

SLF

Mindset  
Transformation  
Coach

A PRIVATE 15-MINUTE RESET

# Reset & Reconnect

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*Techniques to help you start reshaping your life*

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# Is this where you feel you are?

*Life may look fine on the outside. You're capable. You've built a life. You've handled a lot. But something just doesn't feel quite right anymore – there is a strong sense of lack of fulfilment or loss of direction and overwhelm.*

You may be navigating a stage of life that's shifting in ways you didn't fully expect.

- Juggling rapidly growing children with ever-changing needs and a career – life often feels overwhelming
- Your children are leaving home, and things feel quieter... or emptier than you imagined
- A relationship may have changed or ended, leaving you feeling unsettled or unsure of who you are now
- A career that you once enjoyed no longer feels fulfilling, even though from the outside it looks successful
- You feel you no longer have a purpose but want the next years to matter

*Or perhaps there's a feeling underneath it all...*

- A sense that you've spent years looking after everyone else, and now you're not quite sure where you fit

Do you find yourself wondering:

- What do I actually want now?
- What will the next chapter of my life look like?
- How can these next years really mean something... and not just drift by?

And alongside that, there's often: Overthinking · Anxiety · A sense of being stuck or disconnected from yourself

*If any of the above sounds familiar, you're not alone. And more importantly, it can change – this isn't how it has to be.*

## WHERE THE WORK BEGINS

# This is where I work

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Most people try to solve these feelings by overthinking and analysing – 'trying to figure it out', or by trying to ignore it all. But this is exactly what keeps you stuck

This puts you constantly in your head, and when you are there you become disconnected from yourself and cannot solve anything.

So try this reset instead.

Give yourself the time and space to complete this. There is no rush. The answers to the questions may come slowly over a period of time. They are here to encourage you to start becoming more curious about yourself, your wants and your emotions.

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## YOUR RESET - FIVE STEPS

- Step 1 – Ground your body (visualisation & audio)
- Step 2 – Clear your mind – Awareness
- Step 3 – Reconnect with yourself
- Step 4 – Small action steps
- Step 5 – Check into your breath (breathwork)

## STEP 1

# Ground your body

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Allow yourself 10 minutes for this step. Find a quiet, comfortable place where you won't be disturbed.



### Guided grounding audio

A body-scan meditation to bring you back into the present moment and settle your nervous system before you begin.

● [DOWNLOAD / LISTEN HERE](#)

Starting with the body — rather than the mind — is key. When you are grounded in your body, you naturally quieten the mental noise. This is what creates the space for the reflection that follows.

*Take your time.*

*Breathe.*

*Allow yourself to have this brief bit of time undisturbed.*

## STEP 2

# Clear your mind

Take a piece of paper or journal and give yourself the time and space to answer these questions honestly.

### AWARENESS

#### Question 01

What is making me worried right now?



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#### Question 02

What am I putting off?



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#### Question 03

What thoughts keep looping?



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#### Question 04

What have I been avoiding?



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The goal in this exercise is to allow yourself to sort out your thoughts – it's to stop carrying it all in your head. Only if you become aware of your patterns can you change them.

### STEP 3

# Reconnect with yourself

These questions help you connect into yourself and bring some clarity as to your wants, your needs, what is right for you. Be open and non judgemental of yourself whilst doing this exercise - there is no right or wrong answer, just allow honesty.

#### Question 01

What are my values?



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#### Question 02

What makes me happy?



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#### Question 03

What do I want to bring into my life right now – what are my goals?



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#### Question 04

What would I like my life to look like in 5 years' time?



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## STEP 4

# Small action steps

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Finally, ask yourself:

- What is one habit I want to change, and one small step towards starting to change it?
- How can I incorporate this into my life?
- Now its time to commit to taking this small step!

One step is recommended below - repeating a mantra to change your self belief. Improving ourself and our life starts with learning self love.

### AFFIRMATION

*'I love and accept myself fully.'*

This is an extremely powerful mantra — one used with every client. The more uncomfortable you feel saying it, the more you need it!

Pair it with something you do every day — brushing your teeth, making coffee — and by the process of association it will quickly become a habit.

*You cannot fix your life in one go. It's all about the small steps. Choose one simple, doable action — and do it.*

Just choose one small positive habit to bring into your life and stay with that for a while. One small action, something simple and doable - and do it!

## STEP 5

# Check into your *breath*

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Ask yourself how you are breathing when you experience different emotions. Our breathing patterns are a direct reflection of our inner state. The quickest way to calm ourselves is via the breath.

*When you notice anxiety, anger or frustration – pause, and become curious about your breath. Ask yourself ‘How am i breathing?’*

Try this breathwork exercise when you feel anxious, overwhelmed, angry, stressed or frustrated. It will immediately help you to settle yourself down and release some of the strong emotions you are experiencing, leaving you more calm, focused and with clarity.

- 1 Breathe in slowly and deeply through your nose to the count of 6
- 2 Hold for 4 seconds
- 3 Exhale fully with a long, slow breath out through your mouth to the count of 8
- 4 Repeat 5 times. A great way to reset your nervous system and return to calm.



## STEP 5

# This is the work I do with my *clients*

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This is a small glimpse. Together, we focus on:

- Understanding how your energy shapes your life and how to use it to your advantage
- Moving out of overwhelm and into calm, structure and clarity
- Reducing anxiety and quieting overthinking
- Reconnecting with yourself and what you truly want
- Living more in the present, so life feels fuller and more meaningful
- Developing positive habits that enhance your life
- Integrating simple meditation and breathwork practices into everyday life

This is a fully supported, consistent approach designed to help you move beyond feeling stuck and create real, lasting change — not just in how you think, but in how you live.

*I work privately with a small number of women at any one time, ensuring a high level of support, focus and discretion. Midlife isn't a decline — it can be one of the most powerful and liberating stages of your life.*

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