

Hi! I'm Gwen from **Always Brighter**, home of the *Better Feeling Thought* and the place to find inspiration to keep growing, learning and reaching for a brighter and more fulfilling life.



Today on the Brighter side, we're talking about **how to build a life of abundance** with what I like to call the 7 facets of true wealth.

When you think of the term wealth, doesn't your mind automatically go to the Benjamins? But there is so much more to creating an abundant life than just money. Financial wealth, though important (*and helpful*) is just one simple aspect of truly wealthy living.

So, if you think about a spider's web, it's strong and balanced and by attaching the web to many different things, it maintains its center and serves a vital purpose. Our own personal web of wealth is created by giving balance to every facet of our lives.

We have physical wealth, emotional wealth, mental wealth, spiritual wealth, relational wealth, missional wealth and financial wealth.

The first part of 7 facets of true wealth is our physical wealth. It's vital to every area of our lives. If our physical wealth is lacking, it can totally distract us and defeat us. Do we take care of ourselves physically? Do we exercise and nourish our bodies with life giving food? Do we listen to it and train it and treat it with the love and respect that it deserves? Or do we let it control us? Do we let it tell us that we are tired and can't exercise? Do we

listen to its warped desires or do we give it what it really craves: a healthy lifestyle that strengthens and nourishes it.

The second facet is Emotional Wealth: Do we allow ourselves to actually feel our emotions? Do we notice them? Do we listen to them and guide them and understand them? Do we use them for our betterment and for our benefit? If we let them control us, then we lose the part of ourselves that creates an intuitive compass for our lives.

The third facet is Mental Wealth. Emotional wealth and mental wealth, though closely related, have very separate purposes. Emotional wealth is about how we feel, whereas mental wealth is more about our psychology and how we think. Do you notice your thoughts and have the ability to use them to create a better emotional state? Can you harness your mental awareness and use it to encourage yourself and create a healthy perception? Both emotional wealth and mental wealth are vital to our ability to focus and follow through.

The fourth facet is spiritual wealth. Are you connected to your inner guide and intuition? Do you have a set of core beliefs about the universe and the purpose of life? Are you in tune with creation and have a faith that inspires and supports you? So much of life is a mystery and having a way to relate to those mysteries is essential for feeling connected to other people and to a greater good. Spiritual wealth is so much more than dogma or doctrine and understanding where you are within your tenet of faith will support you when crazy, unexplainable things happen, as they so often do.

The fifth facet is relational wealth. Do you have others in your life that you love and are connected with? How do you connect? Do you connect in destructive or empowering ways? Do you have the important skills of empathy and listening? Can you communicate effectively and anticipate needs? Are you aware of how your attitude and manner may affect other people in your life? Are you able to forgive easily and show unconditional love? The level of health in the relationships that we are in do affect our emotional and mental health for sure and maybe even our physical health.

If you are in a relationship that continues to bring you down in these areas, you might want to take a closer look at it. We become the average of the

five people we hang around the most, right? Surround yourself with the best and brightest, and you will become your best and brightest self!

The sixth facet is Missional Wealth. Missional Wealth is simply your calling in life. You might have a job that you do, but what is your purpose? What were you put on earth to do that no one can do quite exactly like you? When I was 12, I knew I had a purpose to help other people, but the only option for me at the time (or so I thought) was to become a Missionary. But I couldn't ever get aligned with the thought of leaving the US to live and work in an underdeveloped country. I also had a desire to create financial wealth and knew that was not one of the values of a Missionary. But God was whispering to me even then. Going down the road a few more years, I was just about to leave a church where I was the Music Director to go live in Switzerland, when my pastor and boss, Bob, sat me down to chat. He told me that he thought I should consider going to Seminary and becoming an ordained minister. I did think about that, but I wasn't really keen on the idea of studying theology for three years. Yeah. That's kind of important for ordination, right? So, It may have taken me half my life to find my true purpose and create missional wealth in my life, but I now know that I have a calling to help everyone I can create a brighter and more fulfilling life through the study and sharing of practical psychology. I truly have a passion for serving and helping ordinary people just like me develop the skills and mental capacity to create their most extraordinary life: a life that is filled with confidence and love and **better feeling thoughts!**

So now we finally get to the the final facet and the one we might want the most: financial. We often focus on the money part of our lives, but it's just a part of the web. Yet it IS important because if you struggle financially it can take a toll on all of the other parts of your life. Money or rather, lack of it, can create tremendous stress in your life. If you feel unable to provide for you family or create the life you truly desire, it's that much more vital that you give attention to ALL the other parts of the web. When you are equipped with a strong mental fortitude and healthy emotions alongside positive relationships and physical health, you can address your financial issues from a MUCH better place.

But it is just as important if you want to create a fully balanced and fulfilling life. If you are strong in your purpose but your income is lacking, are you

finding ways to live within your means so you don't feel the pressure of finances? Do you have room to breathe?

I am a perfect example that you can have every part of the web and still feel like you are paddling upstream. Even if you have great relationships and a good mental, emotional, and spiritual wealth, and your health is great but you struggle paying bills and feeding your family, life is going to feel like an uphill battle. I devoted many years to staying at home with my children, but as they grew, so did our financial needs.

I've tried several different things to increase our income but was never truly fulfilled. I enjoyed what I did, but I kept hearing this whisper that I was meant for more. I ignored it and ignored it and then, almost overnight, my income was cut in half. Nothing like a shock like that to make you take a good look at your life and why you're doing what you're doing. Now, I believe in what I am doing, and my gifts are perfectly aligned with it. I visualize financial wealth flowing to me and am putting everything I am into this opportunity to serve you and build something that is both missionally and financially rewarding. I've heard Marie Forleo say that if you create a business where your gift meets the worlds greatest need, success will come naturally.

It may feel overwhelming to think about creating a balance of wealth in your life. If you feel stressed just thinking about it, close your eyes, take a deep breath and know that you are enough just as you are right now. (that's one of my favorite affirmations from my free [Always Brighter Affirmations email series](#)).

Then pick just one area to focus on. Take small, positive steps every day to build wealth in one facet of your life, and then when you feel confident, move on to the next area until you reach a truly balanced and abundant place.

We'll definitely talk more about how to move toward this balance, but I hope this brief overview has helped encourage and inspire you to see the term "wealth" just a little bit differently. Money isn't everything (*even though it helps*). [Life is beautiful when you have a healthy, abundant, and well-rounded perspective of what true wealth really is.](#)

Now, It's time to take action. **Let us know down in the comments below** what area you are succeeding in right now and which area you are going to focus on first. And Let's support one another and give each other lots of high fives in our replies!

Thanks so much for watching and I'll see you next time on The Brighter Side.