WHAT ARE YOU TRAINING FOR?

The Empowered Ageing Vision, Capability & Inner Growth Workbook

A reflective guide to build capacity for life and cultivate presence, compassion and a kinder relationship with movement.

A different starting point

Healthy ageing is not only about avoiding disease or fixing problems. It is about building and protecting the capacity to participate in a meaningful life - with as much autonomy, confidence, curiosity and joy as possible.

“Your future is something you practise — with your body, mind and heart.”

Empowered Ageing

START HERE

Vision Before Goals

Goals tell you what to achieve. Vision tells you why it matters.

Many health plans begin with instructions: exercise more, lose weight, stretch, sleep better, eat differently. These actions can be useful, but they become much more meaningful when they are connected to a life you care about.

This workbook moves through a simple sequence:

1. LIFE	What do I want my future life to contain?
2. PARTICIPATION	What do I want to keep doing, regain, or learn?
3. CAPABILITY	What physical and personal capacities support that life?
4. PRACTICE	What can I practise consistently?
5. IDENTITY	Who am I becoming through those choices?

How to use this workbook

Do not try to give the “right” answers. Write what is true for you today. Your vision can change. The purpose is not to create pressure - it is to create direction.

1. LIFE WORTH TRAINING FOR

Imagine the Life - Not Just the Health Metric

Start with participation, relationships, experiences and meaning.

Imagine an ordinary day in your life 5-10 years from now. Where are you? Who is around you? What are you able to do?

What would make you say: “I am living well”?

What do you hope still feels possible - physically, mentally, emotionally, socially or spiritually?

EA reflection

A useful vision is concrete enough to feel real, but flexible enough to evolve. It may include travelling, gardening, getting on the floor with grandchildren, living independently, learning new skills, helping others, dancing, hiking, creating, working or simply moving through daily life without fear.

2. PARTICIPATION BEFORE PERFORMANCE

What Do You Want to Keep Doing, Regain or Learn?

Your body is not a collection of test scores. It is how you participate in life.

- ☐ Walk comfortably in my community
- ☐ Get down to and up from the floor
- ☐ Travel with confidence
- ☐ Garden or do household tasks
- ☐ React safely if I lose balance
- ☐ Continue working or volunteering
- ☐ Use stairs confidently
- ☐ Carry shopping, luggage or objects
- ☐ Play with children or grandchildren
- ☐ Dance, swim, hike or practise a sport
- ☐ Learn new movement skills
- ☐ Explore new places and experiences

Which three activities matter most to you?

_____

_____

_____

Is there something you have stopped doing because of fear, pain, loss of confidence or reduced capacity?

_____

_____

_____

_____

What would it mean emotionally if you could do it again?

_____

_____

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_____

3. BUILD THE CAPACITIES

From Foundations to Autonomy to Agility

Different people need different starting points - but everyone can keep learning.

FOUNDATIONS	Build the basic ingredients: control, strength, mobility, balance, confidence and safe movement options.
AUTONOMY	Use those capacities independently in daily life: getting up, carrying, walking, reaching, navigating the floor and managing normal challenges.
AGILITY	Develop adaptability: reacting, changing direction, coordinating multiple tasks, learning skills, playing and handling more complex or unpredictable situations.

☐ Strength	☐ Power	☐ Balance
☐ Mobility	☐ Endurance	☐ Coordination
☐ Reaction	☐ Grip	☐ Floor independence
☐ Confidence	☐ Movement skill	☐ Adaptability

Which three capacities would most improve your life right now?

_____

_____

_____

_____

_____

_____

Important

These levels are not labels for people and they are not an age hierarchy. You can have strong autonomy in one area and need foundations in another. The aim is to train the level that serves you today - and keep expanding your options.

4. MOVEMENT AS PRACTICE

What Will You Practise - Not Just What Will You "Do"?

Exercise can improve fitness. Practice can also build skill, confidence and a better relationship with your body.

Which forms of movement do you genuinely enjoy, or feel curious to explore?

What movements would make daily life easier or safer for you?

What skills would you like to learn simply because they make you feel alive, capable or playful?

Think beyond the workout

Walking, strength training, balance practice, floor movement, martial arts, dance, Animal Flow, games, hiking, swimming, cycling, mobility work and sport can all have a place. Variety is useful when it is purposeful - and learning itself can be part of healthy ageing.

One movement practice I could realistically repeat this week is:

5. WHOLE-PERSON FOUNDATIONS

Support the Body You Want to Live In

Movement matters, but it does not live in isolation.

NOURISHMENT

What way of eating helps you feel energised, satisfied and well?

My next useful step:

_____

_____

SLEEP & RECOVERY

What supports better sleep, recovery and sustainable energy?

My next useful step:

_____

STRESS & EMOTIONS

What helps you regulate stress instead of being ruled by it?

My next useful step:

_____

SELF-CARE

What appointments, treatments or health decisions have you been postponing?

My next useful step:

_____

_____

_____

EA principle

Health is not one perfect behaviour. It is a system of small choices that support each other. The aim is not perfection - it is enough consistency to keep moving in the direction that matters.

6. PURPOSE, PEOPLE AND CONTRIBUTION

Who and What Makes Your Health Worth Protecting?

Healthy ageing is also relational, emotional and meaningful.

Who do you want to stay present and capable for?

What gives you a sense of meaning, contribution or belonging?

Where do curiosity, spirituality, creativity, service or community fit into your future?

What relationship or community connection would you like to strengthen?

A broader view of health

A strong body with no reason to use it is not the whole picture. Your health supports your ability to love, contribute, explore, connect and participate.

INNER PRACTICE • MOVEMENT AND PERSONAL GROWTH

Who Are You Becoming as You Move?

Movement can be a laboratory for presence, self-love, patience, empathy and respect. These qualities grow through conscious practice, not automatically through exercise.

REFLECT • What meaning has exercise had for you until now?

Duty, punishment, comparison, performance, play, exploration, joy, self-care — or something else? Which meanings would you like to keep or change?

_____

_____

_____

_____

REFLECT • What inner qualities would you like to practise through movement?

Consider compassion, self-love, empathy, self-respect, patience, acceptance, presence, gratitude, curiosity and enjoyment. Choose two or three.

_____

_____

_____

_____

REFLECT • How do you speak to yourself when a movement feels difficult?

What would a kinder, equally constructive inner voice sound like?

_____

_____

_____

_____

PRACTISE • One mindful movement session

Before: pause for a breath and choose an intention (for example, patience). During: notice sensations, effort and self-talk without judging. After: ask what you learned about your body and yourself. Adjust movement to your abilities and safety needs.

My intention for my next session:

_____

What I noticed afterwards:

_____

REMEMBER

You can work towards improvement without withholding appreciation from yourself today. Rest, modification and asking for help can be expressions of self-respect.

7. IDENTITY AND ENVIRONMENT

Become the Person Who Practises

Lasting change becomes easier when your routines and surroundings support the person you want to be.

Complete the sentence: "I want to become someone who..."

_____

_____

What usually gets in the way - time, fear, discomfort, old beliefs, environment, lack of support, all-or-nothing thinking?

_____

_____

What could make the healthy choice easier in your real life?

_____

☐ Schedule it

☐ Ask someone to join me

☐ Get coaching or guidance

☐ Create a home routine

☐ Prepare equipment/clothes

☐ Reduce the first step

☐ Track practice, not perfection

☐ Join a supportive group

_____

_____

_____

Identity over intensity

You do not need to prove anything with one heroic week. Repeatedly showing up - even imperfectly - is how a new identity is built.

8. PREPARE FOR REAL LIFE

A Good Plan Includes Difficult Weeks

Progress is rarely linear. Injury, illness, travel, stress and low motivation are part of life.

When life becomes difficult, what is the smallest version of your practice that you could still maintain?

If pain, illness or injury changes what you can do, what can you adapt instead of stopping everything?

Who can help you adjust safely and return progressively?

Return - do not restart

A setback does not erase previous learning. The goal is to keep a relationship with movement and self-care, adapt the dose, and rebuild from where you are now.

My “minimum practice” for difficult weeks:

9. TURN VISION INTO DIRECTION

Your Next 90 Days

Choose a direction that is meaningful, measurable enough to notice, and realistic enough to practise.

One life outcome I want to support over the next 90 days:

_____

_____

The 2-3 capacities that matter most for that outcome:

_____

_____

_____

My weekly movement/practice commitments:

_____

_____

One small daily action that supports my health:

_____

The support, coaching or accountability I need:

_____

_____

How I will notice progress beyond weight or appearance:

_____

_____

Examples of meaningful progress

More confidence on stairs. Faster recovery from the floor. Carrying bags more easily. Less fear of uneven ground. Better energy. Learning a new movement. Returning to an activity. Showing up more consistently. Feeling more capable in your own body.

10. COMMITMENT

A Message to Your Future Self

Direction becomes powerful when it becomes personal.

I am training for...

_____

_____

_____

The most important reason I want to protect and build my health is...

_____

_____

_____

The future version of me will thank me for...

_____

_____

_____

When I lose motivation, I want to remember...

_____

_____

_____

My first small action is...

_____

_____

Name: _____ Date: _____

Keep revisiting your vision

Your needs, priorities and capacities will change. Revisit this workbook every few months. Healthy ageing is not a destination - it is an ongoing practice of adapting, learning and continuing to participate in life.

"Queres viver melhor? O caminho começa aqui."

Your future is something you practise.