

# 22 Steps To A Successful Life

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*The following ideas are presented for your consideration in relationship to your life. There is nothing here that you do not know. These are simply gentle reminders of what you know so that it might be easier for you to make them a part of your daily life.*

**1** Whether a person is beginning their day, a new venture, or relationship, it is a time of excitement, freshness, unknown factors, risk-taking, and the expenditure of a lot of energy. When we start something, we end something else so every beginning is an ending. When you start something, realize you are jumping off a cliff. You are taking a risk. And you will be just fine, no matter what happens. Relax and enjoy the process.

**2** When trying to manifest a “success” of some kind, remember that you are a channel for energy rather than the originator of the energy. Your job is to direct the flow of the energy in the direction of your choosing. To do this use your mind, choose your thoughts carefully, focus on what you want and not on what you do *not* want because what you focus on will be what you manifest. Use your will to keep going when the days get long and tough. Use your emotions to create an atmosphere of success. Remember a time when you were successful in the past and then use that energy to act “as if” you are already succeeding.

**3** Use the power of your subconscious to help you: use visualization, affirmations, and self-hypnosis. At the same time, watch your words, your actions, your thinking, and your environment so that you are not contradicting yourself all day long!

**4** Align with your natural creative abundance by doing something fun and creative every day to keep your juices flowing. Set aside time to write a poem, draw a picture, sew something, color in a coloring book, sing, write, bake bread! When the universe sees we’re willing to be receptive to our creativity, the ideas and feelings will continue to flow smoothly.

**5** A well-ordered life is usually more peaceful and harmonious than one that is cluttered or in disarray. To have order, ask yourself, “What am I trying to accomplish? Is my life structured to support what I want or will it sabotage my efforts?” Be willing to change your goal or your life structure if they don’t match up. A well-ordered emotional life is also conducive to an overall successful life. If there are emotional issues requiring your attention, take care of them.

**6** Get in touch with and follow your inner guidance. Tuning in to our inner wise one requires receptivity, discernment, trust, solitude, silence, commitment, and the willingness to experiment and to take risks. We must spend quiet time in order to hear this voice. It won’t shout but it does whisper and if we are too busy in the outer world all of the time we won’t hear it.

**7** Whatever you do, do it with love. In order to love what you do you must love yourself and those around you. If you are not able to love what you are doing, it is time to consider a change. Life is too short to spend your time and energy doing something that bores or annoys you. How can you uplift the planet when you are walking knee-high in mud?

**8** Pay attention to what you say. Sloppy thoughts lead to sloppy words. The more we hone our ability to focus thought for creative purposes, the faster and more clearly our thoughts and words will produce results. Because our words are filled with creative power, we can influence our growth by the words we speak and the words we choose not to speak. Words give great power to our thoughts.

**9** It takes tremendous courage to follow one’s vision regardless of the consequences. Courage evidences itself through persistence, concentrated effort, faith, joyful risk-taking, and a relaxed sense of humor. It is easy for us to confuse being strong with being overbearing, pushy, and ruthless. A test most of us are given is that of being willing to persist with a course of action when things seem not to be working or when the going gets tough. Many of us give up way too soon in whatever we’re doing and then bemoan the fact that our project didn’t work out. When we are willing to be persistent, are operating from a deep faith in life itself, and are willing and able to request help as the need arises, taking risks becomes a much more joyful prospect.

**10** You have been led to whatever situation you find yourself in by your inner self, the self who sees your life from a higher perspective. We are multifaceted beings and true success happens when we are able to consciously merge our everyday understandings with this inner self who is guiding our ship. When you allow your soul-self to actively influence you, when you welcome it consciously into your life, hold on, because all sorts of miracles will begin to happen for you.

**11** There are natural cycles to life and this includes everything: home life, work, relationships, money, creativity. The cycles in nature are easy to see and we are able to accept those fairly well most of the time. For some reason, though, we seem to think that our lives should be in the harvest cycle all the time. What about planting, watering, digging out weeds? Just like nature, our lives have cycles. The wise person pays attention to the cycle of their life and acts accordingly. If things are moving slowly, don’t panic. Use this time for planning, more networking, and to rest when you can. Learning to work with natural cycles teaches the virtue of detachment. There are seen and unseen forces at work in our lives. We can learn to make our plans, do our best to realize them, and then let it all go into the cosmic blender knowing that the “right” results will show up at the right time. When we are detached from the results of our efforts we cease putting up barriers to our own success.

**12** What we give our attention to is what we get more of in our lives. How much time do you spend fretting or worrying about your life? How much time do you spend thinking about how successful you are and will continue to be? What we send out into the world is what we get back from it. If, as much as possible, we focus our attention on giving as much love, compassion, understanding, and peace to all other beings as we possibly can, our shortcomings and weaknesses won’t have time or opportunity to gain enough strength in our consciousness to create havoc with our lives. I am not talking about burying your head in the sand. I am talking about using the power of focused attention to attain balance, peace, centeredness and purpose in your life.

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- 13** Release! Set your goals, have your vision, make your plans, go to work, do your best, then let it all go into the universe. It is true that we must be very active in our lives and tend our dreams with great care and love. What is also true is after doing that we need to let it all go. We view our lives with a somewhat limited viewpoint. There is so much going on beneath the surface at any given time, things we don't see and don't sense. When we let it all go and allow the universe to do its part, we open the door to a much greater level of success than we ever thought possible.
- 14** Be open to changes in your life. Change is as natural to our lives as the in and out flowing of the ocean. We can't stop change from happening, though we can delay it by resisting it, usually to our own disadvantage. Your dream or project is a living entity and as such it is subject to ongoing growth and change. As its steward, your job is to be in touch with the soul of what you are doing and to be ready to respond to the changes it wants you to make.
- 15** Tests, challenges, and strengthening are a natural part of the life environment. Because you are approaching your life with a spiritual base and as part of your spiritual journey, you can be assured that you will meet many tests and challenges along the way. Some people think that because they are involved in a spiritually-oriented task, things will be easier for them. Not so! Whatever you are doing is part of your path; you need to be open to the difficult times and embrace them. Everything that happens in your life is a gift. How you receive it and what you do with it paves the way for your future.
- 16** Keep your sense of humor! Oh, my, but we do tend to get so serious about everything. After all, we are about such lofty things as enlightenment, healing, and world peace! Truly, the lighter we can be, the more we allow ourselves to laugh and see the humor in our daily path, the happier and more successful we will be. The universe loves a good laugh – just look around you at the different animals, plants, and humans that exist (including yourself)!
- 17** Be willing to live from the state of grace. What does this mean? We are blessed with an inner gyroscope that is always showing us which way we need to move or, sometimes, that we need to stay still and catch up with ourselves. It is the connecting link with our destiny and with our own guidance. Start your day in the state of grace with meditation and prayer. Then stay aligned with this deeper inner you and watch how easily your day flows.
- 18** Rest and play when you can. Sometimes we are so serious because we see our dreams as such an important part of the changing of the planet that we forget to take time for ourselves. It is so important to rejuvenate ourselves by taking time to simply be. Take an entire day to do nothing. Yes, that is difficult to do, but the results are tremendous!
- 19** Balance your feminine and masculine selves. Going after a goal or dream draws greatly on our active masculine energies. Remember to tend to the feminine self, the one who is intuitive, emotional, and mysterious. A successful person is able to draw upon both sides of their nature – without feeling one is more important than the other. We can't have light without dark. Our days are balanced and so can we be.
- 20** Love your life exactly as it is right now. Maybe it is not performing up to your expectations yet. Love it anyway. Until you love and accept your life how it is, you will never be able to shepherd it to the place you want it to be. Unconditional acceptance of our lives as they are – rather than how we want them to be – is true magic. Doing this allows us to be like the sun that shines on everyone, good and bad alike. When we live this way – when we accept everyone and everything as it is now – we will find an amazing thing happens effortlessly. As we shine the shimmering light of unconditional love and acceptance on the world around us, it reflects back to us exactly what we have given: unconditional love and acceptance, which is the basis for a very successful life!
- 21** Allow yourself to be childlike. Approach your day with the openness, innocence, and freedom of a child. Yes, I know this may seem strange because how many children can lead an adult life effectively? What I am talking about is a basic attitude that underlies the adult self who has to make the critical decisions of the business day. Being childlike with your day means allowing yourself the room to lighten up and to remember that you have a cosmic mom and dad who are really in charge of everything. Keeping that in the back of your mind allows you to be more playful which means you will attract higher and more refined energies to your day.
- 22** Dance with your limitations! We all face a variety of limitations of one kind or another. Even though we are unlimited beings, we do live in a world with physical limits. We have a choice: either cry and stomp our feet and fight our limitations, whatever they are, or dance with our limitations, get to know them, ask them out for dinner! Find out why your limitations are with you and what it is they want to teach you. Letting go of limitations, stating “so what” and then going ahead enthusiastically gives us all the freedom we seek. The secret is that we can have our freedom and success right now, today. We don't have to conquer our limitations to be free of them. All we have to do is dance with them!

*These 22 Steps to a Successful Life are based loosely on the major arcana of the Tarot. They have been adapted from a series of articles Krysta wrote for her former publication, The New Times.*

*Also available is a CD called “Embrace Your Day. Love Your Life,” a 10-minute quickstart to your day designed to help you have more positive self-talk in your life, which leads to greater peace and contentment. Go to [www.newspiritjournal.com](http://www.newspiritjournal.com) for information or write to Krysta at: New Spirit Journal, 14911 Chain Lake Rd #431, Monroe, WA 98272.*

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