



THE *art of*
INTENTIONAL LIVING
Workshop

WORKBOOK
DAY ONE

LIFESTYLE DESIGN

Your FUTURE SELF

ANSWER THESE QUESTIONS BELOW:

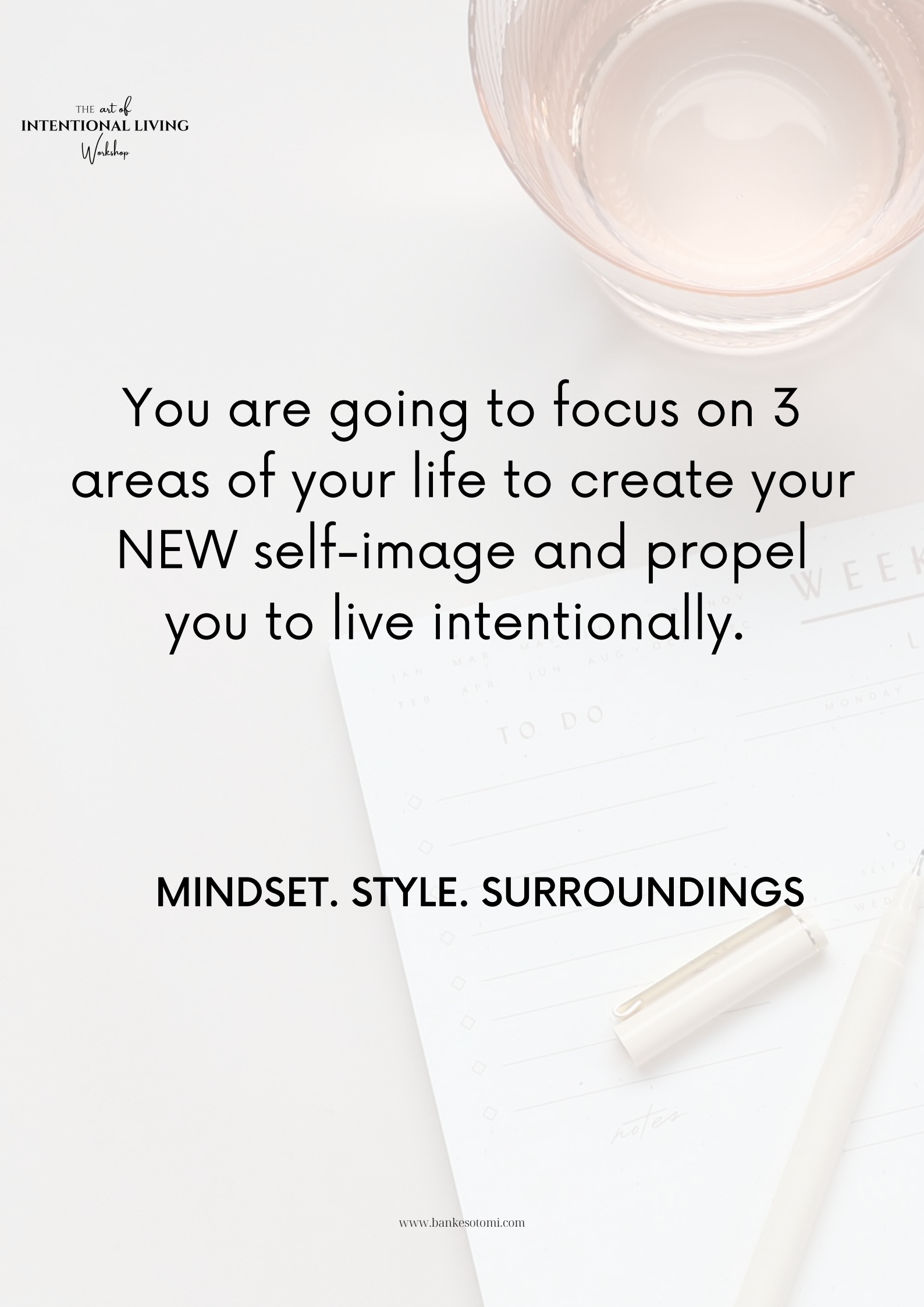
- Who are you?
- Where are you?
- What are you wearing?
- What do you eat?
- How do you spend your time?
- Who do you hang out with?
- How do you feel?
- What do you think?
- How do you carry yourself?
- How do you take care of yourself?

THE SECRET IS TO BE THIS PERSON 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.



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

WHAT TYPE OF MINDSET DO YOU NOW NEED TO START CULTIVATING TO ALIGN WITH THE NEW VERSION OF YOU?

WHAT TOP THREE THOUGHTS WILL YOU START PRACTISING DAILY TO HELP YOU CULTIVATE THIS NEW MINDSET?

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**

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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.

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.

HOW WILL EDIT, ADD AND ENHANCE YOUR SURROUNDINGS?

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.**