10-Day Ecourse

Email 4

Subject: Six ways to help others and increase your non-material wealth

Dear [Name],

Because wealth refers not just to material accumulation, there are many different areas we can look to in order to gain it. Accumulating true wealth requires humility and an openness to learn about what we really need in life. When we give of ourselves to others, we naturally gain this non-material wealth. Here are some things you can do to improve in this area, and build a source of lasting happiness in your own life.

1. Charity Work

There will always be individuals who need a helping hand. If you have been blessed to be in a position to give in some way, then take the opportunity. Use your time and talents to give to others - whether it be working in a soup kitchen, sorting baby clothing to give to new moms in need, or teaching a photography class to underprivileged children. Find a way to give of yourself and get busy.

2. Offer an Encouraging Word

Sometimes all it takes to make a difference in someone’s life is one word. If a friend looks discouraged, take the time to ask them what is going on and offer some good advice. Offer a word of kindness to a store clerk who has just been mistreated. Tell a family member that you care about them and have been thinking about them. It doesn’t take a lot to encourage someone.

3. Donate Used Items

Many of us have been blessed with numerous items that we no longer need, or never needed in the first place. Consider giving them to someone who could use the help. It will be a blessing to the recipient, as well as to yourself. This kind of non-material wealth will last you a lifetime as you remember the smile on the face of the one you were generous toward.

4. Impart Knowledge

Many individuals lack knowledge in key areas. Give your expertise to the situation and help someone to grow personally. Offer knowledge to those who will use it, because this is the gift that keeps on giving.

5. Send a Thank You Card

Hand-written thank you cards seem to be a thing of the past. Often a quick “thank you” text is sent, or an email version. Use your hands to write an actual note of thanks to someone who has helped you and made an impact on your life. Send it in the mail and know that it will likely bring much joy to the person on the other end.

6. Help a Friend in Need

No matter what your friend needs, offer your help. Giving of ourselves to others in some way is what makes the world a better place. Maybe you will help your friend move, or teach them how to cook a decent meal for their in-laws. Perhaps you will offer them free babysitting so they can get away for an evening, or give them a ride when their car is at the mechanics. Do what you can, when you can.

Helping others is the quickest way to increase one’s non-material wealth. There is much that you can do to further others while also contributing to your own well-being. Use these ideas to get you started on becoming someone with a proverbial wallet full of non-material wealth.

Another way to appreciate non-material wealth is to get more pleasure out of the simple things in life. We will look at that next time.