

Embracing changes and new opportunities: a key step in living with intention in your senior years

Living with intention isn't about having life perfectly planned. It's about learning to pivot, and to stay connected and hopeful, even when the path ahead changes.

As we age, change can show up more often and feel more personal: shifts in health, moving to a new home, or the world around us feeling less predictable. Living with intention isn't about predicting every twist and turn. It's about tapping into your resilience and responding in ways that honour what matters most. Here are three ways to do just that:

1. Be open to ?Plan B?

Sometimes life happens and goals or plans need revising. For example, if you plan to visit family across town but need to cancel due to bad weather, the day isn't ruined. Remember that the goal was connection. Let your family know and propose a video or phone call instead.

Plan B can also be about embracing new opportunities. Maybe you'd planned to watch a tv program but were invited to try a painting class instead. You may find painting enjoyable and even spark a new hobby.

2. Let your values be your compass

During times of change, your core values can act like a compass, helping you make decisions that feel true to who you are. For example, if you're having mobility issues and value independence, you can stay self-reliant by using tools such as a walker or cane for longer walks, or make home upgrades such as adding grab bars in the bathroom. By adjusting how you do certain tasks, you can keep living life on your own terms.

3. Focus on what you can control, give yourself grace

Even when life feels unpredictable, there are choices you can make to feel steadier. How you start your morning can set the tone for the day. Simple rituals?like enjoying tea by the window or doing a crossword?can help you feel grounded and in control. How you speak to yourself also matters. When life veers off plan, it's easy to be self-critical. Instead, shift your perspective and offer encouragement: ?It's okay if plans change. I'm making the best decisions I can in this moment.? Focusing on your values, setting goals, staying mindful, and using these tools during times of change can help you find fulfilment and purpose in this chapter of life.

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