



# **MODULE 7: MOVING FORWARD WITH INTENTION**

**Turning Insight Into the  
Shape of Ordinary Days**

- When Good Intentions Meet Ordinary Days
- Building Enough Structure To Hold Me
- Who Or What Helps Me Stay Connected?
- What I Am No Longer Willing To Keep Postponing
- My Personal Moving Forward Plan

By now, you  
may understand  
yourself a little  
better than  
you did at the  
beginning of this  
workbook.

You may have clearer language for:

- what this transition has felt like
- what you miss
- what helps
- what matters
- what you want more of
- and what has been keeping you circling

That clarity matters.

But insight on its own does not alter ordinary life.

Ordinary life changes through repetition.

Through what we continue.

Through what we return to.

Through what becomes built into days rather than occasionally thought about.

This final module is about giving everything you have noticed somewhere practical to live.

Not through a dramatic reinvention.

Through enough structure,

enough consistency,

and enough follow-through

that life starts to feel shaped more by intention than by drift.



## Exercise 7.1 When Good Intentions Meet Ordinary Days

Many worthwhile intentions fail for one simple reason: they remain abstract.

### We think:

- I should get out more.
- I should move more.
- I should reconnect.
- I should be less passive with my time.

But “should” is vague.

And vague intentions are easy to postpone.

The ordinary day wins.

The television wins.

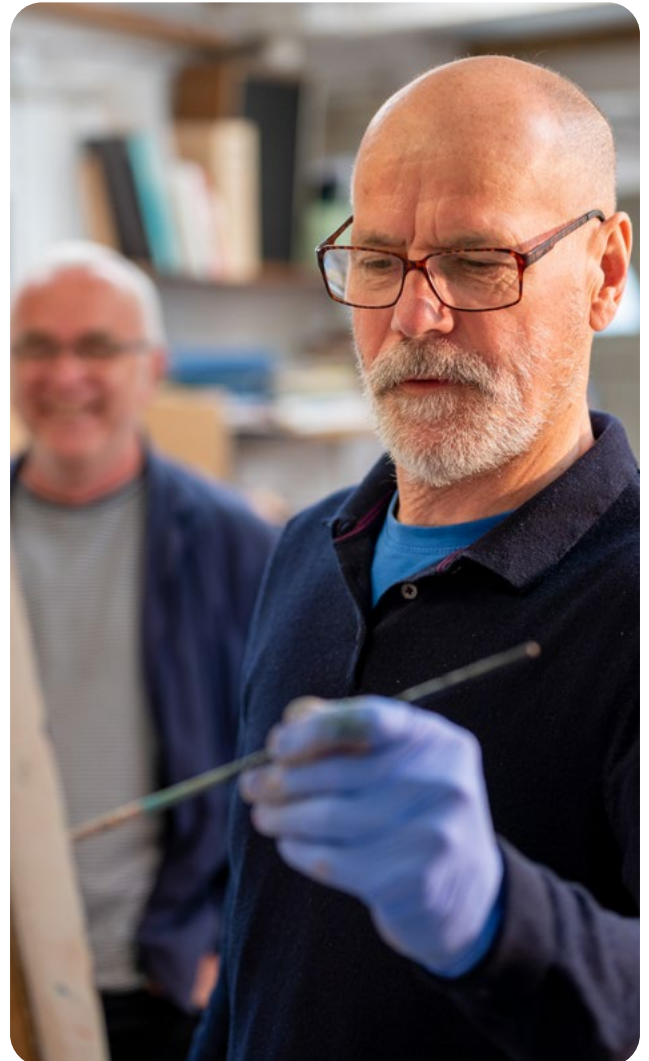
The inertia wins.

Good intentions need somewhere practical to land.

They need:

- times
- routines
- triggers
- commitments
- repetition

Otherwise they remain thoughts rather than lived patterns.



### Reflection Prompt

Which of my current good intentions remain mostly ideas rather than repeated actions?

## Exercise 7.2 Building Enough Structure To Hold Me

One of the hidden difficulties of retirement is that too much freedom can quietly become lack of traction.

Without enough anchors, days blur.

Morning drifts into afternoon.

Small tasks replace meaningful ones.

Time passes, but does not always feel inhabited.

This does not mean every day needs rigid scheduling.

It means most people benefit from some consistent anchors such as:

- a set waking time
- planned movement
- designated practical tasks
- social contact points
- regular projects
- recurring outside commitments

Structure reduces the number of decisions that have to be reinvented each day.

And that makes action easier.



### Workbook Exercise

What three to five weekly anchors would give my days more shape?

1

2

3

4

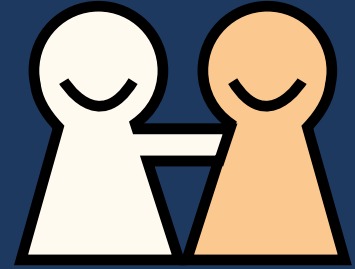
5

## Exercise 7.3 Who Or What Helps Me Stay Connected?

Self-management is easier when it is not done entirely in isolation.

### Connection creates:

- accountability
- interruption to overthinking
- practical encouragement
- and a reminder that life is not happening only inside our own routines



Support does not have to mean formal help.

It may mean:

- one friend who expects contact
- a walking partner
- a volunteer commitment
- a club
- a class
- family routines
- neighbourly involvement

The question is not:

“Do I need rescuing?”

The question is:

“What helps me stay engaged with life outside my own head?”



### Reflection Prompt

Who or what currently helps me stay connected?

Where do I need to build a more reliable connection?

## Exercise 7.4 What I Am No Longer Willing To Keep Postponing

There often comes a point where delay starts to feel more tiring than action.

The same thoughts.

The same intentions.

The same “I should.”

The same waiting for a better mood or a better moment.

Sometimes progress begins less with inspiration and more with decision.

A quiet line in the sand:

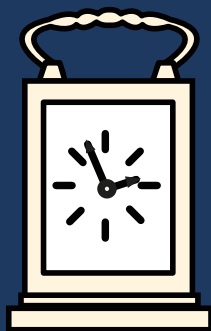
I am no longer willing to keep leaving this entirely to default.

This does not require dramatic pressure.

Just honesty.

### What has been postponed long enough?

- health?
- social contact?
- routine?
- purpose?
- trying something?
- asking for support?
- making plans?



## Workbook Exercise

Complete this sentence:

The area of my life I am least willing to keep postponing is:

Because

## Exercise 7.5 My Personal Moving Forward Plan

This final page is not about perfection.

It is about clarity.

Gather what matters most from the workbook and turn it into a simple practical plan.

What I want more of:

What I need less of:

Weekly anchors I will build:

Small risks I am taking:

People/places that help me stay connected:

One area I am no longer postponing:

Keep this plan visible.

Not as pressure.

As orientation.

As a reminder of what this stage of life needs from you now.

## Closing Reflection For Module 7

As I leave this workbook, what feels clearer, more possible, or more worth acting on than when I began?

## A FINAL WORD

There is no perfect way to do this stage of life.

No final exam to pass.

No requirement to become a completely different person.

More often, this period asks for something quieter: honesty, attention, a little more self-understanding, a little more structure, and a willingness to stop leaving everything to default.

That is slower work.

Less dramatic than reinvention.

But often far more important.

Because ordinary life is not shaped in one sweeping decision.

It is shaped in the repeated small ways we choose to spend our time, energy and attention.

This workbook was never about solving everything.

It was about noticing enough to begin moving more deliberately.

That is already meaningful progress.

