



CREATE YOUR LIFE RX  
INTENTIONS  
WORKBOOK



# WELCOME



I want to begin by saying CONGRATULATIONS for deciding you want to LIVE on a completely different level -- energetically, focused, free, accountable, with intention, and with purpose, enabling you to call in and create the things you deeply desire. YES!! AMAZING!!

All I ask is that you open your heart and mind and DECIDE that you are going to create some willingness to see and do a few things differently. I will be here every step of the way to provide guidance, accountability, and a new perspective. All we need is a little faith, trust, honesty, and action, and we will begin to co-create the YOU and life you not only desire but deserve.

*XOXO,*

*Stacey*

# TABLE OF CONTENTS

**01** What are Intentions and why are they an amazing tool?

**02** How we choose our Intentions and what they should feel like.

**03** Taking action is necessary for our intentions to create significant change.

**04** How to integrate your Intentions into your daily routine.

**05** What should manifest from staying consistent with this practice.

**06** Remember, it's progress not perfection.





# 01 WHAT ARE INTENTIONS AND WHY ARE THEY AN AMAZING TOOL?

An intention is a clear, powerful statement or idea that helps give us direction, clarifies our personal visions and goals, and helps us remain focused on the bigger picture. Our intentions are also a way to shift our thinking, perspective, and focus, and they help to control our minds and support healthy habits and actions.

The idea here is to slow down, gain clarity, and create a kind of road map that takes us out of our old way of thinking, believing, and acting.

Our words and thoughts have limitless power and when we begin to use them in

the correct way they allow us to create anything and everything we truly desire.

The goal is to wake up to the truth of who we are and how we have created our certain set of circumstances and living conditions.

Whether good or bad, we have to take accountability for what "is," so that we can pivot our energy onto our goals.

When we focus our thoughts, emotions, assets, and energy on becoming the powerful, healthy human beings we were created to be, we can start cultivating the life experiences, joy, abundance, and freedom we all crave and deserve.

# HOW WE CHOOSE OUR INTENTIONS AND WHAT THEY SHOULD FEEL LIKE.



When was the last time you took an inventory of yourself and your life? Are you whom you want to be, living the life you love, doing the work that truly makes your heart full? Is there room for improvement? For the majority of us, we struggle with limiting beliefs, self-judgment, fears, unhealthy habits, and a feeling of lack of power. This comes from our environment, conditioning, upbringing, and our personal life experiences. We have to get really clear on the aspects of our internal and external world so that we KNOW what is no longer supporting our truest vision for ourselves. With this knowledge, we can begin to rewrite our individual narrative and ultimately get UNSTUCK.

*If you are still unable to pinpoint where you are struggling then book your [FREE CONSULTATION](#) with me so that we can dive deep to the root of your struggles and help you get unstuck.*

We choose our daily, weekly, monthly, yearly Intentions based on whom we aspire to be and the relationships, health, career, and freedom we want to create. Our intentions should never include any negative words or verbiage and should always be claiming what we want, as though we have already attained it. Our Intentions should feel good, powerful, exciting, hopeful, and loving.

I will give you an example from my own life. I struggled with an eating disorder and severe negative body image for over a decade. When I started using Intentions as a tool in my recovery, some of them looked like this: I choose to feed my body healthy nutritious food. I make conscious choices that support my health and well-being. I am strong, beautiful, powerful, whole, and complete in this very moment. My body is magic and it knows exactly what it needs to heal and perform at its highest level. All of my word choices are positive, strong, and are supporting the healthy life I truly desire. I used my Intentions as a mantra throughout the day to bring me back to center and present to the recovery I wanted for myself.

# TAKING ACTION IS NECESSARY FOR OUR INTENTIONS TO CREATE SIGNIFICANT CHANGE.

*We all have faith in something; it's hardwired in our consciousness . . . we must insure that our actions coincide with our faith.*



Once we have a clear idea of what we want to focus our intentions on (whether it is to move past a limiting belief system, behavior, relationship, career, or if we are wanting to call in true love, prosperity, and abundance), it's time to talk about taking action.

Have you ever heard of the scripture "Faith without works is dead?" Whether you have any religious affiliation or not this still applies loudly to all of us. We all have faith in something, it's hardwired in our consciousness. What I want to offer here is that we have the personal responsibility to ensure that our actions coincide with our faith. The scripture is telling us that we cannot simply sit on our couches, full of faith, but absent action and expect our dream job, true love, awesome self-esteem, or our overall freedom to show up magically on our front doorstep.

We have to participate actively and daily to make transformation happen. We can begin with small steps that when practiced consistently will become our new and improved way of seeing ourselves, trusting ourselves, and believing in our gifts, talents, and capabilities.

We are the co-creators of our lives. The Universe will rise, meet, and support us in having everything our hearts and souls dream of IF we allow it and participate actively. So, if there is anything you have quietly told yourself isn't possible or in the cards for you, it's time to rewrite the script.

You are fearlessly, divinely made, full of passion, gifts, love, and creativity. You can and should have it all.

# HOW TO INTEGRATE YOUR INTENTIONS INTO A DAILY ROUTINE

Now that we have a clear idea of what intentions are and have written down our first few, how do we begin this new daily practice? Lets get set up for success!! We need to take a look at the current flow of your morning. Are you an early riser with plenty of time to meditate, workout, eat a healthy breakfast?

Do you sleep until the very last minute, hitting snooze, and then rushing out the door with a low vibration of panic and anxiety?

The way we begin our day sets the stage for how we show up. I personally set 30 minutes aside every morning for prayer, focused meditation, journaling, and meal prep.

Our intentions should be spoken out loud at least five times before we enter the outside world. If you already have a meditation practice start using your intentions as your mantra while sitting in stillness.

The goal is to have your intentions memorized as quickly as possible so that you can bring your attention back to this place when your mind starts to engage in any negative, obsessive, fearful, or compulsive thinking. We are retraining the mind, shifting the energy, and focusing on what we want to create more of.

Does this take discipline? Absolutely. But I promise that when you start to consistently manage your time and focus, you will be blown away by the results.

It takes the average human being around 40 days to make or break a habit. Your task is to find the most effective way to integrate this new skill into your daily routine so it feels good and is sustainable.

*If you are struggling to find a way to implement your Intentions Into your daily routine, or need more support, then book a [FREE CONSULT](#) with me.*

Another idea is to have your written Intentions posted in places you visit often.

You could post them on the fridge, the coffee pot, in your vehicle, on your desk, in your calendar, or set an alarm to remind you of them at different times during the day.

Take a deep breath in through your nose, close your eyes, hold the breath at the top, exhale out of your mouth, and read your intentions.

Journaling is a great practice to incorporate along with intention setting. This is where I get a chance to see what is coming up for me as I start this amazing new mindset shift. Do not overthink what you are writing, just jot down what is working.

How does this new practice feel? From what aspects are you finding the most resistance? Where do you feel like you can improve or try something different?!

# WHAT SHOULD MANIFEST FROM STAYING CONSISTENT WITH THIS PRACTICE

As we get through the first few weeks of this new daily practice you will start to notice you are gaining confidence, clarity, and making conscious, healthier choices. Your conversations, energy, and attention will start to feel centered and focused. You will feel enthusiastic, creative, and ambitious. You are beginning to align with your purpose. Self-love, compassion, and acceptance will begin to take the place of doubt, fear, shame, and regret.

Do not be surprised if the dynamic of some of your relationships changes, and if you feel called to make significant moves with your health, wellness and career. Be open to ALL opportunities as you have no idea how the universe is going to bring all your Intentions into fruition.

There are millions of ways for our ideas and goals to manifest, so we should NOT get caught up in how or when WE think our answers/solutions should arrive. Instead, choose to be open-minded to all of the possibilities. Pay attention to the little shifts that are taking place and feel a deep sense of gratitude. Be patient and have faith that the bigger shifts are on their way.

Be sure to keep your Intentions in a safe place and set a reminder in your calendar to circle back in 7-12 months to see the magic you brought into your reality.



*You are beginning to align with your purpose. Self-love, compassion, and acceptance will begin to take the place of doubt, fear, shame, and regret.*



# REMEMBER, IT'S PROGRESS

## NOT PERFECTION

Do everything in your power to NOT get hung up on doing any of this perfectly. A huge pitfall humans have when introducing new skills into their daily lives is having an all-or-nothing mentality. We give up at the slightest sign of inconvenience, challenge, discomfort, or lack of instant success or gratification. No one becomes an NBA player overnight, it takes days, nights, weekends, years, wins, and losses to make it to ANY form of the "big leagues." So if you miss a day or two here and there, it's OK, life happens. Let it go, and pick up where you left off.

*If you need support picking back up then book a [FREE CONSULT](#) with me and let's create a plan specific for you and the life you deserve.*

I do encourage you to pay attention to how you feel on the days you don't participate in your practice.



Do you feel as driven, clear, and focused? Were you choosing to revert back to the comfort of old patterned behavior? Is that truly what you want? There is no end goal to self-development work and a practice of manifesting. We are all students and teachers until the very end. The only thing we can truly control are our thoughts, words, and actions. What we call mastery is stepping into your power in these three areas. Show yourself some grace, laugh and love the parts of you that aren't so shiny. Never give up on your path of healing, learning, and growing. The more we keep the small quiet promises we make to ourselves through personal discipline, the stronger our trust bond within becomes. When we truly trust ourselves there is nothing we cannot overcome, achieve and become.

# LET'S SET SOME INTENTIONS

## Step 1 Answer the following questions

1. What are you struggling with most at this time internally and externally? Is it something that you are choosing on a daily or weekly basis? What do you think you could accomplish if this was no longer an aspect of your life?
2. What are 10 things that you admire in others? Do you believe that you have the capacity to attain all of these character traits and behaviors?
3. What are the things about yourself that you love, respect and appreciate? Do you show yourself gratitude, compassion and forgiveness?
4. What takes priority in your life? Do you spend time alone doing the things you love and tapping into your creative energy?
5. Are you open to giving and receiving love, support and connection? What do you feel is lacking in your relationships?
6. Are you happy, challenged, enthusiastic, and fulfilled in your home life? Career? Do you believe that you are enough and worthy of unconditional love?
7. Take a step back and look at the last 5 years of your life. Are you right where you expected and wanted yourself to be, or do you crave more?
8. What is your most painful experience? How do you believe this has affected you? Do you find that you grew a lot during this experience or has it forced you to shut down and become guarded?
9. What is your greatest regret or failure? Can you find anything positive that came out of this experience?
10. What does your relationship with yourself look like? Can you trust your own promises? Do you have love and compassion for your character defects and shortcomings? Do you believe that you are beautiful, strong, powerful, capable, honest, and talented?



# LET'S SET SOME INTENTIONS

Lets take some the answers from above and start to create our first set of intentions.

1. Everything "negative" that was written needs to be flipped. Remember we only use POSITIVE words and statements when creating our intentions. Examples: I am present, healthy, and conscious when I make nutrition choices. I choose to be clear, focused, and only put healthy food and substances in my body. I am smart, driven, responsible, and more than capable to learn and understand anything new. I give love fearlessly, effortlessly, and without expectations. I have an amazing partner that loves, understands, respects, and appreciates me. I trust myself to make good choices that support the lifestyle I love.
2. Start working in the area that scares you the most. Going on offense is key, we must attack the most destructive behaviors, thought processes, and beliefs right out of the gate. They are energy suckers, time drainers and dream killers and will continue to get in the way until we take a hard honest inventory of the thinking, speaking, and behaviors that are no longer serving us.





## Setting Intentions, cont'd

3. Write your intentions down on a piece of paper, type them into your phone, set them as an alarm, add them to your calendar, and place them in areas you frequent often. Stop what you're doing and spend one minute reading them throughout the day. Once you have them memorized, set alarms on your phone to trigger your brain to play your mantra out loud or in your head.
4. Believe that all parts of you can heal, grow and, most importantly, be loved. You are completely capable of making this self transformation happen with discipline and accountability. We all need teachers, coaches, guides and/or partners that we can check in with, discuss our challenges, and celebrate our victories. If working with a professional isn't in your wheelhouse, find an accountability buddy and create an accountable support system.
5. Never give up!! You never know when the magical day will arrive and all your hard work begins to start having a huge impact within your life. Remain steadfast regardless of the outcome. We are all here together to share in this constant state of learning. The destination is not as important as the journey. Remember, the obstacles ARE the way.



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# Meet Stacey Davis

I have always found myself drawn to the world of health and wellness and found my niche in my early 20's as a Personal Trainer and Nutrition expert. Over the last 20 years, I have had to take a hard look at myself and my clients to see where most of our time, energy, and currency have been spent and if there was true value there. What I realize is this thing we all have called the human condition shows up for all of us on a regular basis in many different forms and behaviors.



What I do is help my clients identify what is truly holding them back from becoming who they want to be and living the life they want. I help you get unstuck or free from behaviors and patterns that keep us small or not in our power.

As a single Mom for 7 years and business owner for over a decade I know the challenges we face when trying to juggle so many different hats. What I help my clients do is focus on the little behaviors and conscious choices that increase the quality of our daily lives and make them a priority. Then, start to set aside the things that no longer serve us. I have struggled with food, body image, low self-esteem, relationships, trauma, and the loss of a child over these last 42 years. The gift of all these experiences is a level of true understanding of what others who trust me need to do to begin to redefine themselves and recreate their lives.

Stop living in the excuses you built to make everything acceptable and ok. I help you replace the limiting beliefs and behaviors with a prescription of action steps that are supported with realistic goal setting and accountability. What if I told you that you can have freedom, success, peace, joy, love, and meaningful relationships with just a few tweaks? We all have the ability, at any given moment, to begin the process of rewiring our thinking, which ultimately changes our behavior and lives.

Set up your free consultation:  
[StaceyRx@createyourliferx.com](mailto:StaceyRx@createyourliferx.com)  
<https://www.createyourliferx.com/get-started>