



Spirit & Destiny magazine

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No one is immune to stress. All of us have to deal with it at some time in our lives, and the important thing is to find ways of managing it. For Stress Awareness Month, life and business coach [@pujamcclymont](#) shares a simple method called The Space Time Intention Method. It's specifically designed for busy women who struggle to create the time they need to manage their stressors. Why not give it a try...

Start with creating space to review your whole life. That could be spending a whole day just focussing on what your life currently looks like. Include the schedules and any activities that fill your life. Ask yourself, "what's important to me in my life right now?" This question is about your values. We don't check-in enough with our values which change as we change, so it's important to do this as these answers will dictate your intentions and make it more likely that you will be disciplined and consistent to stick to your goals. Then ask yourself "what do I want?" be really honest with yourself and list down what you want in your life. Then ask yourself, "what can be taken away or changed in order for me to have what I want?" This isn't an easy task which is why creating space to dedicate to it is important. Once you have the answers, you will quickly see where time can be created.

Once you've noticed an extra 30 mins here and there, you will be able to create more time and using your values, you'll be able to add intentional activities in that time that contribute to you achieving your goals.

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