

A top-down view of a desk with a glass of water, white earbuds, a pen, a pencil, and a calendar. The text "THE art of INTENTIONAL LIVING" is overlaid in the center. "THE" is in a serif font, "art of" is in a cursive font, and "INTENTIONAL LIVING" is in a large, bold, serif font. Below this, the word "Workshop" is written in a large, cursive font. The background includes a glass of water, white earbuds, a pen, a pencil, and a calendar with sections for "WEEKLY LIFESTYLE" and "MEALS".

THE art of  
**INTENTIONAL LIVING**

Workshop

THE *art of*  
**INTENTIONAL LIVING**  
*Workshop*

# DAY TWO

## Chic Habit Creation

**Key learning outcome:**

Creating habits from a place of deep self love will help you COMMIT and stay consistent with them.

**CREATING A NEW HABIT IS ABOUT THE DISCIPLINE TO FEEL GOOD**

# TYPE YOUR ANSWERS IN THE CHAT BOX

**WHAT IS YOUR BIGGEST CHALLENGE WHEN IT COMES TO  
HABITS?**

# TYPE YOUR ANSWERS IN THE CHAT BOX

**WHAT IS YOUR DRIVER FOR CREATING NEW HABITS?**

# WHY THE STRUGGLE IS REAL

The first starting point is understanding why you struggling with sticking to new habits.

One of the main reasons why maintaining a new habit is difficult is because we have poor relationship with the understanding of  
DISCIPLINE

We usually associate discipline with PUNISHMENT and  
DEPRIVATION

# CREATING HABITS

To create new **SUSTAINABLE** habits that can support your dream life, you need discipline **BUT** discipline must be born from a deep place of love for yourself

Many of us try to beat ourselves into discipline and force ourselves into new habits which makes us feel bad and as such leads us to avoid our habits because we dread them

# A NEW RELATIONSHIP

**We want to fall in love with discipline. The kind that says:**

- I am a woman who loves herself enough to show up for what I desire
- I am a woman who honours herself
- I am a woman who makes herself proud

**The major shift to make when trying to become a more consistent person with your habits is to understand this important foundation**

Everything that you want  
and WHY you want it, all  
boils down to HOW YOU  
THINK that thing will  
make you feel when you  
have it.



**OUR EMOTIONS DRIVE OUR BEHAVIOUR.  
OUR EMOTIONS ARE DETERMINED BY THE WAY WE THINK**

Therefore what that means is that the **SECRET** behind creating lasting habits is in the **FEELINGS** that you attach to it.

It is your THINKING that creates your feelings. EXTERNAL CIRCUMSTANCES DO NOT CREATE YOUR FEELINGS. It is how you CHOOSE to think about them that leads to creation of the feelings about your circumstances.

**GOOD HABIT CREATION AND DISCIPLINE ACTUALLY STARTS IN THE MIND**

**Creating a new habit is about the discipline to feel good.**

How different would your experience be with your goals if you created habits from a place of joy, love, excitement, confidence and abundance?

What if you didn't create habits from the energy of feeling you need to FIX yourself or IMPROVE yourself

What if you created habits from the energy of feeling of excitement to **EVOLVE INTO YOUR FUTURE SELF?**

Wouldn't you be more likely to stick with the habits?

Wouldn't you be more enthusiastic and excited about the new habit?

**YES!**

THIS IS AN **EXPANSIVE** WAY TO APPROACH NEW HABITS.

But you **MUST** train your mind to think **ON PURPOSE**, by creating better feeling states **AND** then take inspired action to reconfirm how you **DESIRE TO FEEL**

Creating habits from a loving and expansive place of discipline supports you to:

- Create amazing experiences in your life
- Show up consistently for your dreams
- Live a life of extreme gratitude
- Become a woman who **COMMITTS**
- Love yourself more
- Create everyday pleasure
- Stop delaying your life until "one day when..."

Chic habit creation is about the discipline to experience

# FREEDOM

Commit to feeling good instead of feeling restraint to achieve your dream.

**THIS IS THE SECRET SAUCE**

When you feel good about your habits in the NOW you make it easier to stick to them and you begin to draw your desires towards you much faster too.

## A HAPPY PERSON IS A MAGNET FOR THEIR DESIRES



# HOW TO CREATE CHIC HABITS

# Start with your current relationship with discipline and habits

# ASK YOURSELF

What feelings do you experience when you hear the word habits?

What thoughts are creating these feelings?

What areas of your life do you already practice discipline and consistent habits?

What results have you had when you are consistent?

What areas of your life do you not practice discipline?

What are the results?

Second step is to  
**CLARIFY** and **CONNECT**  
to your big desire

# ASK YOURSELF

What is something you want to create in your life?

How will you know when you have created it in your life?

WHY do you want to create it?

Next, think about what  
you desire to create and  
**IMAGINE IT'S ALREADY  
DONE**

# ASK YOURSELF

How do you feel as the future you?

What do you think?

How do you show up differently?

# Finally, RAISE YOUR STANDARDS



To create your new dream, your new life and your new habits, you **MUST** also create new standards of who you are going forward and how you choose to operate in the world accordingly.

When you picture the gap between where you are now and where you desire to be, how did your attitude and behaviour change?

# Examples of raised standards

- I show up for what is on my calendar
- I manage my urges to overeat
- I look for solutions when I face a challenge
- I only eat the best quality foods
- I move my body daily
- I always speak kindly to myself
- I refuse to be confused

# ASK YOURSELF

What daily habits do you want to practice?

What loving rules do you want to put into place to support your desire?

What emotion do you need to practice to drive your actions?

What to do you need to think to drive that emotion?

# So, lets take a trip to your FUTURE SELF

What one tiny habit will you begin to practice?

What would be the compound effect of this tiny habit be over the  
course of 6 months?

How will you tweak your environment to support your desired  
habit?

How can you build accountability to support your habit?

# Your 30 Day Challenge

What ONE goal do you want to focus on accomplishing in the next 30 days?

What standards will you commit to raising in order to reach your 30 goal

# Q&A TIME