



# Live Your Day, The Intentional Way

## *The What, the Why and the How of Intentional Living*

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### What is Intentional Living?

- The daily practice of being truly awake, aware and available to your life.
- Intentions place a rudder on the ship of your life to guide you according to your values.
- It is a practice of paying attention as much to your inner “**being state**” as your outer life. Who do you want to BE when no one is watching?
- Life is a combination of the *being* state, the *doing* state and the *having* state. An intentional life starts with your focus on the foundational BEING state of your life.
- By setting your intention first, then combining it with goals, you will become a more effective creator who is fulfilled by the journey, as much as the destination.

### What is the difference between intentions and goals?

- Intentions are experienced in the present moment, the now, rooted in your own values and what is deeply important to you. Intentions are entirely under your full control.
- Intentions are the BIG picture and the broad view for your life.
- Goals are focused on the future, specific to circumstances not fully under your control.
- Intentions are lived each day, independent of achieving the goal or destination.
- Goals are a destination or a specific achievement.
- Intentions are about your inner commitment to yourself and your relationship with yourself, with life, and with others.
- Goals are external achievements often relying on external conditions to actualize.

#### For example:

An intention might be: To live a healthy balanced life in all ways to be strong and happy.

A goal might be: To establish the habits of regular exercise and commit to a healthy food life.

### Why is intentional living so important?

- Because we are all intrinsically worthy of a meaningful, fulfilling, healthy and happy life!
- It is up to us to consciously choose that life, or we will often default unconsciously to the field of fear and judgment surrounding us.
- **The primary reason is because we are all going to die!**

The most common regrets expressed in the death and dying process are:

1. They wished they had loved more deeply, and said “I love You” more often.
2. They wished they had taken better care of their bodies much earlier in life.
3. They wish they had planned better and saved more money for their senior years.
4. They wish they had played and laughed more and taken more fun adventures.



## How can we integrate intentional living into our lives?

- We make it a radical, self-loving, intentional daily habit! Lock it in!
- Use the incredibly easy and powerful tool from the book *Atomic Habits*, called habit stacking. Hook the habit of exclaiming your life intentions to a daily habit you already have hardwired in like—peeing! Your own body becomes your intentional living buddy!
- Use visual aids for reminders until you have the habit locked in.
- Start with the words; **I Choose...** and then state out loud, if possible, your life intention statement the first time you pee each day, each time you pee all day long, and the last time before bed. How cool is that? Easy to remember!
- You can pee your way to enlightenment—seriously!

## More benefits to practicing daily conscious intentional living!

- Intentional living is fun and fulfilling! 😊
- Intentional living supports greater resiliency through life's challenges and losses.
- Intentional living practiced daily increases self-esteem and a deep sense of well-being.
- Intentional living increases synchronicity experiences and connection to your Higher Self.
- Intentional living connects you to your intuition to guide you more easily toward your goals.

## A sample life intention statement that addresses the most common regrets at death and dying!

- *I choose to love deeply, honestly, and well and to express my genuine feelings often to those I love and appreciate. I choose to be kind, caring and respectful in all of my relationships.*
- *I choose to respect and care for my body to keep it strong and healthy for my entire life.*
- *I choose to respect my finances and plan wisely for a long, happy and prosperous life.*
- *I choose to play more, laugh more, and lighten up!* 😊

*The only person you are destined to become  
is the person you decide to be.*

~Ralph Waldo Emerson

\* *Atomic Habits, Tiny Changes, Remarkable Results* by James Clear

\* Quote by Helen; "If all you are ever doing—is doing, doing, doing, you will end up in a lot of doodoo."