



N A R D I A J O Y

How To Live 2021 With Intention And Purpose

To live an intentional and conscious life you need to learn not only to be self-aware but to honour your feelings and meet your needs.

- 1. How do you want to feel in 2021?** What's your predominant good feeling word and intention for the year? **Write it up**, stick on the fridge, the bathroom, make it a screensaver. Keep it front of mind.
- 2. What will you need to change** and do to bring your good feeling intention to life? In order to feel the way you desire, **write down**:
 - What you need to stop doing.
 - What you need to reduce doing.
 - What you need to do more of.
- 3. The next step** is to implement these small changes throughout your daily and weekly lives. **Write down** how and what you will do, weekly, monthly, quarterly and annually to bring your intention to life?
- 4. In order to become self-aware**, you need to invest time in yourself every day. Set aside a few minutes every morning and night to ask yourself how do I feel and what do I need? The aim is to meet your needs as they arise to the best of your ability. Your daily and weekly alignment is important, how you predominantly live daily will determine your overall progress.
- 5. Never put yourself down.** We are not born perfect, being human can be hard at times. Treat yourself like you would your best friend and remember every minute we are alive we have the power to change our response to whatever life throws at us.

There is nothing you can't heal or change. There is no situation that can't be improved with some attention and self-care. Remember how you feel about yourself is everything, you get this life to be and do what you choose.

Life was meant to be wonderful. You are enough as you are right now, the only limitations you have are your negative beliefs. Lucky for you, your beliefs are just a repeated thought that can be changed.

Happy 2021 - let this year be your best yet.