

16 THINGS You Can Do To Enhance Your Life With Intentionality®

When you're feeling low, hopeless, or lost in life, this list can bring you back to the present moment. Each of these activities will bring you one step closer to peace and joy. Make it non-negotiable that you have to do at least three each day. Allow yourself to feel proud if that's all you manage, or challenge yourself to do ten or more. These simple activities are proven to get you back on your path to Intentionality.

1. JOURNAL



Spend 8 minutes and 20 seconds letting your thoughts flow. (Highly recommend pen and paper vs. typing on a computer or phone). This is the amount of time it takes the sun to reach earth, and your subconscious to shed light on what you need to pay attention to.

2. GRATITUDE



Write down three things you are grateful for and describe why. Reflect on how these things make you feel, how they showed up for you in this moment and how can you bring more of these things into your life.

3. MEDITATE



Find a sacred space to quieten the mind and body and go inward. Try to increase the time you meditate a bit each time, but don't be hard on yourself about what being a 'good meditator' looks like, do what feels right for you.

4. YOGA OR QI GONG



These light forms of movement will help calm the mind and reduce anxiety. Try your best to keep your attention on body sensations (rather than random thoughts) and your intention on moving energy through the body.

5. BREATHING



I love using the Othership app which has a variety of breathwork sessions and guides to choose from - including me! This link will give you 2 weeks free trial to all access within the app.

6. PRAYER



You can write your own prayer or use one from whatever text you believe in. The prayer should generate feelings of peace, gratitude and presence. Taking time to read this each day will rewire you positive belief systems.

7. GROUNDING WITH NATURE



Nature has the ability to take things from you that you no longer need to hang on to, so let it. Bury your toes in the sand, walk barefoot on the forest floor, lay down in a park - when possible remove your shoes and get the direct connection to the earth.

8. GO FOR A WALK



Take a stroll around the block, explore a new neighborhood or park, meet a friend for a 'walk and talk'. Being in motion always helps move our energy, let this be a mindful and leisurely activity rather than a challenging hike or faster paced walk.

9. EMBRACE SUN



When possible, do this first thing in the morning as it activates your system to energize you for the day. Ideally getting 10-30 minutes of sunlight is best, let that Vitamin D boost your whole body health, and your mood.

10. EAT WELL



It is common to turn to food to numb our feelings, as tempting as that might seem, choose the opposite. Be intentional about making a meal from scratch or treat yourself out for a nourishing and delicious meal. You will feel better and it will enhance all the other intentional activities throughout your day.

11. SLEEP WELL



When you're struggling with challenges, whether they are physical or mental, your body needs extra sleep. Make sure you take time to wind down before going to bed, and also be intentional with your morning routine when you wake up. In addition, treat yourself to a little nap in the day.

12. EXERCISE



When you exercise your body releases endorphins and these trigger positive feelings in the body and the mind. Use the challenge of a workout to push yourself into a new state of being.

13. DO SOMETHING FUN



Allow yourself to indulge in something that is fun for you. Go to a trampoline park, eat ice cream, watch a movie, etc. - don't allow any feelings of guilt take over your ability to thoroughly enjoy yourself.

14. HYGGE TIME



This comes from the Danish culture and is anything that has 'a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being. So light the candles, run yourself a bath and dive into a good book.

15. DO SOMETHING KIND OR AN ACT OF SERVICE



Mahatma Gandhi said "the best way to find yourself is to lose yourself in the service of others."
" Find a place you can volunteer at, call a friend to let them know you are thinking about them, pick up trash - get lost in the act of giving.

16. WORK ON YOUR CRAFT



Get creative and take some steps towards whatever it is that lights you up. This might be in your current career, a side hustle, a hobby or a new found passion.