



Kindred & Co.

HOW TO LIVE LIFE
INTEGRATING WHO YOU ARE
WITH WHAT YOU DO.

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We all aspire to live lives of success & accomplishment, of worth & value.

But, how does *how* we define and understand our worth impact the life we live?

reflect on this:

Where am I often prone to find my worth? When something I have done is rejected, how does this make me feel? Or, when someone rejects me, how does this make me feel?



KINDRED TRICK - CLOSE YOUR TABS.

If you're having a hard time slowing your mind down, try this:

- Close your eyes
- Visualize each thought/task/idea in your head as an internet tab
- Visualize yourself hitting the little "x" on each of them, until your mind is clearer)

THREE WAYS TO PROACTIVELY WORK TOWARDS BELIEVING OUR WORTH IS INHERENT IN WHO WE ARE (OUR BEING) AND LIVING FROM A POSTURE OF HUMAN BEING, NOT HUMAN DOING.

1. Creating space to slow down and be still
2. Being intentional with our goals
3. Developing a practice of reflection

Let's break these down

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1. _____

Q: What is one thing that makes slowing down and being still hard for me?

2. _____

a. Being _____.

b. Learning to say _____.

c. Being intentional requires _____.

**For the fill in the blanks, go to the ["Be intentional" blog post](#) on our website.*

3. _____

Q: What is one thing that has been life-giving and life-thwarting for me so far this year?

reflection

What is one habit/rhythm/goal for this year? Why am I picking this? How am I building intentionality around it?

CONNECT



Rhythms to remind us of our worth.

Integrating being & doing in life.

Posture of *human being*

practicing *wholehearted intentionality*

As we put implement these rhythms and practices in our lives, we begin to integrate who we are with what we do. Which then allows us to live from a posture of human being.

This proactive work is practicing intentionality. Not just intentionality in one area of our lives, but truly a wholehearted intentionality.

If you are ready to make the perspective shift, and live as a human being while you do, then come join the Kindred & Co. community!

Our Kindred Planners and Kindred Journals are the perfect tools to complement and guide you on your life journey as you seek beauty, connection, joy, intentionality, and a posture of being and not doing.

*with joy & gratitude,
Kindred & Co*

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