

“Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.” --**Mary Ann Radmacher**

Begin Today

Ask Yourself Am I living an intentional life?
What would my intentional life look like?
What is keeping me from living an intentional life?

Tell Yourself I am living an intentional life.

Give Yourself Make a list of priorities or goals that lead to your intentional life.
Seek out a friend or two who will support you on your journey as you learn to live your intentional life.
Perform a personal ritual that inspires you to be authentic and to live an intentional life daily.

Dr. Kathleen Hall’s 25 Tips to a Life in Balance (*from A Life in Balance*)

1. Practice daily stress reduction.
2. Exercise at least 20 minutes three times a week.
3. Eat eight to ten servings of fruits and vegetables daily.
4. Drink at least eight 8 oz. glasses of water or green tea daily.
5. Consider antioxidants and daily nutritional supplements to compliment a healthy diet.
6. Eat at least three servings of fish weekly.
7. Laugh as often as possible to release healthy chemical endorphins.
8. Have three servings of cooked tomato sauce weekly.
9. Reestablish “childlike” qualities.
10. Sleep at least seven hours every day.
11. Do one action a day mindfully, such as being really present when eating, showering, etc.
12. Floss your teeth daily.
13. If your doctor approves, take one aspirin daily.
14. Stop smoking.
15. Eat breakfast.
16. Pray: it is an incredible source of healing.
17. Three times a day stop and practice deep breathing –inhale oxygen and exhale stress.
18. Get a pet.
19. Remain connected socially with friends and family.
20. Make time to read. It keeps your mind and memory active.
21. Keep a journal. This has health benefits also.
22. Celebrate your successes in life.
23. Develop an attitude of gratitude. Saying “thank you” to someone is life giving to both of you.
24. Maintain optimism and a positive outlook. Being happy is healthy.
25. Practice altruism and philanthropy: A generous soul lives a rich and abundant life.