

Abundance Activities

Read the books accumulating by your nightstand. Consider sending one of them to a friend if your desire to read it has vanished.

Read to your (or a) child or grandchild.

Read poetry or get creative and consider writing some.

Go to your local library and check out books, movies, magazines, DVDs. Some libraries have family passes for discounts to local attractions.

Listen to music.

Dance to music.

Sing to music or your own tune.

Organize and enjoy the tea accumulating in your cupboard.

Sign up for Skype and connect with friends across the globe.

Become a tourist in your own area. Visit local museums and parks.

Pretend you are a famous chef and required to use only the ingredients found in your refrigerator and freezer and pantry. What can you make for dinner this week? Be creative and use up all of your “old” food.

Move your body with exercise, hiking, dancing, stretches, or lifting weights.

Institute a family game night once a week or at least once in a while and play the cardboard games in your closet. *Monopoly*, *Clue*, *Trivial Pursuit*, *Life* and *Risk* are our favorites. Card games are another option!

Watch your collection of DVDs.

Make a sandwich and go on a picnic.

Practice random and generous actions of kindness. Feed someone else's meter. Call someone who may be lonely.

Write a card or letter and mail it the old fashion way.

Snowshoe in the winter.

Garden in the summer.

Contribute your time to charity.

Continue to make charitable contributions.

Create a “behavior improvement” jar. I confess we have a curse jar to improve our choice of words. For every curse, the jar gets a dollar.

Write love notes to yourself and your loved ones on your mirrors in the bathroom.

Practice offering positive feedback.

And, what can you think of right now? Add to this list your own customized ways of living a rich life without money.