieving your goal to be. How will achieving the goal feel, taste, smell and sound. In detail, what will it look like? Thoroughly describe what it will be like for you when you have reached the goal – not how you will achieve it (yet), just what you will feel like. Be sure to describe something for each of your senses.

Measurable - Measurable is similar to Specific with the following difference: How will you know for certain that you have achieved your goal? What measures will you use for your success? One of the most important measures to use is a measure of time. WHEN do you intend to have your goal achieved? Tomorrow? Within the next 28 or 40 days? No later than one year?

Achievable and Realistic - These two aspects of goal setting continue to build the story of your goal and begin to help you determine how you might achieve it.

Oft time all the specifics and measures are nice and necessary until we have to consider these "achievable" and "realistic" aspects of goals. This is where we have to determine whether what we want is possible in this realm – this dimension, here on Earth. For example, if you have nerve damage that has created a paralyzation in your right leg, can you achieve correcting that in 2 weeks?

Surprise... YES! That's "yes" if you have a totally pure heart and a thorough understanding of how a human energy matrix creates and maintains physical matter. Otherwise it will probably take you longer than two weeks - a lot longer depending on your dedication to the process. So, setting a goal of complete recovery in two weeks is probably not Realistic.

Then, does this mean that we should limit ourselves to what we can achieve with what we have now? (Read this thoroughly and carefully, please.) YES! The Prosperity Processes are about realizing that we DO have the means to achieve any goal - interim or ultimate. All we desire is available to us right now. We just need to

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realize it, tap into it, and begin using our true power and our true source of prosperity. I can hear you thinking that I am contradicting myself. I'm not.

After you have been through the Prosperity Processes (the 28 Day Intensive and/or the 40 Day process), you will begin to find that what you consider "limitless" goals today will be the norm for you in the future. But, we are here today. We are not in the future. Today it is more important to succeed in the goal you set because success begets success. The more successes you achieve, the more success becomes habit.

For instance, in the example of the person above with neurological damage causing paralyzation, the ultimate goal may very well be complete recovery but what would be the first step, the first realistic, achievable milestone toward that goal? Maybe it would be to learn everything there is to know about how the brain works or the nervous system works or what current research exists that could help achieve the ultimate goal.

Maybe the first milestone would be meeting with a knowledgeable doctor that could provide guidance. Maybe an interim goal would be to join a monastery and learn meditation or to study nutrition and its affect on brain injury. There are always multiple methods of achieving a goal. Determine your general path and what would be achievable within the foreseeable future. If you are using this definition process as the beginning to one of the Prosperity Processes (the 28 Day Intensive or the 40 Day), use that particular length of time. What milestone can you reach within that timeframe that will take you toward your ultimate goal?

In short, think of the ideal. Determine a potential path toward that ideal and then determine what would be realistically achievable within the appropriate time frame.

Timely - This aspect of goal setting contains elements of all the other goal attributes. Be specific about the maximum amount of time you are allowing for your goal to be achieved; i.e., set a deadline. Time is a measurement within this particular universe. Note that I said "maximum amount of time". When you get the Prosperity Process fired up and tap into our true source of prosperity, the Earth time it will take to achieve your goals will shorten. Be open to allowing the universe to support you faster than you think is possible AND begin with what you think is just short of realistic!

Another element of Timely is "How timely is it for you to be working on this goal?" Follow the answer to that question immediately with "When else would it be timely to work on this goal?" The norm in our American society is to put off what we WANT to do for what we feel we SHOULD do. The Prosperity Process is about doing what we WANT to do.

Be sure your goals are set for your enjoyment – no one else's. This is your life and your definition of prosperity. Enjoy it.

Fourth – Change your thoughts to change your beliefs to change your life!

In Jean McClelland's Prosperity Process, there are tools – the three “Ds” – to take you toward your PPD – Define. Decide. Do. Use the "Decide" tool to make consistent choices of thought and action that lead you to your Personal Prosperity Definition.

Perception is reality. Question all your perceptions. When you identify a perception that is uncomfortable, question it. What makes it uncomfortable? Is that perception an old one? Does it still serve you? If not, let it go. Open yourself to new possibilities. You want something different? Be different. “Do” different. Only keep perceptions / beliefs that support your Personal Prosperity Definition. Be diligent about only harboring thoughts and perceptions that lead you to the actions that create your natural success.

Move your Mind. Live a Life you Love.™

Many times, keeping your mind moving consistently toward your PPD is the biggest challenge. If you face that challenge, read about [28 Days to Change](#) and/or the 40 Day Prosperity Process. Either method will help you break the habit that is keeping you where you are today and help you propel yourself toward your Personal Prosperity Definition.

For additional ideas and methods to support you, you are invited to peruse the offerings at www.KineticChange.com

Enjoy life!

Jean McClelland