

Living With Intention

ADD MEANING TO YOUR LIFE BY MAKING PURPOSEFUL DECISIONS IN 2024.

BY ASHLEY RYAN

When you are trying to live a life with intention, the most important thing is focusing on yourself and what you want.

“Being intentional means ... making choices based on your own personal values, goals and beliefs,” says Bianca Gillett, director of fitness and recreation at Newport Beach Country Club. “... Although it is unrealistic to think being intentional will help you make the right decision every time, it is important because it helps build good habits and find your purpose.”

According to Gillett, making mindful choices can improve your mental fitness by reducing stress, improving focus, setting healthy boundaries, encouraging optimism and enabling you to be more present.

While she notes that being intentional can impact many different areas of your life, it's especially relevant for wellness resolutions as we transition into a new year. “If you have 2024 fitness goals, I would suggest incorporating [two specific tips:] set measurable goals and stay positive,” Gillett says. “... You will have created a structure of measurable goals to strive for while also keeping a less stressful and more positive outlook, which is what health and fitness is all about.”

Living with intention is just one way to show love for yourself, along with things like eating healthy, exercising, sleeping well and focusing on recovery. Here, Gillett outlines 10 unique ways to become more intentional in the new year.

TOP 10 WAYS TO BE MORE INTENTIONAL IN 2024

As we dive into the New Year and strive toward becoming our best selves, living a life with intention—through these 10 actions—can help us. While it may be overwhelming to try to tackle all of these tips at once, Gillett challenges you to incorporate one or two of these intention-building habits into your schedule this year.



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1. Set Measurable Goals: Develop clear goals based on your values.

2. Establish a Daily Routine: Bookend your day with regimen by incorporating a routine into your mornings and evenings.

3. Strengthen Relationships: Spend time with the friends and family who support you while also distancing yourself from those who bring stress into your life.

4. Make a Vision Board: Create a visual representation of your goals to remind you what you're working toward, focusing on your finances, career or extracurriculars.

5. Declutter Your Space: Donate items to charity or pass them along to friends if they're not adding value to your life; free up room for the things that bring you happiness.

6. Be Deliberate When Spending: Although retail therapy is tempting, too much spending can drain your wallet and fill your home with clutter. Opt instead to spend on experiences or items that align with your goals and values.

7. Don't Waste Time: Time is limited, so use it on the things that matter most, like your goals, relationships and priorities. Also remember to take time for yourself.

8. Monitor Your Mental Health: Stay in touch with your emotions and current state of mind, and don't repress automatic thoughts and feelings as they may be a sign that something is out of balance. Get to the bottom of the root cause and, if needed, seek help.

9. Focus on Yourself: Don't worry about what others may think. Instead, remember that your life is your own and prioritize your needs.

10. Stay Positive: Change your mindset and start looking for the positives in your life. Mistakes are inevitable, but you're likely learning lessons along the way. This isn't to say that you'll always feel happy, but recognize that your attitude can make a difference, especially when it comes to intentional living.