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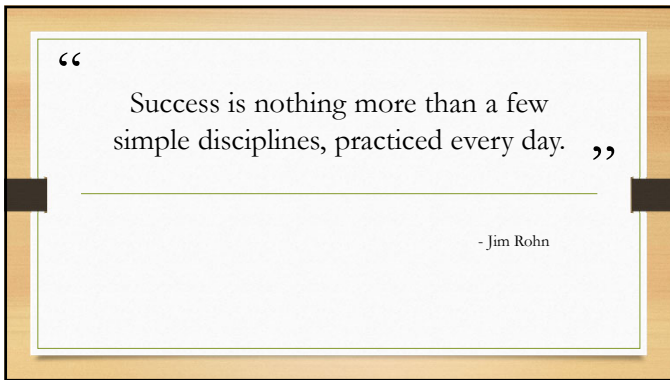
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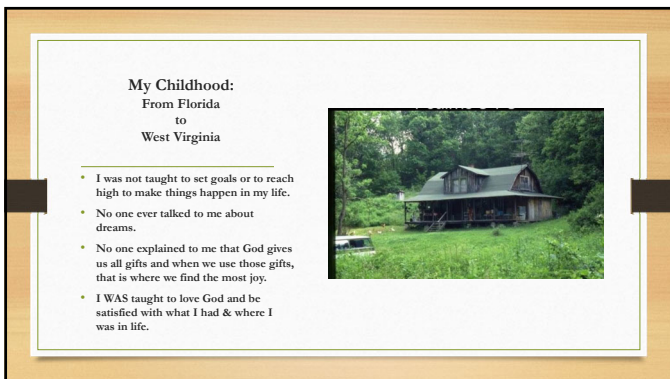
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**My Journey of Developing Habits**

Weekly Assignment After Weekly Assignment Led to a Master's Degree. I Knew I Could Apply This Same Principle to Anything in my Life.



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8 Steps Toward Living More Intentionally



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**Step One:  
Dream Big**



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“All successful people, men and women, are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.”

- Brian Tracy

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“All things are created twice. There is a mental (first) creation and a physical (second) creation. The physical creation follows the mental, just as a building follows a blueprint. If you don't make a conscious effort to visualize who you are and what you want in life, then you empower other people and circumstances to shape you and your life by default.”

— Stephen Covey

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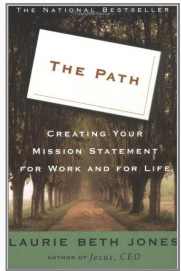
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Find Your Mission Statement for Life



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If money was not a consideration.....

What would you do?



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**Step Two:**  
**Get Rid of Misconceptions**

What have you grown up believing about status, money, and change?

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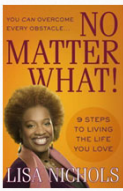
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**Lisa Nichol's Story**



- Abusive relationship
- Single parent
- \$12 to her name
- Decided to change
- Successful business women

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**Jim Rohn's Story**

- 25 years old- broke
- Blamed everyone else for his bad luck
- Met a successful business man that mentored him
- Life changed for him
- He became a successful business man who spoke to millions in his lifetime




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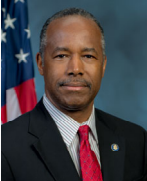
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**Ben Carson's Story**



- Parent's divorced
- Mother worked several jobs
- Bottom of his class
- Mother made him read
- Went to the top of his class
- Became a Neurosurgeon

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**Step Three:**  
**Do not entertain negative self-talk**

- When you hear the negative self-talk, replace it
- Type up a positive statement to read each day

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**Step Four:  
Realize the Importance  
of Self-Development**

- Take Courses
- Attend Conferences
- Hire a Life Coach
- Watch You Tube Videos
- Continue Your Education
- Learn a New Skill
- Watch a Webinar
- Attend a Bible Study
- Reading Books



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**Goal: Be Promoted**

- Continue my education
- Get a certification
- Volunteer to help my supervisor 3 hours a week to learn new skills

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**Goal: Learn to do my own taxes**

- Purchase a tax program to walk me through it
- Watch videos on You Tube about the subject
- Meet with a professional one time and take good notes

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**Step Five: Hang with People That Give You Energy and Speak Life into You**

*Walk Away From Those That Suck the Life Out of You*

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**Review**

**First Five Steps to Living Intentionally**

- Dream Big
- Get Rid of Misconceptions
- Do Not Entertain Negative Self-Talk
- Realize the Importance of Self-Development
- Hang with People That Give You Energy

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**Step Six: Write Your Goals Down Every Day**



Write your goals in the present tense as if they have already come to fruition.

Examples:

- I weigh 140, exercise 4-5 times a week and eat whole food plant-based daily.
- I have obtained my master's degree and have been given a salary increase.

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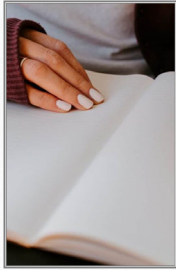
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**Why Write Goals?**

- The act of writing “programs” your goals into your subconscious mind, attracting people and possibilities into your life.
- Writing it down keeps your goals clear in your mind and helps you to stay focused on where you are going.
- It’s preferred to write your goals and tasks at night before bed. If not, write them first thing in the morning. It only takes about 15 minutes.



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**Step Seven: Beside of Your Goals, Write Small Tasks You Can Do Today to Get You Closer to Those Goals**

Examples:

- Call the college for next steps on enrollment
- Cook brown rice & bake potatoes for meals this week
- Walk outside (or on the treadmill)
- Watch one video on You Tube about using Excel Spreadsheets

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**Ideas for a Notebook or Journal**

Intentional Living Planner      Inside Your Journal

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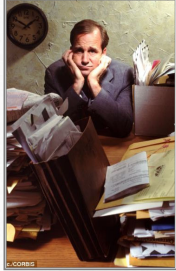
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**Step Eight: Some Days You Will Not Complete Your Tasks**

It's okay. Life happens. Regroup the next day.  
Consistency is the key.



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**Reflect & Then Start Living More Intentionally**



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**Thank you!**

**Any Questions?**

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Find my blogs on my website:  
[Brendaworkmanspeaks.com](http://Brendaworkmanspeaks.com)

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