



The Ultimate Formula for Living Well and Thriving

Want to know how you can live a life you love? My formula for wellness isn't a secret since I include it at the end of every newsletter. Maybe you haven't even noticed or you've read it, but haven't given it much thought. This formula is my mantra for living. I can testify that if you truly put it into practice, you will not only enhance your overall wellness but enrich your life with more meaning and happiness. And that my friends, is my whole purpose in creating Wellfinitly. To help you be the best you can be so you can go out and fulfill your purpose in this world with as much passion, energy, and joy as possible.

Live With Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!

So what does that mean and how can we apply it to our lives? Why should we even bother?

In this next series of newsletters we will dive deep into each facet of the formula. We'll start with intention as I believe it provides a strong platform from which all the other facets grow and flourish.

Live with Intention

Here's me without intention in January: It's cold, it's dreary, winter starts to drag on and on and I'm beginning to think I was born in the wrong species and should be a bear that could hibernate. I want warm, rich, starchy foods that will fatten me up for my long slumber. I don't particularly feel like doing much and the cozy comfort of my bed is beckoning me. It is so nice to sit and read or snuggle up and watch a good movie. My thoughts might include "Why oh why is it so much harder to get up to exercise in the morning when it is dark outside?" (insert whining here) I feel down and depressed. January is a difficult month for my family with quite a few death anniversaries, so I sit and wallow in my losses. I focus on how cancer has been particularly unkind to my family. I focus on what isn't working in my life. Worry, worry, worry, worry....

Well who wants that? I don't! It doesn't paint a very appealing picture of life does it? If we bow to the whims of what we "feel like" we ride the wave of life and get swept along without fully realizing our true potential and without bringing much meaning to it. We feel blah, we feel like something is missing, we feel ambivalent, we feel anxious.

Here's me with intention in January: It's cold and dark but I acknowledge that if I spend a few minutes in the early morning in devotion, meditation/vision work, and exercise I step into the rest of the day with more energy, a more positive attitude, and am more efficient in getting things done. I may still crave those rich, warm, hearty foods but with my intention to stay healthy and cancer-free I search out healthy alternatives. I intend to make a difference in the lives of women and inspire them to wellness, so I don't stay in bed all day, I get up and get some work done. Instead of wallowing in all the negatives, I intentionally focus my mind on gratitude, growth, and grace. And as a result, I feel happier, more peaceful, connected to others, and with a sense of fulfillment.

When I live with intention, I don't let life just happen to me. I actively co-create it along with a higher power (for me that's God). I keep a vision in mind of what I want and each day set out to move closer to it, small step by small step. I begin my day by thinking about what I want to welcome into it or create and then align my actions with that intention. **Setting an intention helps me prioritize what I devote energy and resources to.** When choices arise – like whether to stay in bed or get up to exercise – I weigh my choices against my intention. Do I want to enter into the new day with energy and a clear mind or do I want to enter it sluggishly, rushed, and foggy brained? Intention provides the litmus test and puts the power back in my hands.

Ready to put intention to work in your life? Here are some basic considerations to keep in mind:

- State your intention in positive terms. Focus on what you want, desire, and are doing (as opposed to “I won't eat potato chips while watching Real Housewives of Beverly Hills).
- State your intention as if you are already doing it. An easy way to start is to complete the sentence “I am....” For example, if you intend to make healthier choices in eating you might set the intention “I am eating whole, unprocessed foods that fuel my body, give me energy, and help me heal from the inside out.”
- If you believe in a higher power, you may wish to invoke that power into your intention.
- Set your intention, but let go of attachment to any specific result. You may be surprised to find that that the spirit of your intention did indeed come to fruition, but perhaps not in the way that you originally anticipated.
- Consider engaging in mindfulness practices like meditation or yoga to keep intentions present in your awareness.

Living with intention might not come naturally at first, and that's ok. Like anything else in life, the more you practice it, the easier it becomes. Stick with it, and I guarantee it will become a powerful force in your life and you will reap the fruits of your labor.

What is my intention for February? "I am laughing and engaging in activities that lift and lighten my spirit". How will I put my intention into action? By reading more humorous books (Ellen DeGeneres make me laugh to the point of snorting) and by scheduling activities and/or time with other people that nourish my spirit. I would love to hear your intentions so feel free to share!

Here's to living life intentionally and thriving!



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