

Be Mentally Rich First!

When I spotted an expensive watch that I like, I would have a series of thoughts. Firstly, I would have thought of the pleasure that I could derive by owning it. Secondly, I would think of ways to make or save enough money so that I could buy that watch. Thirdly, I would take actions to make or save money based on the ways that I had thought of. Finally, I would buy the watch when I had enough money.

Does this process sound familiar to you? It may not be an expensive watch but something else that you truly desired. When you truly desired for something, you will think of all ways and means to achieve it. In other words, you need to think about how to make or save enough money before you can buy it.

What I'm trying to point out here is that it is the same if I want to achieve great wealth. For example, if I truly desire to accumulate one million dollars in wealth, then I will need to think about how to achieve it. The thinking process must come first before I can actually achieve my goal in the real physical world.

Once I have understood that the thinking process must come first, I realized that my thinking process determines whether I can be wealthy or rich. If I think like a poor man, then I will always be poor in my life. This is because I am likely to make poor financial decisions and investments based on my thoughts. If I think like a rich man, then I will likely be rich in my life. This is because I am likely to make good financial decisions and investments based on my rich man thinking process.

The rich man thinking process is what I have understood as a mentally rich mind. I gathered from the Rich Dad Series, one has to be mentally rich before one can be truly rich in real life. A mentally rich person can be materially poor at the moment, but he will definitely gain wealth given time.

Just to give you an idea what I mean by a mentally rich mind. If you were to ask someone what if he were to lose everything today? If he answered that he would gain back everything in a matter of a few years, then he would be considered a mentally rich person. If he answered otherwise, then he is unlikely to be a mentally rich person.

How can I become a mentally rich person? Well, let us look at how our minds react to television programs, series or movies. If I were to watch violence television programs continuously for a period of time, I realized that my mind would think about the violence television programs. My mind would go one step further to create new violence thoughts that are not related to the television programs at all.

Similarly, if I were to watch comedy programs, I realized that my mind would think about the comedy programs. Also, my mind would start generate new funny thoughts that are not related to the comedy programs.

In other words, our mind is very creative. If we feed our mind with violence, our mind will think and create violence thoughts. If we feed our mind with loving kindness, our mind will think and create loving kindness thoughts.

With this understanding of how my mind works, I realize that I can become a mentally rich person by exposing myself constantly to mentally rich ideas. What are the ways that I can expose myself to mentally rich ideas? Below are some ideas.

Firstly, I can read books on how to create wealth. I can get these books from the bookshops or borrow from the library. Also, I can borrow from my friends if they happen to have these books.

Secondly, I can attend seminars on creating wealth. If I find that attending live seminars is too expensive, I may look for a more affordable source. Maybe I will attend recorded online video seminars.

Thirdly, I can attend courses on creating wealth and meet minded people. If I find that attending live courses is too expensive, I may look at self-study courses.

Next, I can join forums that discuss on how to create wealth. In this way, I will be exposed to many ideas on how to become rich.

By constantly immersing myself in an environment full of mentally rich ideas, I believe I will slowly become a mentally rich person.

* DISCLAIMER *

The author, publisher and distributors particularly disclaim any liability, loss, or risk taken by individuals who directly or indirectly act on the information contained herein. All readers must accept full responsibility for their use of this material.

Source: <http://www.articlecircle.com>

About the Author

Max Ng shares about his struggle for financial freedom at <http://www.richdadsecrets4me.com>. Get a free sample of his book "Your Greatest Gift! Why Waste It?" at <http://www.yourgreatestgift.com>