

A top-down view of a desk with a glass of water, white earbuds, a pen, and a calendar. The text is overlaid on this background.

# THE *art of* INTENTIONAL LIVING

## *Workshop*

# WELCOME!

I am SO excited to have you here! While we wait to get started please drop in the chat box where you are logging in from and your NO.1 REASON for signing up to this workshop!

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# PURPOSE

Help you understand the power of INTENTIONALITY in your life and how being more INTENTIONAL and deliberate in your life can radically and QUICKLY change your life .

Learn the 3 aspects of your life to cultivate being intentional in so that you experience transformation with EASE and GRACE.

CREATE A NEW NARRATIVE FOR YOUR LIFE.

Identify your stumbling blocks and BREAKTHROUGH THEM!

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# EXPECTATIONS

This will be a MAJOR step towards a phenomenal turning point in your life.

Be prepared to be transformed. In my 20 years of self-growth and the last 7 years as a Life and Executive Coach, the MOST powerful thing that I have learnt is the power of INTENTIONAL LIVING to quickly and gracefully transform your life.

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# EXPECTATIONS



- CONSISTENCY IN WEIGHT LOSS JOURNEY
- GREATER EARNING POWER AND INCREASED INCOME
- ELEVATED ENERGY AND VIBRANCY
- MORE MAGNETIC AND ATTRACTIVE

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# OVERVIEW

DAY ONE: LIFE STYLE DESIGN

DAY TWO: CHIC HABITS CREATION

DAY THREE: ELEGANT TIME MANAGEMENT

DAY FOUR: GRACEFUL EMOTIONAL INTELLIGENCE

DAY FIVE: ACTIVATING YOUR FUTURE SELF

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# NO DISTRACTIONS

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# WHO AM I?



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**DAY ONE**  
**LifeStyle Design**

**Key learning outcome:**

Intentional Living is relates to how you SEE and FEEL about yourself.

**YOUR SELF-IMAGE IS RESPONSIBLE FOR THE WAY YOU SHOW UP IN YOUR LIFE AND THAT IN TURN DETERMINES THE QUALITY OF EXPERIENCES AND OUTCOMES IN YOUR LIFE.**



# TYPE YOUR ANSWERS IN THE CHAT BOX

**1- WHAT WAS THE LAST THOUGHT YOU JUST HAD RIGHT NOW?**

# TYPE YOUR ANSWERS IN THE CHAT BOX

**2- WHAT ARE YOU WEARING RIGHT NOW? RATE YOURSELF ON A  
SCALE OF 1-10**

**10- I LOOK ABSOLUTELY FABULOUS AND FEEL LIKE A MILLION  
BUCKS!**

**1- I LITERALLY JUST FLUNG ON WHATEVER I COULD FIND. I'M A  
HOT MESS!**

# TYPE YOUR ANSWERS IN THE CHAT BOX

**3- LOOK AT YOUR IMMEDIATE SURROUNDINGS RIGHT NOW,  
WHAT WORD WOULD YOU USE TO DESCRIBE IT?  
(ONLY ONE WORD)**

**THOSE 3 QUESTIONS ARE A REFLECTION OF YOUR SELF IMAGE.**

**YOUR SELF IMAGE IMPACTING THE QUALITY OF THE  
EXPERIENCES AND OUTCOMES YOU HAVE IN YOUR LIFE**

## Your Self-Image is IMPACTING:

- The kind of money you make
- Your relationships and how satisfying they are
- Your level of happiness and peace of mind
- How you treat yourself
- Your level of health and wellbeing
- How people treat you
- How you treat other people
- Even your career and goals you pursue.

**EVERYTHING starts with YOUR view of YOURSELF**

- Struggling with the same weight loss goals?
- Same income level for years?
- Unsatisfied and not passionate about your job?
- Same relationship issues and dramas?
- Same friends and dull social circle?
- Same life story you tell everyone who cares to listen?

THERE IS GOOD NEWS!

YOU CAN DECIDE ON A NEW SELF-IMAGE. GETTING UP EACH DAY WITH INTENTIONALITY TO SHOW UP AS THE BEST VERSION OF YOURSELF IN YOUR LIFE.

SO LET'S START THAT JOURNEY NOW

# SELF IMAGE



## WHAT IS SELF-IMAGE?

This is NOT about how stylish or fashionable you are.

Self-image is about how you THINK about AND how you SEE YOURSELF.

Your self-image is constantly being reflected in your day to day life and the biggest clue to figuring out your self-image is through...

# “I AM”

## STATEMENTS

Your 'I am' statements are forming your identity AND creating your life.

MOST PEOPLE DO NOT USE THEIR 'I AM' STATEMENTS WITH PURPOSE OR DELIBERATE THOUGHT. THIS IS A KEY TO WHY SO MANY FEEL STUCK, UNFULFILLED AND UNHAPPY IN THEIR LIVES.

# “I AM”

## STATEMENTS

Are the 2 MOST powerful words that we can ever speak because they form our self-image and our self-image is what is shaping our life experiences.

OUR LIVES ARE SUBJECT TO OUR INTERNAL WORLD TO DETERMINE THE QUALITY OF OUR OUTER WORLD.

COMMON

# “I AM”

STATEMENTS

- I am overwhelmed
- I am struggling
- I am tired
- I am fed up
- I am confused
- I am busy
- I am all over the place
- I am broke
- I am scared
- I am not good enough
- I am overweight
- I am not stylish
- I am not attractive enough
- I am lazy
- I am not motivated
- I am burnt out

# “I AM”

## STATEMENTS

Form stories that we tell ourselves and others about our lives, but most of the stories we tell do not serve us nor align with where we TRULY desire to be in our lives. Most 'I am' statements are not intentionally crafted to align us with the right self-image for the life we want.

# “I AM”

## STATEMENTS

Are formed from the past, BUT to live an INTENTIONAL life, your 'I am' statement must be formed from your FUTURE.

This requires retraining your brain and reprogramming your subconscious mind.

# THE SELF-FULFILLING PROHECY

Your subconscious mind is designed to work to prove true that which you believe to be true about life. The way you think, see and feel about yourself and your life right now **is a truth that you have DECIDED to believe.** Which means everyday, your subconscious mind through THE RETICULAR ACTIVATING SYSTEM is always drawing into your conscious awareness **EVERYTHING** that matches what you believe- intentionally or not.

IF YOUR SELF IMAGE  
DOES NOT MATCH THE  
DESIRES YOU HAVE, YOU  
WILL KEEP GETTING THE  
SAME RESULTS IN YOUR  
LIFE



# THE SHIFT

To create a new life for yourself, you have to see and feel in a NEW way.

YOU CANNOT CREATE RESULTS BEYOND YOUR SELF-IMAGE.

So to get better results you need a better self-image AND you need to live DELIBERATELY from this new place daily.

# ASK YOURSELF

WHAT IS THE ONE THING  
YOU WANT?

PUT YOUR ANSWER IN THE CHATBOX

# NOW, ASK YOURSELF WHY DON'T YOU HAVE IT YET?

PUT YOUR ANSWER IN THE CHATBOX

IF YOUR ANSWER WAS ANYTHING RELATED TO SOMETHING OUTSIDE OF YOU,  
THEN YOU NEED TO KNOW THAT THE REAL ISSUE IS YOUR SELF-IMAGE .

IF YOUR ANSWER WAS ANYTHING RELATED TO SOMETHING INSIDE OF YOU,  
THEN YOU NEED TO KNOW THAT THE REAL ISSUE IS YOUR SELF-IMAGE

# THE REAL ISSUE

You don't see yourself as the person who has it therefore you are not living you are not living your life in a way as if you **ALREADY** have it.

# So, lets take a trip to your FUTURE SELF

Imagine that thing that you want and the version of you who has  
it....

# Your FUTURE SELF

- Who is she?
- Where is she?
- What is she wearing?
- What does she eat?
- How does she spend her time?
- Who does she hang out with?
- How does she feel?
- What does she think?
- How does she carry herself?
- How does she take care of herself?

# THE SECRET IS TO BE HER NOW.

This means becoming MORE intentional about how you are living your life going forward.

Change your self-image and SHOW UP as this new image of yourself.

Think, speak and feel with PURPOSE and ALIGN with the new version of you.



# HOW DO YOU DO THIS?

**MINDSET**

**STYLE**

**SURROUNDINGS**

DO THIS DAILY FOR 12  
MONTHS AND YOUR  
LIFE WILL BE  
REMARKABLY  
DIFFERENT

You are going to focus on 3  
areas of your life to create your  
**NEW** self-image and propel  
you to live intentionally.

**MINDSET. STYLE. SURROUNDINGS**

# MINDSET

Your thoughts become things.

Every thought you think is shaping your self-image and your self-image is shaping your entire life.

You get to DECIDE who you are.

You get to DECIDE what you BELIEVE

**THOUGHT > EMOTION > ACTION = OUTCOME**

# MINDSET

## INVEST IN YOUR MIND

This is where you think ON PURPOSE. Use your 'I am' statements with intention.

When you think on purpose you train your brain to find evidence of it.

Learn to elevate your mindset every single day and you will elevate your life.

# STYLE

## MOST UNDERATED TRANSFORMATIONAL TOOL

Style is not just about how you dress although it is a MAJOR component.

Style is in essence how you communicate who you are to the world.

Clothes, grooming, hair, accessories, body language, verbal communication, how you are behind closed doors and how you are in public, **ALL OF IT ARE THE ESSENCE OF YOUR STYLE.**

## YOUR STYLE IS TELLING A STORY

# STYLE

## WHAT STORY ARE YOU TELLING?

Be honest right now...

Do you like how you are showing up right now in your life?

Do you like how you carry yourself? - Internally and externally. Privately and Publicly.

Does your body language align with your **FUTURE YOU**?

**THESE ARE ALL INFORMING HOW YOU THINK ABOUT YOURSELF.**

# STYLE

**FIGURE OUT THE MESSAGE YOU WANT TO  
SEND TO YOURSELF AND TO THE WORLD AND  
START SHOWING UP ACCORDINGLY EVERYDAY**



# SURROUNDINGS

## YOUR SURROUNDINGS ARE REFLECTING YOUR IMAGE BACK TO YOU

Your home. Your car. The people you spend time with. The books you read. The music you listen to. The shows you watch. The foods you choose. The places you visit. Your office. Your desk.

**Everything that surrounds you is  
sending you a message.**

# SURROUNDINGS

SHAPE YOUR SURROUNDINGS OR  
THEY WILL SHAPE YOU.

Place yourself in environments that make it easier to think the thoughts you need to think and to create the results that you want in life.

# SURROUNDINGS

## 3 SIMPLE THINGS TO ENERGISE YOUR SURROUNDINGS DAILY:

**EDIT:** let go of one thing that does not fit into your future.

**ADD:** Bring something that fits into your future and energises you

**ENHANCE:** Take something in your current surroundings and enhance the experience of it.

When you begin to design your life in these 3 areas ON PURPOSE, you will feel more EXPANSIVE, ALIVE and POWERFUL because:

**YOU ARE EXPANDING YOUR SELF-  
IMAGE AND THEREFORE LIVING WITH  
INTENTION WHICH ULTIMATELY  
EXPANDS WHAT IS POSSIBLE FOR YOU.**

# Q&A TIME