

## Break the Poverty Cycle...Stand and Fight!

By Daisy Saunders

While waiting to board a flight to Phoenix, Arizona where I was running a half marathon, I met Anthony Brinkley, author of *You Can't Run Away From You*. As we waited for our flight to board, he told me a little about his background; and the reason for his trip to Phoenix. He gave me a copy of his book which I read during the 4 hour flight. It was a "coming of age" story on how he was able to break the poverty cycle. Anthony was the first in his family to leave home, intent on making something out of himself. And, in spite of challenges, he was determined not to "let the gravity of life's situations get the best of him".

His book reminded me that no matter where you come from or how difficult things may look, breaking the cycle is possible. Every day, people with similar backgrounds, experiences, and circumstances break the cycle of poverty. Poverty, says Dennis Kimbro, author of *The Wealth Choice: Success Secrets of Millionaires*, has never stopped a man or woman on the move.

How do you break the cycle? There is no easy answer; no single magic bullet. However, here are some actions that will put you on the right path.

- **Adjust your attitude.** Attitude has been described as the EYE of your soul. It's the way you look at things. Your attitude sets the stage for all that will happen to you in your life. Therefore, breaking the cycle starts with an attitude adjustment. You must truly believe that your life can be different. No matter what's going on around you, you must remain vigilant and focused. And, know that anything is possible.
- **Have a clear intention.** Everything starts with an intention. You must "intend" to break the cycle. You must make a deliberate and conscious effort to change your life; and have a hunger and desire to have more, be more, and do more.
- **Develop a burning desire.** Deliberately spend time just thinking and seeing yourself in your desired state. Develop an intense or burning desire that could be equated to an obsession. Contrary to what you may have heard, obsession isn't a dirty word; it simply means that you are passionate about what you want, which in this instance is to break the poverty cycle.
- **Ask for help.** Many of life's obstacles can't be handled alone. Know when and who to ask for help; and don't let ego and pride stand in your way. Many people have lost sight of their dreams because they refuse to ask for help. Asking for help isn't a sign of weakness. It's a vital life skill; and the first step toward positive progress.

- **Build positive relationships.** Watch the company you keep. Let go of people who don't support your desire to break the cycle. Birds of a feather flock together. Flock with people who are headed in the direction you want to go; people who can see and understand your vision.

In conclusion, breaking the poverty cycle takes more than just thinking about it. It takes action. It takes the strength to ...stand and fight!

*Daisy Saunders is an author, lifestyle coach, and speaker on personal empowerment and positive aging. Visit her website at [www.daisysaunders.com](http://www.daisysaunders.com) for free downloads of articles and resources on personal growth, wellness, and financial awareness, and to follow her weekly blog on positive aging.*