

Intention is an aim that guides our actions. In order to live with intention, we must activate our receptivity. In other words, we need to become aware of the habits and beliefs that no longer serve us and make a conscious effort to replace them with habits and beliefs that are in alignment with our goals.

There are 4 steps:

**Discipline:** We activate intention through our mindsets. Let us consider Olympic gold medalist, Michael Phelps, for example. In an interview with Tony Robbins, he said that he not only practiced in the pool for hours and hours every day, but by the time he got up on the blocks to swim in the Olympics, he had already swum that race hundreds of times in his mind.

He would imagine the cold water on his shaved skin. The lens of the goggles sinking into his face. The eerie quiet between take-your-marks and go. The feel of the wall against his fingertips. Every decision, thought and action were in line with his goal of placing first, and they pushed him towards the finish line like an invisible arrow.

We need to become disciplined like an athlete in pursuit of our goals.

**Wisdom:** Bad things will inevitably happen from time to time, but if you are in our community, you will see testimonials every day from women who have overcome incredible obstacles. Not just overcome, but conquered them! We have to reject perfection and embrace excellence. As we do, excellence becomes our default mindset, and it gets easier and easier to achieve.

**Love:** Do you remember falling in love for the first time? The butterflies and endless daydreaming... the giddiness. We all get a little goofy when we are in love, don't we?

We need to fall in love with our goals and start to see them in a whole new light. Suddenly, we don't have to do things, we get to do them. We get to eat healthy food. We get to work out. Remind yourself "I am a blessed woman!"

**Surrender:** When your mindset shifts, you start to surrender.

"Do I want this? Is it feeding my heart, mind, body, and soul? Is it leading me towards my vision of the life I want to live?"

For me, it was intuitive eating. I would ask myself those questions every time I was tempted to snack or overeat, and slowly but surely it became easier to say no to the truffle fries and M&M's.

*Does eating this support my goal of eating healthily? Does this feed my heart, mind, body, and soul? No..no it doesn't.*

Everything you do needs to be supportive of the life you want to live...where you go, what you eat, what you do in your spare time, and who you surround yourself with. Are all of these things leading you to your best life?

You are fearfully and wonderfully made, and you were given a purpose by God. You are also a precious part of this community and I am so grateful for you!