

# FEBRUARY INSIDER

## INTENTION



# Author's Note

**“The new year stands before us, like a chapter in a book, waiting to be written.” -  
- Melody Beattie**

It's a fresh year, a fresh start and we are talking all about how to live with intention.

*If we don't know what we are aiming for, we will miss the target because we are not being intentional.*

When I gave birth to my boys my ultimate aim was for my babies and me to be healthy. When the doctors asked us about our birth plan, we formed our preparations around our number one aim for everyone to be healthy.

**But we had to be clear on our priorities before the moment of decisions came. You can never prepare in the moment, you have to come prepared.**

**Through four natural filters: aim, attitude, attention & activity, we will see how easy we can go from autopilot to conscious living. To live with purpose, we must set up our days 'to happen' before they 'happen to us.'**

*Intention gives us a tremendous opportunity not just to live out our days but to help us see where we want to go and make decisions that propel us in that direction.*

I am so excited about learning how to set up our days right in order for us to be empowered to do what we are called to do.

**Let us live less out of habit, and more out of intent.**

I hope this is your best year yet and that you start each day with intention.

You've got this!

xo

*Melody*



# INTENTION series

@truthtotable

## THIS MONTH'S FEATURED STUDY The Intention Series

Click above to access the online course now!

You have the full freedom to go through this study **at your own pace!**



**FEEL FREE TO JOURNAL ALONG WITH OUR  
GUIDED NOTES, DECLARATIONS, AND WEEKLY  
CHALLENGES IN THIS MONTH'S GAME PLAN!**

# INTENTION PLAYLIST

Listen to our Truth to Table playlist we created for you! [Click here!](#)

Find Me

JONATHAN DAVID HELSER

Anointing

JESUS CULTURE

There Is No Striving

RITA SPRINGER

Awe

JESUS CULTURE

Driven

LOVE BY LINDY COFER

So Much Grace

JONATHAN DAVID HELSER

Just Be

KIM WALKER-SMITH

Carry Me

RITA SPRINGER

Flood The Earth

JESUS CULTURE

Ain't No Grave

CAGELESS BIRDS

Thank You Song

UPPER ROOM

Mark My Hands

LINDY COFER

[PLAY NOW](#)

# INTENTIONAL DECLARATIONS

**TODAY I DECLARE:**

**I have the ability  
to create lasting  
habits, routines,  
and rituals that  
bring me  
abundant life!**

@truthtotable

**TODAY I DECLARE:**

**I am powerful  
enough to set  
aside what no  
longer serves  
me.**

@truthtotable

**TODAY I DECLARE:**

**I have been  
called by  
God to live  
a VIBRANT  
life.**

@truthtotable

**TODAY I DECLARE:**

**I will focus on  
the GOODNESS  
around me that  
God has  
displayed before  
me.**

@truthtotable

Click on the images to download and share them on your Instagram or Facebook!

# INTENTION RECIPE

No recipe this month but a challenge! Let's switch our warm (caffeine) drink of choice to a CALMING tea. Our favorite brand of tea is organic and fair trade - Traditional Medicinals. I stock up on their peppermint and nighty night tea!

## CALMING TEAS

chamomile

lemon balm

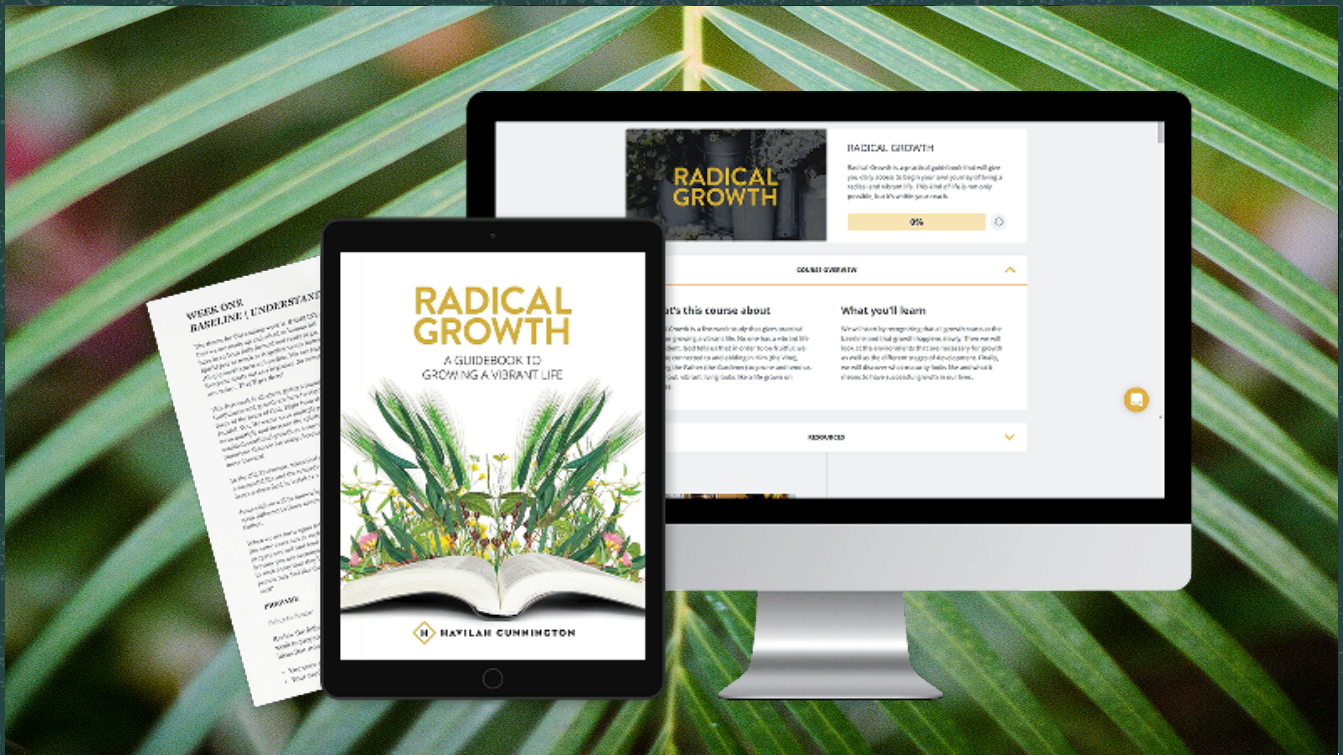
valerian root

rose

peppermint

jasmine





# HERE'S WHAT'S COMING UP...

*NEXT MONTH'S STUDY:*

## **RADICAL GROWTH**

Radical Growth is a five-week study that gives practical tools for growing a vibrant life. No one has a vibrant life by accident. God tells us that in order to be fruitful, we must be connected to and abide in Him (the Vine), allowing the Father (the Gardener) to prune and tend us. Simply put, vibrant living looks like a life grown on purpose.

We will start by recognizing that all growth starts at the baseline and that growth happens slowly. Then we will look at the environments that are necessary for growth as well as the different stages of development. Finally, we will discover what maturity looks like and what it means to have successful growth in our lives.