

# More Intentionally

## 5 WAYS TO

### 1. Consider an ideal day:

Take note of the things that are included and more importantly, what wasn't included? I rarely hear people mention spending time on Facebook during their ideal day.

### 2. Create a foundation of small daily actions:

Consistent action is more important than immediate results.

### 3. Express gratitude every day:

By acting on it daily, you begin to establish an attitude of abundance and gratitude.

### 4. Make the bed every morning:

This is traditionally known as a keystone habit, done first thing in the morning and can trigger other successful habits to come after it.

### 5. Pause & breath:

A two second pause can be the difference between living in alignment or bouncing from impulse to impulse.