



HOW TO BE MORE INTENTIONAL



SHIFTINGLY

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WITH **SELF**

- Become more aware of your **energy levels** and schedule your time and activities around them.
- Do one thing that boosts **confidence** everyday.
- Allow one moment of **silence** in your day (And make it recurrent)



- Define the **relationships** that matter to you
- **Listen**
- Be **fully** present

WITH **OTHERS**



OVERALL

- Bye to as many **distractions** as possible (start small)
- Speak your mind with **compassion**
- Do not dismiss the **power** of art has on our brain. Whether passively observing it or being actively in it

