

LIVING INTENTIONALLY TO CHANGE YOUR LIFE

This is a summary of practical steps you can take to help you live more intentionally. That is a realistic goal you CAN achieve, and it will make your life better than it would be otherwise. The good news is that you don't have to change your entire life right away, just start taking small steps in the right direction and enjoy the progress you make along the way.



PREPARATION

Preparation helps you live intentionally and effectively rather than being reactive or **distracted**

Be Proactive

Being proactive is preparing for what's ahead and doing something about it now. Each day, picture where you want to go in life and identify steps that will take you in that direction.

Act Intentionally

Life is busy, and you'll make more progress if you focus your efforts. Periodically, pause to consider what you're doing and then take thoughtful steps on purpose versus acting randomly.

Keep Your Balance

Our overall well-being includes how we're doing emotionally, spiritually, socially, and personally. Begin to live more effectively by having a balanced lifestyle that addresses all those areas.

AWARENESS

Awareness of your issues and God's grace gives you perspective instead of being **oblivious**

Face Your Issues

We all have issues that affect our well-being. Always have at least one area you're improving. It will help you keep problems from getting bigger, and you'll be glad you acted sooner.

Build Self-Awareness

Each of us has strengths and weaknesses, and it's good to be aware of what they are. Begin noticing and appreciating how you get stronger every time you do something to improve.

Open Your Eyes

A great way to be more aware is to focus on what's around us. Each day, practice opening your eyes and noticing your blessings, God's amazing grace, and opportunities to be kind.

CONNECTION

Connection comes from investing in relationships with others and God rather than being **isolated**

Let Go of SELF

We experience a breakthrough when we realize life is not all about us. Think about how you can live in community with people and God and reach out to others and pray every day.

Have Real Relationships

Relationships require an ongoing investment. Take a step toward connection in conversations by listening with empathy, being more vulnerable, and interacting with people more deeply.

Get Help from Others

No matter what we are going through, there are people who can encourage us and offer support. The next time you are hurting, commit to reach out and get help as early as possible.

EDUCATION

Education on how "real life" works will help you make wise choices versus being **uninformed**

Look Ahead

We make dozens of choices each day on how to use our time. Each morning, identify goals and issues that are important to help you make better decisions during the day.

Take Time to Learn

Each week, identify at least one opportunity to benefit from the experiences and wisdom of others. Take the time to learn something new from a person or a useful resource.

Use a Process for Choices

Practice making better decisions by using the "power of the pause" to step back from emotions in the moment, evaluate options, and thoughtfully choose which way to go.

STEPS

Steps you plan and take intentionally will change your life one day at a time instead of being **stuck**

Make the Commitment

Changing our life begins with understanding our "WHY." Identify and capture why you want to change: what are the pains you would like to avoid and the benefits of living life better.

Create a Simple Plan

To be intentional about taking positive steps, capture where you want to go in a life plan. Write down a simple set of priorities and actions to keep making progress in the right direction.

Take Next Right Steps

Life will improve if we focus on one thing at a time, choose our steps wisely, and follow through. Each day, focus on taking the next right steps one at a time and your life can get better.