



Deciding

AN INTENTION JOURNAL FOR
WOMEN WHO KNOW WHEN A
NAPKIN JUST ISN'T BIG ENOUGH

CRAVE
MORE
» LIFE

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DECIDING is a daily intention journal for women, but it's actually a practice of peace. Personal peace.

It's a practice that I developed based on the my own needs and that of the women that I work with and I wanted to share it with you.

DECIDING started as I was looking for ways to pay attention to my needs and go for what I want. I wanted to leverage the power of the Universe, grow as a person, and own the power to make shifts in my thoughts, my actions, my experiences and my whole life.



So I researched, did lots of self-help reading and implemented strategies. Then came more reading and more implementing. I didn't find any practice that encompassed all I was looking for and was also super simple to follow. Something that I could use regularly, but didn't take up half of my day. Something that didn't have me meditating or yoga-ing, when I'd rather be running or dancing. I want to do everything that I am called to do, not pigeon-holed into one over another. So I designed my own daily practice and started kicking my own ass.

As a life coach, my clients were also looking for ways to gain momentum on their own power to be in charge of themselves. They wanted ideas and tools that would support them in figuring out what they wanted and how to get there. I found myself more often than not sharing my DECIDING practice with them. Why? Because it works.

I am confident that DECIDING will also work for you, no matter what other ways you use to stay connected to yourself. It takes less than 5 minutes as you wake up in the morning and about the same amount of time as you're about to go to sleep. I love being intentional with my daily experiences and I'm able to "nail it" now more than ever. When I am here I feel confident, in control of myself, and at peace with who I am being.

I offer DECIDING so you too can experience the same intentional success. While I am a Professional Certified Life Coach, I am not a therapist or doctor so if you think that's the kind of support you need, go get it. If you are ready to integrate your choices into your life, start DECIDING and do the practice.



Find me at thewomenscoach@cravemorelife.com and let me know how it works for you.

With much love and intentional living!

Dianna xo

"Don't let anyone but you decide your life."

DIANNA LEADER

Why use DECIDING, or any intention journal?

Because we are all at choice about how our day is experienced. I am at choice and you are at choice.

It's all in how you kick your own ass. In other words how much responsibility you are willing to take for your experiences.

You can sail through the day feeling badly that you have people in your life who disrespect or don't love you the way you think they should. You can resent all the demands that are placed on you. You can fall into drama when negative circumstances give you a good old smack down.

Or, you can decide that you may not be able to control everything that comes into your life but that your thoughts, and therefore your feelings, belong to you and only you. And from there you get to choose how you want to feel.

I'm not talking about being able to control what circumstances come your way, there will always be good and bad shit invading our lives. I'm talking about how you manage what comes your way.

DECIDING offers you a plan of action for being clear about what you experience and how to get there. It's based on 6 principles: Gratitude; Affirming; Setting Intentions; Letting Go of What Doesn't Serve You; Taking Action, and; Noticing your Learning, all described in more detail as you keep reading. These 6 principles are the most important ways to help you figure out what you want from your day and how to get there.

Much of what you will practice is considered successful in attracting the attention of the Universe. Will being intentional raise your vibration to a place where the Universe takes a second look? Yes. But getting the Universe to sit up and take notice that you need some attention was not the first goal for me when I developed or when I use DECIDING. While I love that we've got the Universe as back up to help us be where we want to be in our lives, there is another reason why it works.

"We hold the mastery of our own experiences in ourselves."

UNKNOWN

It's because you are embodying the very things that you have decided that you want and need in your life. With or without the help of the Universe, you are practicing positive self talk, thinking about what you want and what makes you feel good, and planning how you can get there.

As you plan for your day, and all your days going forward, you get in touch with how the desired experience will feel to you, deep in your body. Think about it. Isn't your day lighter when you can feel goodness inside you rather than negativity or fear? In noticing all that, you're taking charge and kicking your own ass, with decisions that work for you and taking action that will get you there. As you master the art of self-responsibility, you can't help but shift into more clarity. The more clarity, the more joy, and the more magical life becomes.

The DECIDING intention journal is one simple worksheet that you fill in every day, 365 days of the year. Your first month (undated) is here, just save and copy a blank sheet to prepare for the next month. It's 6 simple questions that you ask yourself and record your answers. All the questions connect together to promote your success.

Nothing in DECIDING, except for the questions themselves, is pre-determined for you. You are always at choice about what you want to feel, what you want to strengthen, what works and what doesn't work in your day. This is your time to use your goddess-given decision-making power, your time to have the floor all to yourself, your time to shine as you figure out what you want, one day at a time.

It's whatever you DECIDE!

Here are the principles we're practicing...

GRATITUDE:

Wikipedia defines gratitude, thankfulness, gratefulness, or appreciation as a “feeling or attitude in acknowledgment of a benefit that one has received or will receive.”

["Gratitude] turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow."

-Melody Beattie

For those who struggle with being grateful, it's noticing the benefits and therefore the gifts in your life. How do you benefit from your hot coffee in the morning? Or your puppy curled up at your feet, your favorite chair, or your car? And don't forget the people who are part of your life and those that you just briefly connect with. What is the gift they bring to your life and how does it make you feel?

Being grateful is recognizing what is right in front of you at any given moment, and something that everyone in the world can practice. It's a feeling of being glad you are alive!

It all connects back to how you feel when something feels good. Does it make you smile, make your heart grow, make you want to reach out and connect with others? Practicing gratitude will make you feel joyful, in your head and in your body.

You simply cannot be in feelings of joy and goodness that come from practicing gratitude and focus on negative things at the same time. If you had a choice of positive or negative, which would it be?

When you introduce gratitude into your thinking, you're giving yourself the gift of feeling great. Of recognizing that you are supported by things or people that you may not usually notice or have been open to before.

To practice gratitude and appreciation all you have to do is look around you, notice what is there, and let yourself feel all the goodness that flows from it. A simple but powerful act of shifting your mindset!

AFFIRMING:

Affirmations are declarations. We spend much time declaring to the world what we, or our inner mean girls, tell us about ourselves. And while there may be some truth to some of it (maybe like me, you're not such a great cook!) most of our declared affirmations are usually only successful in making us feel badly about ourselves and confirming a negative story to those around us, and to the Universe.

But when the world is, indeed, in chaos, then an affirmation of cosmos becomes essential."

-Madeleine L'Engle

Forget about affirming your inner mean girl messages, what your parents hollered at you, or what "should" have in your life. How about you start affirming the positives that you want? Can you imagine how much better that would feel? After all, this is a practice of feeling good!

Affirmations are positive, mostly "I am" statements spoken in the present tense. Go with what you want to happen and believe, as opposed to what you don't want to happen. Always stick with the positive.

Keep your affirmations short and make them feel right on an emotional level. Always be clear about what you want from your affirmation and use your heart as a guide for what feels right. My favourite is that "I am strong and powerful!"

Repeat your affirmations all day. Say them often, and say them loud and proud! Look yourself in the eye in the mirror and say them. Feel the meaning of the statement as you say it. Notice what it feels like inside and how your body responds to the statement and the thought.

If your conscious mind believes your intentioned desires to be true, your unconscious mind will accept them. The greater the doubt, the less effective you'll be in changing your beliefs. So start visualizing and acting your affirmation! What will you do differently? How will you feel? Get clear and have fun with it!

Set reminders on your smart phone, or post notes around your home, office and car to make sure you get into the habit of repeating your affirmations regularly.

"Intention is one of the most powerful forces there is. What you mean when you do a thing will always determine the outcome. The law creates the world."

-BRENNA YOVANOFF

SETTING INTENTIONS:

Intentions are what we want our dominant feeling to be for the day. Clearly most of us don't want to feel sad or angry or stuck. Your intention may be to feel joy, or acceptance, or worthiness. You simply choose what you want to feel.

Intentions are super valuable when things are getting in your way, or when you are getting in your own way. You will have no trouble whatsoever figuring out what you don't want to experience. Shift it around to what would feel great.

Don't expect to intend for someone else to behave a certain way. Intentions don't work like that. Only they change themselves. Break it down into elements of that person's behaviour that you really want to experience. Is it joy, love or respect? Make whatever it is you want to feel, your intention. If your intention is to feel respected, then use your practice guide to help you figure out how to make that happen. It might mean establishing boundaries with people who don't respect you now and holding yourself to them. Or it might be deciding that you will be one with want in your life, and consider where you might be able to offer more respect to others.

Your success depends greatly on you sticking to your intention for the day. Not to say that you won't slip up and fall into unwanted feelings, it's all part of growing. Don't think you suck at this when that happens, you'll be frustrated and no further ahead. Love yourself through it, get back up and just start again. Accept whatever happens or whatever obstacle jumps in front of you as a time to learn something about yourself and re-group. Re-commit to your intention to do what you can to stay with your dominant intended feeling for the rest of the day.

LETTING GO OF WHAT DOESN'T SERVE YOU:

Sometimes we hold on to fears and behaviours that just don't serve us anymore. When something doesn't serve us, it can get in the way of us experiencing the kind of life we really want.

And sometimes the beliefs and stories that we tell ourselves get in our way too. We can make every experience we have ever had mean something, not just to us, but about us. The feelings that arise from that story will jump right in front of you when you attempt to be intentional about your day.

Holding on is believing that there's only a past; letting go is knowing that there's a future.

Daphne Rose Kingma

When you have decided on your intention, ask yourself this. What's in the way of me making this happen for myself? What could be a stumbling block or tell me that I can't go there?

For example, if your intention is to feel competent and good at whatever you do on a given day, feeling inadequate will be a big factor in whether or not you actually get to your chosen experience. Being prepared to let go of something that you believe and therefore feel, even for a day, will allow you to have your intended experience without having it interfere and keep you from being where you want to be. Think of it like a big rock. If it's blocking your path then notice what it represents and lovingly move it aside so you can continue on your journey to experience what you want.

It's not easy to let go of what binds you, especially if it's held you back for some time. But what are the possibilities if you try?

TAKING ACTION:

This is a big one women. Action is the juicy part. It's the part that makes you look even farther down to your deep core to understand what you can do to make an intentional feeling a reality.

"If the shoe fits, OWN IT!"

-Crazy Bitch Society

It's a necessary component to all of this practice. It will bring you far more success than if you only go so far, then sit on your hands. It puts your wants into play. It gives your desires feet!

The goal of taking action is to support you, keep your eye on the prize, and to get you to the day and experience you want to have. You get to figure out what will work for you, and make the getting to the goal more possible.

The added bonus is that while you are taking action, you are working toward what you want in a focused way. The Universe likes that, and doing it will bring you inner growth and desired change. That can only lead to more action, more growth and more desired change. It's all evidence of your ability to kick your own ass and take charge of your experiences! So go, girl!

What will further your success at experiencing what you want? What will support you or give you some back up to get to where you want to be? What kind of action have you never tried before? Make whatever you do a true challenge to the status quo. You've been doing things one way for some time now. Try something new!

Decide what action will further the experience of your day. Maybe it's making a joy list and noticing how you feel when you think about what will be on it. Maybe it's doing something that you find joyous, and letting yourself feel the goodness in your body. Maybe it's behaving like you are your favorite rock star for a day?

Make it simple. The more complicated it becomes, the more resistance will be created and the less likely you are to actually follow through. Make your choice feel right to you and you'll be on it.

NOTICING YOUR LEARNING:

“Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.”

-Golda Meir

Quick and dirty, what's one thing that you learned about yourself today? Think about it.

We have many experiences in a day, what is just one thing you learned?

Life is one huge breeding ground for personal growth and learning. Even shitty circumstances like divorce or death teach us something about ourselves. We may have learned what we really want in a relationship, or how we really want to honour people we love.

When you have been intentional about your day, there will be many learnings available to you. How did you manage your intention? Did you give yourself enough support? Did your intention actually make you feel good, or not?

Noticing what you learn about yourself gives you the chance to understand yourself better, increasing your confidence and your energy for doing and being more. And good, bad or indifferent, your learning is your evaluation tool for making changes to your practice.

This is not a place to lay blame for a poor attempt or result. This is where your learning informs your understanding of what works and what doesn't work in your life. Knowing those things from your deep core not only gives you the confidence to get the life you desire but also makes your practice that much more effective.

The experience of the day will tell you what you have learned. The more you do the practice, the easier it becomes to consider you're learning. It doesn't matter what your learning is. You're the only one who can put your finger on that, so start pointing girl!

My Sample Journal Sheet:

»» DECIDING: *January 1st*

❶ TODAY I AM GRATEFUL FOR AND APPRECIATE...

My cozy faux fur blanket on my bed that keeps me warm; that I get to work with courageous, kick-ass women; the hot cup of tea that I can wrap my cold hands around; the music playing that makes me dance; the parking lot kiosk guy who let me out free yesterday; the healthy clean food in my fridge; the new computer that doesn't crash.

❷ TODAY I AFFIRM THAT..

I am strong and healthy!

❸ TODAY I INTEND FOR MY DOMINANT FEELING TO BE..

That everything is easy

❹ TODAY I WILL LET GO OF THE FOLLOWING TO LET THAT FEELING HAPPEN FOR ME..

Today I will let go of thinking that if it isn't difficult, it's not worth having or doing to make that happen.

❺ TODAY I WILL TAKE THE FOLLOWING ACTION(S) TO SUPPORT MY INTENTION..

I will write "easy" on a note and carry it with me all day. I will actively look for the joy in easy. When I come across an annoyance, I will look for how I can experience joy from it instead of letting it control my mood.

❻ WHAT DID I LEARN ABOUT MYSELF TODAY?

That I need to take some time and space in the moment to collect and manage my thoughts (and therefore my feelings) about situation or circumstance.

"Today I Honor Me!"

ONE LAST THING...

You have the potential here to make some really significant changes to how you live your life. How happy and content you can be. Please be kind and gentle with yourself as you figure it all out.

Yes, you may need to kick your own ass to make those changes come about. And yes, the clearer your commitment, the more successful you will be.

I use DESIRE because it works for women. You get to decide how it will work for you. Hold your judgements of yourself aside as you get clarity on what feels do-able for you. You're the only one that can decide that. Just be clear that your decision isn't based on fear, or inner mean girls who might be suggesting that you'll never make this happen. You can, and you will, if you choose to.

Try to stay unattached to any predetermined outcome. While success is a big possibility, there are many things that can mess that up, including that this may be all new to you.

Give yourself some time here without the pressure of thinking you have to have it together by next weekend. If you have an attachment to any outcome, have it be that you did your best. Every day. You will know what that looks like.

My intention for you as you use DECIDING is that you gain complete confidence that you are in control of your day.

That all choices about how you will feel are yours. That from there, YOUR DAY CAN ROCK!

Now Let's Get Intentional!



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MY INTENTION JOURNAL

>> DECIDING:

1 TODAY I AM GRATEFUL FOR AND APPRECIATE...

2 TODAY I AFFIRM THAT..

3 TODAY I INTEND FOR MY DOMINANT FEELING TO BE...

4 TODAY I WILL LET GO OF THE FOLLOWING TO LET THAT FEELING HAPPEN FOR ME...

5 TODAY I WILL TAKE THE FOLLOWING ACTION(S) TO SUPPORT MY INTENTION...

6 WHAT DID I LEARN ABOUT MYSELF TODAY?

"Today, I will honour ME"

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