

Your Guide to Live an Intentional Life

70 Ideas for Empty Nesters to Live Life with Purpose

This Guide is ideal for Pre-Empty Nesters who are in the final stages with their adult children at home.

You're feeling emotional, wondering what your purpose will be. You're worried about losing your role as a Mother and what you will do next.

Or anyone wanting to find intentional purpose.



As we approach the empty nest we understandably experience a mix of emotions. Some mothers cope ok and continue to get on with life, some don't.

They struggle with loss.

Loss of purpose, connection and life as they know it.

The purpose of life is to be happy.



Hi there,

I'm Jane, an Empty Nest Mentor who will help you navigate this transition.

I've made this step-by-step interactive guide to enable you to discover new purpose. So that you too, can keep your mind and body active and live this next stage of life to its fullest.



The Abundant Nest





We find purpose when we are intentional with our activities

The word INTENTIONAL is an adjective, meaning:

Deliberate, purposeful, and conscious in action, thought, or decision-making. Being intentional involves aligning one's actions, choices, and behaviours with a clear sense of purpose, values, and goals. It implies a mindful approach to life, where actions are guided by awareness and intention rather than by habit or circumstance. Being intentional fosters authenticity, personal growth, and fulfilment, allowing individuals to live more purposefully and meaningfully.



There are many benefits to living a life with intentional purpose.



- It increases your enthusiasm and positive outlook on life.
- It keeps your mind fresh and provides inspiration.
- It gives you reason to be.
- It improves your social skills.
- It can prevent fatigue and burnout.
- It gives you a break from the mundane aspects of life.



Hobby:

an activity done regularly, in one's leisure time for pleasure.

It is suggested that you find five activities that you love:

1. to keep you in shape,
2. to be creative,
3. to build knowledge,
4. to make you money,
5. to evolve your mindset.



Where to start...

Be curious, if something interested you previously, there's a good chance that you may find a hobby within that. If you find something fun, it could be a possible hobby.

If you are really struggling, be patient,
it will come.

1. Think about what makes you smile?
2. List what you enjoy talking about?
3. Look into what you generally spend your money on?
4. Invite friends over, ask them what they think you like.
5. Go for a walk, what catches your eye?
6. Go do something.
7. Play various board/card games to see what you like.
8. Visit family members and ask their advice.
9. Ask work colleagues what you are good at.
10. Have a political discussion.
11. Take a passion test. (Google it)
12. Take a class.
13. Journal your thoughts.
14. Brainstorm an A-Z list of ideas. (Attached)
15. Use the following sheets. Let's begin...



Intentional Ideas

15 activities to keep you in shape.

Place a tick or cross next to each idea, go with your gut reaction.

1. Walking



2. Tennis



3. Pilates



4. Hockey



5. Pickle Ball



6. Archery



7. Swimming



8. Strength training



9. Squash



10. Kite surfing



11. Running



12. Cycling



13. Dog walking



14. Gardening



15. Dancing



Intentional Ideas

15 creative activities.

Place a tick or cross next to each idea, go with your gut reaction.

1. Water colours
2. Sewing
3. Photography
4. Interior design
5. Drawing
6. Quilting
7. Acrylic paints
8. Writing
9. Pottery
10. Scrap booking
11. Glass blowing
12. Macramé
13. Wood turning
14. Decoupage
15. Jewellery making



Intentional Ideas

15 ideas to build knowledge.

Place a tick or cross next to each idea, go with your gut reaction.

1. Learn any instrument
2. Reading
3. Knitting
4. Gardening
5. Exercising
6. Crafting
7. Art
8. Blogging
9. Practicing Meditation
10. Learn a new language
11. Daily Journaling
12. Mindful colouring
13. Playing Board Games
14. Card Games
15. Sewing



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Intentional Ideas

15 activities to make you money.

Place a tick or cross next to each idea, go with your gut reaction.

1. Photography
2. Writing
3. Gardening
4. Cooking
5. Wood Working
6. Computer Design
7. Design
8. Fishing
9. Freelance Writing
10. Bee Keeping
11. Illustration
12. Dog Walking
13. Candle Making
14. Drop Shipping
15. Photographer



Intentional Ideas

10 activities to evolve your mindset.

Place a tick or cross next to each idea, go with your gut reaction.

1. Goal based hobbies, time your Sudoku.
2. Time management hobbies, running.
3. Exercise your brain, oppose your thinking.
4. Hobbies that flow, tai chi.
5. Social hobbies, acting.
6. Leisure hobbies, commentating.
7. Stress reducing hobbies, kayaking.
8. Passive income hobbies, affiliate marketing.
9. Depression reducing hobbies, photography.
10. Make changes in your life, take a year out.

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Ok. Now you need to write below three activities that you ticked from each section.

Activities to keep you in shape.

Activities to develop your creativity.

Activities that build your knowledge.

Activities that make you money.

Activities to improve your Mindset.



Now choose your most favourite of the three
and you can get started.

An activity to keep you in shape.

An activity to develop your creativity.

An activity to build your knowledge.

An activity to make you money.

An activity to improve your Mindset.

This is so exciting!

It's time to get intentional, it's time to take action!

What do you need to do now? Find community groups? Purchase supplies? Contact tafe/college?

Check out your local Recreation Centre?

Buy a journal?





I bring a unique perspective to my work at The Abundant Nest. I offer invaluable guidance and support to parents facing the Empty Nest phase of their lives. As a mother of three grown children who have recently left home I fully understand how this stage feels. As a pre-empty nest mentor I draw on my experiences of motherhood and over a decade of teaching to combine my expertise with my depth of knowledge and understanding of child development.

I utilise my years of nurturing young minds with my deep understanding of the joys and challenges of parenting, a supportive family and lasting relationships to create my unique signature courses and membership that will prepare your mindset for the Empty Nest.

If your child is soon leaving home and you are worried about loss of purpose, connection and what to do with your life; I can help you navigate this in The Abundant Nest. Come join me.

Love and Support



Jane

The Abundant Nest



Brainstorm your A-Z list of activities here

A

N

B

O

C

P

D

Q

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K

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Z



Would you like to know a little more about me?



I met Aaron, in the UK in 1999. Our journey brought us to Australia in 2006 when we decided we wanted more from life for our three girls. In early 2020's our adult children left home to start their own journey's.

We became Empty Nesters.

It was time to discover who we now were and wanted to be.

We had many ideas and plans, the biggest being to take a Gap Year. We became intentional and started to put plans in place to make sure this dream came reality. The purpose behind The Abundant Nest is to inspire others to also live this stage of life with intention.

Life is simply too short to not live it with passion and purpose.

Together, we can enjoy the chapter of life called empty nesting.

Love and Support



Jane

The Abundant Nest



A Place for Your Notes

I trust that this guide helped you find new purpose. You now need to get intentional. I would love for you to share your activities and stories about this exciting stage of your life. Get in touch and join our amazing Facebook community of empty nesters.

Love and Support

Jane

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