



*Alisha Sullivan*

inspirational speaker . thought leader . wise counsel

# 10 Steps to *your best year ever!*

## *Step 1: Renounce Me, Myself, & I*

Yes, I said it. It is a bold statement, but I want you to say out loud, I renounce me, myself, and I! Are you waking up daily and all you can think about is yourself? Do you spend most of your time consumed with how to make your life better without the consideration of others? This can be a formula for living the worst life. Make the declaration! I renounce me, myself, and I. This is not a declaration to deny one's worth or make one last. Neither is this statement made in a way to overlook the selfless works of mothers, fathers, caretakers, or those who work in professions serving others. It is an act of recognizing that life is fuller when you look for ways to move beyond selfishness. Your best life manifests in the engagement of others. Say it loud again, I renounce me, myself, and I!

## *Step 2: Establish spaces & boundaries*

A few years ago, I regularly encountered a person who had a habit of behaving inappropriately with me, in a way that became destructive. I was upset because I thought another person of authority should address the poor behavior and establish rules of engagement. I soon realized that it was my responsibility to establish healthy spaces and boundaries.

I learned that to regulate my life, I had to establish what I would allow to come in and out of my personal space. Are you not living your best because of undefined spaces and boundaries related to people, places, or things? Is someone repetitively dumping spiritual, emotional, physical, or even financial trash in your life? Do you have boundaries for social media? Living a better life can begin with living a respectable life towards oneself and towards others. One of the ways you can respect yourself is to develop and vocalize boundaries, specifically where there is negativity.

## *Step 3: Guard your ears & eyes*

The ear gate and eye gate are direct paths to the soul. Words, images, sounds, and even music can directly impact your life. I meticulously guard my ears and eyes. This is directly coupled with establishing spaces and boundaries. A better life can develop by becoming a steward over your ears and eyes. What you consume via these gates, directly influences your desires and fuels your passion.

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10 Steps to your best year ever cont.

## Step 4: Write it & Record it

I journal a lot. If I am not writing, then I am recording my thoughts through voice memos. Writing or recording your thoughts helps in understanding what consumes your heart, what your interests are, and in general what you are learning. As a man thinketh in his heart, so is he. Are you in touch with what is going on inside of you? Do you understand your thought patterns and beliefs? Are you able to acknowledge if life is flowing from you or if death is? Developing a better life incorporates discerning the inner man. Take inventory of what is ruminating in your thoughts and emotions. Also note how you are learning or interacting with the circumstances of life. This will shed light on patterns or behaviors that are hindering you or helping you live your best life.

## Step 5: Sit under a master

You may be independent and spend a lot of time thinking for yourself which is good but a way to better your life is by humbling yourself and sitting under a master. Who is a master? A person who is skilled. A person who is wise. A subject matter expert. A person of great spiritual influence.

Pursue the masters of life. Jesus was a Master. He was a man of great spiritual influence and multitudes sat at His feet. Pride becomes an inhibition that keeps us from asking questions or feeling the need to be taught by anyone. I believe in paying for coaches and even attending conferences, but there are also masters who show up in daily life that must be discerned. Elders, spiritual leaders, teachers, professionals, mentors, and advisors are just a few. The list goes on and on. Make a deliberate effort to find masters to sit under and receive their teachings. Your life will benefit immensely from them.

## Step 6: Seek Rest

Life revolves around repetitive activities. Work, caring for others, engaging in philanthropic or spiritual activities are a few. This can create a cycle of go, go, go. One of the things I've learned to do is rest. During the week, I have a definite time for power down or retreating towards sleep. Most weekends I find time to limit my activity. This can be in the form of a nap or simply sitting still. My definition of rest is stunting the cycle of engaging my spirit, soul, and body in activities that dominate the majority of my week. I have found that I am sharper and able to serve with better focus because of it. Studies indicate that rest is vital to a healthy life as well. I encourage you today to incorporate times of rest, outside of your normal sleeping patterns, in your weekly schedule.

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## Step 7: Clear Clutter

Mail, groceries, personal needs, and discretionary items make their way into homes and environments daily. Often there is a plan for the intake of these items however very little time is spent developing a routine of outtake or elimination other than the weekly trash cycle. Clutter has a way of creeping in and inhibiting us from our best life. Clutter requires focus, time, and physical energy. Make a habit of recognizing clutter and instituting scheduled elimination. Clearing clutter equates to freedom to do and focus on things that benefit your life.

## Step 8: Pray Often

Since I was a child, I developed a healthy prayer life. My mother taught me to do it and would ensure that I did it nightly. As I grew older it became something she didn't have to ask me to do. It became something that moved beyond just night time to throughout the day and even leisurely. It is a daily activity for me but it is much more than that. It is a discipline I can't see life without. It is enjoyable. Prayer is a place of surrender where you acknowledge your limitations. You are able to lay your burdens down in the place of prayer. You are able to gather strength in the place of prayer. Life gets better as a result of it because it is an exchange. It is an exchange of communication and an exchange of the heart. As you pray, you will see answers and clarity. If you haven't started, start today.

## Step 9: Pursue your Assignment

One of my spiritual leaders often says "get busy doing what you are called to do". Before you were shaped and formed in your mother's womb, you were known. Who you would be and what your assignment in the earth would be were already established. Many are not living their best lives because they are unable to identify what their assignment in the earth realm is. Seek your assignment from your Maker. Understanding your assignment is introspective and may take time to fully understand. It may or may not be correlated with your job or profession. It may or may not be correlated with your present relationships. Nonetheless, finding out what you are assigned to do brings a level of fulfillment that other pursuits won't bring. Pursue your assignment.

## Step 10: Benefit from Laughter

A life enhancement that is often overlooked is laughter. Laughter is like medicine to the soul. Laughter is healing. I not only try to cultivate a sense of humor but I pursue relationships and moments with people who make me laugh.

I am not endorsing laughter produced by vulgarity or speech that tears down others, but I am able to endorse that life is better where laughter is involved. How often do you laugh during the day? Do you have relationships that you enjoy, that bring a smile to your face and a chuckle in your heart? Do you follow a comedian or have some source of inspiration that makes you laugh? You will find that laughter in itself can be a major contribution to a better life.