



APPLICATION GUIDE, OCTOBER 2022

EPISODE 124: HOW TO LIVE LIFE INTENTIONALLY

In this episode, Kevin shares how he lives life intentionally when managing feelings, preparing for difficult conversations, and planning. If you practice these five things, you will live life; life will not live you.

FIVE AREAS TO FOCUS ON TO LIVE INTENTIONALLY

1. FEELINGS

- Practice responding to them.
 - Get to know the emotions so you are not surprised by them.
- Learn how to lead your emotions so you can own them and them not own you.
- Being intentional is knowing how you are going to respond and then CHOOSING to respond right.

2. CONVERSATIONS

- Practice as many scenarios as you can.
- Practice a positive response and a negative response, so you are not surprised by them.
- Examine yourself. How will you respond?
- Human behavior is not that surprising. It is very predictable.

3. LOOK AHEAD AND PLAN

- Preview day, week, and month.
- Ask yourself "What" to the 5th power. Look for the domino effect.
- You can't be intentional about where you want to go if you don't know where you're going.

4. UNDERSTAND THE POWER OF LITTLE THINGS

- Doing a little every day to reach a goal.
- Marriage - little things keep a marriage together.
- Saving a little money every day adds up to a lot

5. NAME IT AND DATE IT

- This moves you forward and moves those around you forward.
- A deadline puts me into planning mode.