



Are Your Cubicle Walls Closing In???

***Nine Simple Steps
to Create the Life You've Always Wanted***

By Phila Hoopes
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*If you're feeling tired, drained, depleted by your job...
Saying to yourself, "There's got to be more to life than this..."
It's time for you to reclaim your life!!!*

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Nine Simple Steps to Create the Life You've Always Wanted

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Special to [Your Words' Worth](#)

Does this sound like your life?...

You've spent years on the job, customers appreciate your work, you're earning a decent salary. But every day when you look at your job and your workspace, every day they feel more limiting!

You come home with no energy, toss a dinner together, flip on the tube for awhile, and head for bed a little later. Even when you have time off, it's usually spent catching up on everything you don't have time to do during the week!

Perhaps you're realizing that your job isn't what you'd always wanted to do...or maybe you've just done the same thing too long. Maybe you've been working 50- and 60-hour weeks for years, and you've burned out all your enthusiasm.

Maybe you're reaching midlife and thinking "Life is short...shouldn't I be *enjoying* my work?"

One thing's clear – you're just not happy where you are any more. And you're getting the feeling that your life could be **a lot** more rewarding than it is now!

That's where I was, not so long ago!

Talking with friends and coworkers, I knew I was not alone. Looking at the self-help books on the library shelves, I knew there were answers. And I was determined to make any changes necessary to achieve the life of my dreams.

I knew that there must be something better than the life I was leading...I just didn't know how to get there!

Thanks to the support and guidance of friends, family, teachers and coaches, I did find a better way of living...one that started inside myself. If I can do it, you can too!

These nine steps contain the lessons that I learned along the way.

They won't change your life tomorrow. Before you can create a new life for yourself, you need to prepare your mind to be ready for it. However you seek to change your life, these steps will help you to connect to your Source of abundance and manifest your dreams.

Great big caveat here: I'm not a teacher or a coach. I'm a writer who's done *a lot* of reading, self-educating, and personal growth work. I write about what I have experienced, what's worked for me. If you want to know more, or to work with a trained guide, see the resources listed at the end of this article.

1. Be grateful for the good in your life. [Resources](#)

This may sound really strange if you're struggling with difficult and painful conditions! But it's especially important at just such times to *find reasons to appreciate all the good in your life!*

- Do you have food, clothing, shelter? Be grateful!
- Do you have family and/or friends? Be grateful!
- Do you have a source of income (no matter *how* good or bad)? Be grateful!
- Are you basically healthy? Be grateful!

Even if your answer to some of these questions is No, find something - *even the smallest thing* - to celebrate. If you are in a miserable job, for example, you can still be grateful for supportive relationships with your co-workers, or a beautiful route for your commute, or simply the security that your paycheck provides.

You're not just saying "things could always be worse" or because "so many people have it so much worse than I do" – instead, you're affirming that *blessings exist* in your life.

You're not surrendering to your hardships – you're discovering and celebrating the ways Source (or God, or Spirit, or your Higher Power, or the Universe) provides for you despite those hardships.

Seeing only the negative, finding reasons for complaints or anger, *depletes* your energy. Actively seeking the positive, finding as many reasons as you can for gratitude, gives you energy. Changing your life requires great stores of energy. Build it up with gratitude.

2. Ask yourself: *What do I really want?* [Resources](#)

If you're going to dream, dream **BIG**:

Don't just ask what you want in this moment (better working conditions, a new car, an indoor pool)... but what you want *for your life*.

What have you dreamed of doing, ever since childhood? What are you best at doing, what are you happiest doing?

Money has nothing to do with it. This is your *life purpose* we're talking about...what you were born to do. If you were independently wealthy and could do anything at all with your time, what would you spend your life doing? What do you do now that gives your life meaning?

For me, the moment of truth came on 9/11. I love to write, I love to feel I'm making a difference in the world. Sept. 11, 2001 was my fifth anniversary in a dead-end corporate job...and I realized that if I had been one of the victims, I would have died without pursuing my dream of making a living as a freelance writer, supporting the causes and people who matter to me.

Much as we may act as if we were immortal, as if time didn't matter, death awaits each of us. *If you died today, what would you regret never having achieved?*

This is your mission.

3. Experience your dream with your whole being. [Resources](#)

When you have your mission, immerse yourself in it. See it, hear it, smell it, taste it, touch it. Picture yourself living it completely, in every detail. Draw it. Write descriptions of it. Cut out pictures from magazines and paste them into a 'mission collage.' Put your mission description in a prominent place where you see it every day.

Feel the core emotion of finding your purpose. Does it make you feel deep-down happy? Safe? Peaceful? Energized? Spend a few moments soaking in the wonderful feeling of your dream coming true.

Now ask: Why? What part of you is feeling this? *What need does your mission satisfy in the deepest part of your soul?* This is your core desire.

Now write a positive statement of intent: *I want to (your mission) because I want (your core desire).*

For example: *I want to start a holistic day-care center because I want to give children the safe, peaceful and healthy environment I desired as a child.*

Be sure to phrase both your mission and your core desire in positive language: don't attach to your need, but to the image of that need being satisfied.

Post the statement of intent with your dream description and repeat it to yourself every time you see it...feel the emotions it brings up once again.

4. Acknowledge – don't fight – your inner resistance. [Resources](#)

Somewhere in those emotions, do you feel a part of yourself saying "NO?" Protesting "This will never work – who am I to think of doing anything like this?"

That's your *inner resistor* – the part of you that took in the messages of defeat, inadequacy, guilt, shame...all that stuff...when you were young. And now those messages replay in your mind, trying to convince you that your dreams are just illusions, your mission is meaningless, you'll never amount to anything.

You're not going to get away from these inner tapes without some serious personal growth work...but there are strategies for neutralizing them in the short run.

Picture your awareness as a flame inside a bubble. All of those nagging, shaming voices are outside the bubble – you can see them, hear them, but they're at a distance, not right inside your head. You can observe them objectively – "There's the mean kid from second grade, who always called me Fatso" – "There's my sixth-grade teacher, who said I'd never amount to anything" – "There's my first boss, who said I was a worthless slacker."

There may be older, deeper voices, too...but the important thing is to *acknowledge* them while you *separate* from them. Don't let them touch your inner flame of awareness in this moment. *Choose the feelings that you want to have*. Claim your right to your own experience.

It's essential to have some form of personal and/or spiritual support while you do this...some resources for help are listed at the end of this article.

5. Be open to your dream coming in unexpected ways.

See your dream in every detail – but don't dictate the way you want Source to provide it.

There's a story about a man caught in a flood, who called to God for help. A rescue party brought a motorboat past his house – he waved them on, saying "God will help me." The waters rose, and a log floated past. He ignored it: "God will help me." The waters rose, and eventually a helicopter flew overhead. He waved it on: "God will help me." The waters rose, and he finally drowned. At the Pearly Gates he asked "Why didn't God help me?" He was told, "Three times God sent help, and each time you refused."

When you decide that your dream can only come by the route *you* choose, you are limiting the Universe, shutting down all the other avenues by which your dream can manifest. Hold the vision, and be open to the infinite number of ways in which it may come to you. If you feel you must get it in one particular way, ask yourself: *why?*

6. Build a support network to cheer you on. [Resources](#)

When you are planning to make deep changes in your life, this may pose a challenge to your family and friends. Even if this is the last thing you want, even if you try to avoid it, they may feel threatened: especially if they never made a similar effort in their lives, and feel it's too late now. Much as they may love you, they may also discourage your choice, whether actively or by their attitude.

It's important, especially at the beginning, for you to surround yourself with people who will support your dream and your choice to pursue it.

There are all sorts of ways to find such support circles. Put an ad in the classifieds, or post a notice at your church or community center. If you have Internet friends or pen pals whom you trust, this could be another approach.

If you have friends who are interested and supportive, you can link up for coffee every week or so. Challenge one another to stretch, and hold one another accountable for meeting goals.

Most of all, cheer every step forward!

7. Take inspired action – not forced action. [Resources](#)

Inspired action arises in you from your connection to Source: it is Spirit's way of putting you in the right place at the right time to manifest your dream. While it's strategic, it's far more intuitive than it is logical.

How do you take inspired action?

- Leave room in your plans for the unexpected.
- Don't limit your plan to objective data or to a set timetable.
- Use intuitive techniques like meditation and prayer in your decision-making: for every hour that you spend planning logically, spend time opening your mind to the input of Spirit, without thinking.
- Write down the ideas that arise.

Once you have made your statement of intent, watch what happens around you: coincidences, passing encounters, mail in your mailbox. The Universe can communicate with you in an infinite number of ways if you pay attention. When you see this happening, listen to your inner wisdom for the right course of action to take in response.

8. Celebrate every step of the journey. [Resources](#)

Instead of focusing on upgrading the inferior present with the superior future (believing that where you are is not enough, so you need to leave it behind for something better), appreciate every part of your life as one step closer to achieving your dream.

If you are in a sales job, for example, but you want to be a freelance writer, don't spend your energy saying, "I'm wasting my time here – this work is pointless, it's just a paycheck."

Your current job is giving you two gifts beyond that paycheck: 1) teaching you what you don't want; and 2) providing you with skills that you will need in your new job: how to market an idea, how to deal with rejection, how to convince a prospect that they need your services. Appreciate your job for the gifts it offers!

Life is a journey, a growth process. It's not a matter of starting and abandoning wrong paths, searching for the one right path, but of learning lessons from every step of the path you walk. You *are* on the right path – it's all part of the right path. You are where you need to be in this moment. By being fully present with where you are now, you become ready to take the next step.

9. As you receive, so give. [Resources](#)

Just as a lake that has no outlet fills gradually with sediment and grows stagnant, you can't hoard the good you receive if you want to take part fully in the dance of Universal abundance.

Just as hands that are full and clenched shut cannot receive more, a heart that is clenched shut against other's needs cannot recognize the loving promptings of Spirit.

If you follow these nine steps, you learn that while you may work for your money, your efforts are not the only cause of its coming to you.

The more you act on the principle that "this money is *mine*, I earned it by *my* efforts," the more your money is attached to your limited personal energy, and the less it will cover. The more you focus your spending only on your own wants and needs, the more those wants and needs grow to fit the energy allotted to them.

To step into the larger picture, however, joyfully acknowledging and giving of blessings received, puts you and your material goods in the flow of universal energy.

Many spiritual traditions recognize: the energy that you put out in the world is the energy that returns to you, magnified. If you take a risk, give a little more than you can easily afford, knowing and feeling that your joy in the dance of Universal abundance is greater than your fear of lack, your joy will return blessings to you, and you will find your gift amply repaid.

For More Information:

Resources to Find the Blessings in Your Life:

Gratefulness.org

[Cultivating Gratitude: An Interview with Robert Emmons, Ph.D.](#)

[How to Want What You Have](#)

[Gratitude Works](#)

Resources to Find Your Purpose:

[Power Vision Writing Guidebook](#) (and www.assuredsuccesslifecoach.com)

[Is Your Ladder Leaning Against the Wrong Wall?](#) (and www.balancedliving.com)

[Callings](#) (and www.gregglevoy.com)

[Zen and the Art of Making a Living](#) (and <http://www.empoweryou.com/>)

[The Anti-Career Webpage](#)

[Do What You Love, The Money Will Follow](#) and [To Build the Life You Want, Create the Work You Love: The Spiritual Dimension of Entrepreneuring](#) (and <http://www.marshasinetar.com/visit.html>)

[I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It](#) (and <http://www.barbarasher.com/>)

Resources to Visualize Your Dream:

[Abraham-Hicks Publications](#)

[Lessons From Abraham](#)

[Art of Abundance](#)

[Infinite Possibilities](#)

[The Attractor Factor](#)

[The Only Option: To Your Best & Highest Good](#)

Resources for Dealing with Inner Resistance:

[Infinite Possibilities](#)

[Emotional Freedom Technique](#)

[The ManKind Project International](#)

[Woman Within International](#)

[Women In Power Program](#)

Resources for a Support Network:

[Spiritual Partnering](#)

[Barbara Sher.com](#)

[The Attractor Factor Yahoo Group](#)

Resources for Inspired Action:

[Lessons From Abraham](#)

[Spiritual Partnering](#)

[Barbara Sher.com](#)

Resources for Celebrating the Journey:

[Infinite Possibilities](#)

[Lessons From Abraham](#)

[The Attractor Factor Yahoo Group](#)

Resources for Giving Back:

[The Soul of Money](#)

[Giving Thanks: The Art of Tithing](#)

[The Path to Prosperity](#)

Phila Hoopes is owner of [Your Words' Worth](#), a copywriting firm serving green businesses and conscious enterprises. A lifelong spiritual seeker, she is currently pursuing her Master's degree in the Applied Healing Arts at [TAI Sophia Institute](#). This special report is a product of her four-year website project, Paths to Prosperity, which she has since retired.