



Come and Grow

YOUR FUTURE INTENTIONS

STARTER GUIDE

Finding *Clarity* for What Comes Next

FIVE GENTLE EXERCISES

to help you explore
new possibilities
with confidence
and intention.



Reflect
with intention



Discover
new possibilities



Take
your next step

*“Every future
begins with
one intention.”*

Welcome

Welcome to **Your Future Intentions Starter Guide**.

If you've found your way here, you may be standing at the beginning of something new.

Perhaps you're thinking about retirement, considering a career change, rebuilding after a difficult time, caring for others while wondering what's next for you, or simply feeling that life still has another chapter waiting to be written.

Whatever has brought you here, you're very welcome.

This guide isn't about having all the answers or making huge life-changing decisions overnight.

Instead, it's about taking a gentle pause, reflecting on where you are today, and beginning to look ahead with hope, curiosity and intention.

Sometimes the smallest step is all that's needed to start moving in a new direction.

What Are Future Intentions?

Many of us spend our lives reacting to what happens around us.

Future intentions invite us to do something different.

Rather than waiting for life to happen, we begin to think gently about the future we would like to create.

Future intentions aren't rigid goals or five-year plans.

They are quiet decisions about the direction we want our lives to move towards.

They begin with simple questions such as:

- What matters most to me now?
- What would I love more of in my life?
- What small step could I take this month?
- What kind of person do I want to become?

Every meaningful journey begins with a single intention.

Exercise One - Looking Back

Take a few quiet moments to reflect.

What are three moments in your life that have shaped who you are today?

What strengths have those experiences given you?

Exercise Two - Where Are You Now?

Without judging yourself, describe where you are today.

What feels good?

What feels uncertain?

What would you like to change?

Write whatever comes to mind.

Exercise Three - Looking Ahead

Imagine yourself one year from now.

Things don't need to be perfect.

You've simply taken a number of gentle steps forward.

What does your life look like?

How do you spend your days?

How do you feel?

Who are you spending time with?

What are you proud of?

Write freely without worrying whether it seems realistic.

Exercise Four - Choosing One Future Intention

Rather than making a long list of goals, choose just one intention that feels right for this season of your life.

Perhaps it's:

- To rediscover my confidence.
- To make more time for myself.
- To start a small business.
- To become healthier.
- To volunteer.
- To learn something new.
- To reconnect with old friends.
- To embrace retirement with purpose.

My Future Intention is:

Exercise Five - One Small Step

Every big journey begins with one small step.

Ask yourself:

"What is one simple thing I could do during the next seven days?"

Perhaps it's making a phone call.

Reading a book.

Going for a walk.

Booking a course.

Starting a notebook.

Having a conversation.

Whatever it is, write it here.

My next step is:

And I will aim to do it by:

Remember...

You don't have to have everything worked out.

You don't have to move quickly.

You don't need permission to begin.

Every tree starts with a tiny seed.

Every journey begins with one step.

Every future begins with one intention.

We'd Love to Stay in Touch

Future Intentions for Women is a growing community for women embracing new beginnings with hope, encouragement and practical support.

If you've enjoyed this guide, we'd love to keep in touch through our occasional newsletter, where you'll receive:

- Gentle encouragement
- Inspiration from other women
- News about new resources
- Early access to workbooks and books
- Updates on the Future Intentions journey

Coming Soon

The Power of Future Intentions

Discover how one simple idea can help you move forward with greater clarity, confidence and purpose.

This forthcoming book explores the principles behind Future Intentions in much greater depth, with stories, reflections and practical exercises to help you create your own meaningful next chapter.

We hope you'll join us on the journey.