

A dark green background featuring a silhouette of a person standing on a rocky cliff with their arms raised in a gesture of triumph or freedom. Stylized, light green grass blades are visible in the corners.

The MIDLIFE AWAKENING

STARTER KIT

Stop Living by Default.
Start Living by Design.



A COMPANION WORKBOOK
DESIGNED TO HELP YOU MOVE
FROM SURVIVING TO INTENTIONALLY
CREATING A LIFE THAT FEELS AS
GOOD AS IT LOOKS.

SheHandlesIt.com

Welcome

If you're reading this...

Something in today's presentation resonated.

Maybe you realized you've been carrying too much.

Maybe you've spent years saying yes when you wanted to say no.

Maybe you've built a successful life... but it doesn't feel like yours anymore.

You're not broken. You're not behind. You're simply awake.

This Starter Kit is designed to help you take your first intentional step towards living by design.



Don't try to finish it in one sitting.

Return to it often.

Because clarity isn't something you find once.

ITS SOMETHING YOU PRACTICE.

THE MIDLIFE AWAKENING FRAMEWORK



**Wake up to what's
no longer serving you.**



**Reconnect with what
actually matters.**



**Create your next
chapter intentionally.**

One courageous decision at a time

REFLECTION

AM I LIVING BY DEFAULT?



When was the last time I asked myself what I truly want?



When am I operating on autopilot?



What part of my life feels the heaviest?



What have I outgrown?



What am I afraid will happen if I finally choose myself?

STEP 1: AUDIT THE LOAD

**IF IT LIVES IN YOUR HEAD...
IT GOES ON THE PAPER.**

**Write everything you are responsible for
BIG or SMALL, VISIBLE or INVISIBLE.**

**NOW...
TAKE A
LOOK**

- What feels heavy?
- What drains your energy?
- What feels misaligned with who you are today?
- What are you doing out of habit... not intention?
- Where are you saying YES out of guilt or obligation?



"A lot of what's on this page...

Makes sense for a version of you that no longer exists."

ENERGY & ALIGNMENT AUDIT

Notice what fills you up, what needs more space, what must be managed, and what you're ready to release.

ENERGIZES ME + I'M DOING IT

This aligns with who I am and what matters to me. It gives me energy, and it already has a meaningful place in my life.

ENERGIZES ME + I NEED MORE OF IT

This fills me up and aligns with who I am, I'm not making enough time for it.



DRAINS ME + IT STILL NEEDS TO BE DONE

This takes energy from me, but it is currently necessary. I may need to simplify it, delegate part of it, or create better support around it.

DRAINS ME + NO LONGER SERVES ME

This takes energy from me, and I'm no longer sure why I'm carrying it.

CIRCLE THE FRICTION

**Look at your audit. Be honest with yourself.
Clarity comes from courage.**



Which five items are creating the most friction in your life today?



Which ones drains the most energy?



Which one are you holding onto out of guilt?



Which one no longer belongs to the person you're becoming?



Which one could you release in the next 30 days?

THE BOUNDARY RESET

Complete these sentences.

I no longer have to...

I am giving myself permission to...

The next time someone asks me to... I will say...



Boundaries aren't about pushing people away. They're about making space for what matters most.

DESIGN YOUR NEXT CHAPTER

One year from now...



I want to wake up feeling...



I want more...



I want to protect...



I want people to describe me as...



The person I'm becoming is..

ONE BOLD MOVE

What's ONE decision you'll make
in the next seven days?

☐ **Have the conversation**

☐ **Say no**

☐ **Ask for help**

☐ **Delegate**

☐ **Rest**

☐ **Apply**

☐ **Quit**

☐ **Start**

☐ **Something else** _____



My commitment is...

DAILY ALIGNMENT CHECK

Each evening, ask yourself:



Did I spend my time on what matters most?



Did I honor my boundaries?



Did I make one intentional decision?



What gave me energy today?



What will I do differently tomorrow?

“

Your Midlife Awakening
doesn't happen because you
filled out a workbook, It
happens because you begin
making different decisions.

small ones

daily ones

intentional ones

Remember...

Just because you can...
doesn't mean you have to
- CJ Stasik



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