

LIVE *Intentionally*

65 Challenges for a Healthier, Happier Life!



division in a building made up of the space between two successive floors.
sto-ry-book [stōrē'book] *n.* A book of stories, especially for children. *2 adj.* Of, having to do with, or occurring in a storybook.
sto-ry-teller [stōrē'tēl-er] *n.* A person who tells stories, especially to groups of children.
— **sto-ry-telling** *n.* *adj.* *adv.* *adv.*
stoup [stōp] *n.* A bowl or holy water.

Cara Sue Achterberg

Live Intentionally 65 Challenges For A Healthier Happier Life

**Robyn Hawkins, Red Panda Red Panda
Publishing**



Live Intentionally 65 Challenges For A Healthier Happier Life:

Live Intentionally Cara Achterberg, 2014-11-18 Tired of being a standby passenger in this world and watching as her family's health and stress level spiraled out of control Cara Sue Achterberg set out to create a healthier happier life for herself and her family Presented in a friendly often humorous and always down to earth manner Achterberg shares stories resources and recipes to help anyone live more intentionally The book brims with over 65 challenges to the reader to make simple changes that will lead to a healthier happier life Divided in five sections *Live Intentionally* invites you to a life lived on purpose Eating intentionally means knowing your food where it came from what's in it what to avoid but more importantly what to include so that your body can function optimally It offers information and recipes for making your own processed foods like peanut butter bread applesauce even chicken nuggets and pop tarts from simple healthy ingredients Creating an intentional home means uncluttering organizing and learning to clean naturally with nontoxic ingredients Achterberg shares secrets for a more efficient home and a lifestyle that strives to be less of a burden on our planet Parenting intentionally involves making thoughtful decisions about chores allowance screens exercise and free time Here you will find strategies for encouraging creativity and compassion and a plan for raising competent adults who know how to cook a meal keep a bathroom clean and not just enjoy but value family time An intentional garden is organic and purposeful Achterberg's contagious passion for gardening encourages the reader to grow a garden in any space even a pot in your window Celebrating intentionally infuses holidays with more meaning and less stress more joy and less excess so that the true purpose of the celebration shines through An intentional life is a life lived on purpose It is not complicated It asks you to cease being a standby passenger in this world and begin making decisions for your life your health and your family that are not dictated by the media or the masses It is living a life that requires no excuses **Chicken Soup for the Soul Series:**

Think Possible: 101 Stories about Using a Positive Attitude to Improve Your Life Amy Newmark & Deborah Norville, 2023-11-20 Here's a news flash if you suspect thinking possible is a waste of brain power You are wrong This book is filled with proof that positive thinking and thinking possible really work Inside you'll find inspiring stories about how you can choose to become a more positive person follow your heart to create meaning in your life use gratitude to change your life and relationships face your fears and rise to challenges use persistence to achieve big results start over after trauma or adversity emulate positive role models **The Compass Book of 30 Day Challenges Vol.1** Dr Chio Ugochukwu, 2024-08-17 Do you want to stay healthy active independent and live a more fulfilled life as you get older or do you want to spend your time unintentionally going from one clinic and hospital to another being treated for one illness or another If you want to become a better healthier and more fulfilled version of yourself then get a copy of this book so that you can quickly begin the 30 day challenge that will help you to hold yourself more accountable After many years of trying different ways of helping myself and others improve their health and wellness and live a healthier happier and longer life I found out that doing 30 day

challenges is one of the best ways to hold yourself accountable and help you form the purpose driven holistic habits that will help you achieve specific goals and improve specific aspects of your life one step and one day at a time You can use the 8 keys to longevity and the compass method as the basis for doing this 30 day compass longevity challenge which is the first volume or vol 1 in this Compass Book of 30 day challenges Do you want to learn how to live a healthier more positive less stressful and longer life as you get older Did you know that the first key to living longer after 50 is consistency in your daily exercise and physical activity Don't live in denial or form the habit of always having reasons or excuses for not doing your daily exercise Don't forget that with the help of the compass profile the transformation that you need is within your power If you want to be able to hang out with your friends go on vacations participate in your friends milestones or your kids and grandkids milestones like graduations birthdays weddings and other festivals and events that you enjoy doing as you get older then read this book to learn about how you can use the 30 day compass longevity challenge to help you live a healthier and longer life You will also learn practical and easy ways to make adjustments that will help you improve your self care and increase your peace of mind and joy of living as you get older You will learn how to live the telomeric lifestyle Are you ready to begin your own 30 day longevity challenge for living a healthier and longer life today Then get your copy today or get a copy of the compass longevity challenge for your family or friends

It's the Little Things... Robyn Hawkins, Red Panda Publishing, 2018-01-25 It's the Little Things is an interactive journal that provides 365 challenges that will help to improve your mind body well being and overall happiness The focus of the book is to encourage you to spend time doing the little things that give you pleasure and so increase your happiness one step at a time The challenges in the journal range from simple activities to more difficult ones through a large variety of tasks and questions Two thirds of the tasks are all to do with you and having me time and the other third are to do with other people The journal has been designed to be adapted to your life the tasks can be made to suit you and made as easy or as challenging as you desire To allow for the journal to be even more personalised each challenge has been written within a blank box This means that you can respond to each task in your own unique individual way You can write draw colour or doodle your thoughts feelings and answers to each statement or question This would be an excellent fit for those that love this type of journal and to be creative but don't like to be constrained by lines and writing yet lines can easily be added if you prefer to use them There are no dates within the journal so you can dip in and out the tasks can be completed in any order at any time there will be no guilty feelings if you don't use it every day It's the Little Things features inspirational quotes from writers artists and other visionaries regularly spaced throughout the book to provide motivation and encouragement along your journey Some of these challenges will ask you to get out and about in your surroundings meet other people socialise and learn new skills Even if you are used to doing some of these tasks by changing your perceptions you will have a greater appreciation of your experiences and what you have improve your overall happiness and become a more positive individual By using this journal to document your thoughts

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