

# “I’m a good person, but I’m feeling a little... STUCK.”

## STUFF



The stuff in my space has taken over my life. I am drowning in things I don't want, like or need. The useless and irrelevant excess has cluttered my spaces to the point that I no longer feel inspired to take corrective action on my own behalf. It's gotten out of control.

I am a good person...  
**But I have too much stuff.**

## TIME

I am chronically late. It seems that I can never find what I am looking for, which causes me daily complications. Time is never on my side. My 'to-do' list is constantly slipping through the cracks and it's impossible to stay on top of my busy schedule. I'm tired of feeling behind all the time.



I am a good person...  
**But I can't catch up.**

## SYSTEMS



I am many things, but tactical is not one of them. My creative genius is perfect for big ideas, artistic design and imaginative projects, but conceptualizing strategic operational systems is not my forte. I could not make a hardboiled egg without a detailed how-to step-by-step recipe.

I am a good person...  
**But I struggle with practical operations.**

## IDEAS

I have exceptional ideas, but finding the right way to express them keeps me safely on the sidelines and out of the game. I know I have great concepts, but I can't seem to effectively convey them on paper or transform them into practical application. I feel ready to launch, but I just can't get any real momentum.



I am a good person...  
**But I can't turn my ideas into reality.**

**YOU'RE NOT ALONE.** These universal scenarios play themselves out in different ways for different people. Some of us are better at concealing our deficits and playing our strengths, but the human condition lends itself to this inescapable reality...we all get stuck. We begin living on the basis of sheer momentum rather than manifesting our lives with focused intention. We begin to lose sight of ourselves, and what and whom we value most.

**AT INTENTIONAL SOLUTIONS WE BELIEVE** there is a unique happiness found in simplicity. That the intentional absence of excess creates the tangible space for abundance. Clearing away the excess whittles life down to its bare essence revealing purity of heart, integrity of character, and inspiration of purpose. Using Intentional Solutions' 3-step method, you can experience proven-effective, practical strategies to inspire simplicity in our pursuit of a more rewarding, more meaningful life. **Intentional Solutions clears the cluttered path to the life you seek.**

## EMPOWERING BUSY PROFESSIONALS, PARENTS & STUDENTS TO:

- Create powerfully inspiring spaces that nurture your mind, body and spirit.
- Master time & tasks to show up ahead of schedule, consistently prepared for success.
- Implement proven-effective operational systems to leverage resources and maximize efficiency.
- Transform great ideas into exhilarating content to inspire your target audience.

Who we love, what we do, how & why we LIVE. Because everything else is just **stuff**.

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# the 80/20 rule:

Things we love

Things we do not love

We only love about 20% of our \_\_\_\_\_ [ stuff ]... Fill in the blank\*.

About 80% of our stuff we do NOT love.

We use the stuff we love about 80% of the time.

Everything else hardly sees the light of day.

Because we only love about 20% of our stuff,

about 80% of our space is preoccupied storing everything else.

\* This applies to:

The stuff in our spaces,

The food we eat,

How we spend our energy, time & money, relationships, career, fitness, etc.

**Simplifying our stuff is not as much about how we organize what we have, as it is about LOVING what we keep.**

STOP spinning your wheels. START leveraging your assets by working smarter. START living with strategic INTENTION.

## here's how:

### TANGIBLE: STUFF IN YOUR SPACES

#### Step 1. SIMPLIFY (Purge)

Trash

Recycle

Give Away

Consign / Sell / Trade

#### Step 2. CLARIFY (Organize)

Like Things Together

Easy to Find

Easy to Reach

Out of the Way (Proximity = Urgency)

#### Step 3. INSPIRE (Refresh)

Aesthetic

Function

Flexibility

Lifestyle

### INTANGIBLE: IDEAS & OPERATIONAL SYSTEMS

#### Step 1. SIMPLIFY (Purge)

Eliminate the unrealistic & prohibitive

Repurpose or borrow viable options

Look for opportunities to share elsewhere

Look for opportunities to profit elsewhere

#### Step 2. CLARIFY (Organize)

Common parts grouped together

Clearly labeled content groupings

Conveniently accessible for use

Focus resources in order of priority

#### Step 3. INSPIRE (Refresh)

Make it come to life with vibrancy & style

Keep function simple & concise

Allow for flexible compromise

Keep it realistic for personal preferences

## start here:

Thinking about your life, consider a specific AREA\* where you feel stuck. This AREA\* is a  Space /  Idea, Problem or Project.

What is your ideal vision for this space / concept? \_\_\_\_\_

What can be purged / simplified? \_\_\_\_\_

What can be organized / clarified? \_\_\_\_\_

How can this space be refreshed / or this concept become inspiring? \_\_\_\_\_

INTENTIONAL  
SOLUTIONS

## my promise to you:

Invest in yourself. Commit to this work. Live your life with INTENTION. And you will LOVE the results of this process. Guaranteed.