

Intentional Living

Because it doesn't happen by accident



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YOUR CRIB SHEETS FOR INTENTIONAL LIVING 2019

HOW TO USE THESE PAGES

Don't rush.

Be curious and open to whatever shows up
(there are no right or wrong answers).

Stretch.

Scare yourself a little.

Your vision for 2019 might feel daunting.

That's good.

Remember, this will change.

Have a plan.

Stay flexible.

More reading
More walks in nature
More creativity
More connection
More belly laughs

Less overwhelm
Less “should-ing”
Less self-doubt
Less people-pleasing
Less sitting at my desk all day

Your turn...

More _____

More _____

More _____

More _____

More _____

Less _____

Less _____

Less _____

Less _____

Less _____

Learn, then leap... Your 2018

1. What were the best decisions I made in 2018?

With work:

In my relationships:

Personally:

2. What generous acts of service did I do this year?

3. What nourishing practice did I neglect? And what was my excuse?

4. One thing I created in 2018 that I'm really proud of

5. What was the biggest risk I took (and what did I learn?)

6. What am I not at peace with as the year closes?

7. What I wanted to stop doing (but didn't)

8. And why I didn't stop...(be specific)

9. What 3 words sum up my 2018?

10. If I look back over the year, how am I most changed now?

Get uncomfortable

Whose success was I secretly envious of this year?

Why?

What were they willing to do (that I wasn't willing to do) to create that success?

Because it's about the journey:

When did I feel most alive in 2018? Picture the scene. The smells. The sounds.

What made this moment so nourishing?

What does this memory nudge in me? What does it want me to know or do?



**QUICK AND DIRTY. NO WRITING REQUIRED.
BE CURIOUS. SEE WHAT COMES UP. MOVE ON.**

Think of a time in 2018 when...

I consciously paid attention to the awe
and wonder all around me

I allowed myself to feel deeply,
instead of numbing or suppressing

I contemplated my deepest purpose

I dedicated time to practice solitude

I smiled to myself after realizing I handled
something differently than I would have a year ago

My 2019

1. What advice do I want to give myself going into 2019?

2. What unfinished business needs addressing, pronto?

3. How will I bring more EASE into 2019? Be specific!

4. Fill in the blank: This'll be the year I finally...

5. What I want to create more of in my life

6. Three indulgences I'm looking forward to this year

7. What I'll struggle to stop doing (though I'm sick of hearing myself talk about it)

8. How I'll finally stop doing it

9. What 3 words will sum up my 2019?

10. How I'll be most changed at the end of 2019?



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