

# Live with Intention

By Nicky Rowbotham

Intentionality is centred in individuality. It's based on the practice of **identifying what is truly important and what creates meaning in your life**, regardless of how you think it 'should' look or feel.

In stepping away from external expectations and tuning into what is actually important to us, **we reframe our unique notions of success**. Is it perhaps to be found in joy, happiness, love, connection, easefulness and health, rather than through a large house, list of accolades, and accumulation of possessions?

As time flies by, we can either allow it to slip past us as we wander around in an autopilot trance, or we can **intentionally create richness in our lives**.

*Richness is curated not from how much we do, but rather how present we are in our own lives.*

For too long, we have postponed joy as a destination, with conditions around what will finally make us 'happy'.

The proverbial 'when' is used to represent potential happiness. When we finally reach a certain weight, buy that house, achieve that goal, or get that job. However, often when we arrive at that destination, we realise that these things alone do not bring us joy. Joy starts within us, and we don't need to become

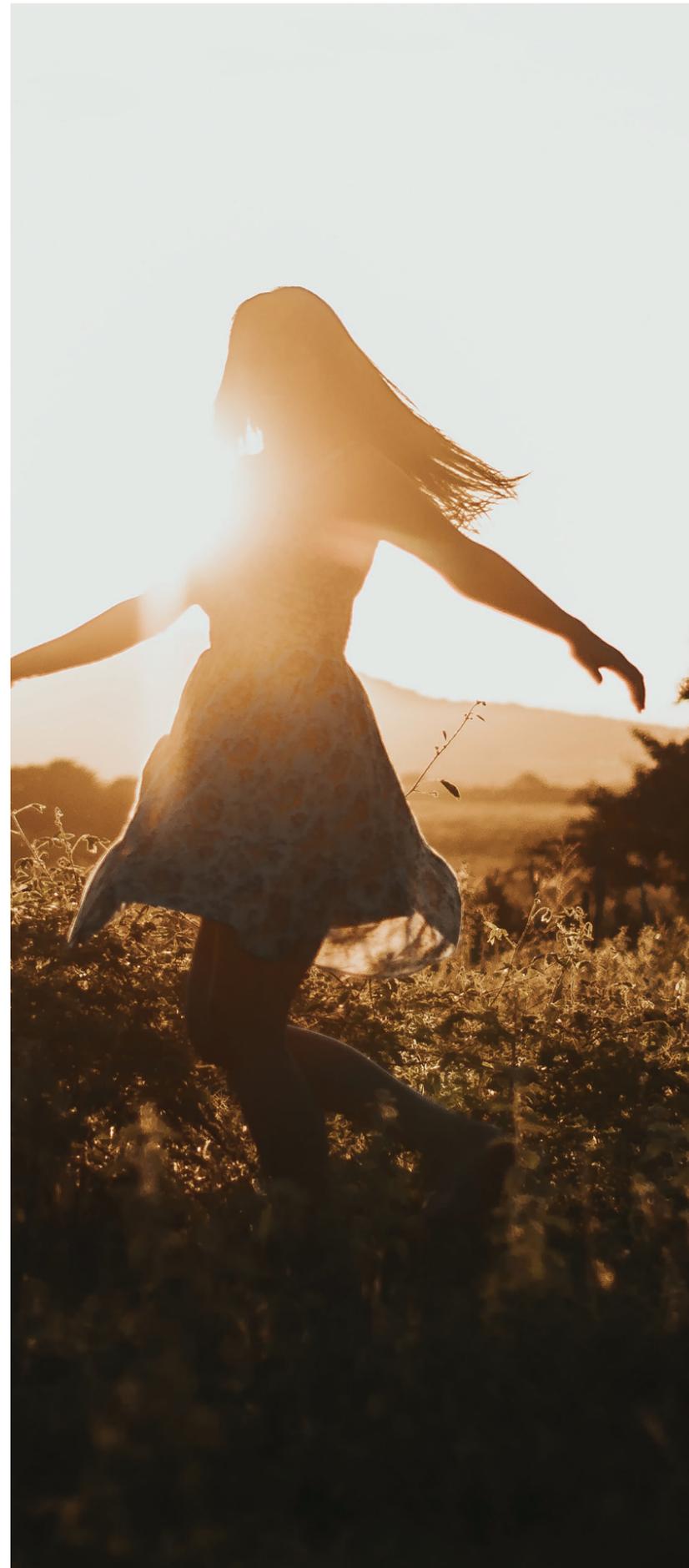
or achieve anything to bask in it. We are already enough and worthy of receiving joy just as we are.

If the global pandemic has taught us anything, it is that ticking boxes, checking lists, and rushing through life unconsciously will not foster magic. Magic is to be found in becoming conscious and more present, appreciating and embracing the now, slowing down, savouring moments, and finding the joy in the small things that ultimately become the big things in life. Moments of shared laughter, hugs, connection, holding hands, and marvelling in nature are often some of my fondest memories. We should no longer take these moments for granted.

If we're lucky, we have about 960 months to live this amazing life with which we have been blessed. Yet many of us never take the steps to really create it with intention. We postpone happiness and often set aside our dreams as we are 'too busy' doing things driven by expectation or childhood conditioning. Instead, we need to do less and rather focus on being more for ourselves first and foremost.

As Nightbirde said after revealing that she was fighting cancer on America's Got Talent...

*“You can't wait until life isn't hard anymore before you decide to be happy.”*



Happiness is already within us all. Like gratitude, the more we embrace happiness, stop chasing gold stars of validation outside of ourselves and take time to look around, the more joy we find we already have.

**For me, creating an intentional life is all about creating and experiencing more easefulness, joy, happiness, connection, and alignment within my life.** This requires consistent daily effort and the addition of small intentions in my thoughts, feelings, and relationships.

What we take on, what we say no to, and what we say yes to creates a consciousness that permeates how we show up for a more intentional lifestyle. While you can't always force and control things, **be clear about your intentions and goals, whilst remaining flexible in how you achieve them**. It is important to remember that trying to manage something that is outside of your control only creates stress and anxiety. Instead, **allow life to happen for you as you take steps towards your goals**.

It is often difficult to know where to start, and I felt motivated to create the *Intentional Life Journal* as part of my proudly South African INSPIRED | CHANGE range of journals. It's a tool you can use to create more intentionality in how you show up, create and experience magic, moments, and memories in life, rather than remaining on autopilot, chasing a checklist of tasks, and remaining stunted in busyness.

*It's time to create a life list of how you want life to feel, rather than a bucket list of things you want to do, see or acquire.*

The *Intentional Life Journal* by INSPIRED | CHANGE is a 144-page journal that provides a balance of structure and free space to guide you through the process of being, creating and experiencing more intentionality in your life. For more information, visit [www.inspiredchange.co](http://www.inspiredchange.co).

## WIN!

Let us know what creates meaning in your life, and you could win your very own *Intentional Life Journal!*  
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