Midlife Pause Worksheet

IK-INSIGHTS

A short reflection for your next season

Midlife can ask a lot of women. Hormones. Energy changes. Brain fog. Work. Family. Teenagers. Ageing parents. Relationships. Decisions. The mental load.

Sometimes it is not that anything is "wrong". It is that the way you have been living no longer quite fits.

The audio and worksheet are a simple pause, not to fix yourself, not to add more to your list. Just to notice what you are carrying, what you may need to release, and what you want more of in this next season.

Take 10 quiet minutes. Make a cup of tea. Step outside if you can. Let your answers be honest, not perfect.

1. **What am I carrying?**

What feels heavy at the moment? This might be practical, emotional, physical or invisible. I am carrying...

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Tick any that feel familiar:

☐ Tiredness or low energy	☐ Feeling less confident
☐ Brain fog	☐ Irritability or emotional ups and downs
☐ Poor sleep	☐ Caring for everyone else
☐ Low mood or anxiety	☐ Feeling disconnected from myself
☐ Feeling overwhelmed	☐ Wondering what comes next
☐ Carrying the mental load	☐ Other:

2. **What am I ready to gently let go of?**

Autumn reminds us that letting go is not failure. It is part of creating space for what is needed next.

What are you holding onto that may no longer be serving you? This could be a pressure, expectation, habit, role, responsibility, or belief.

I may be ready to let go of...

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A sentence I no longer want to live by is:

"I have to _____"

A new sentence I would like to try is:

"I am allowed to _____"

3. **What do I need more of in this next season?**

What would support you now? Circle or tick any words that resonate:

◻ Rest	◻ Nourishment
◻ Space	◻ Purpose
◻ Energy	◻ Time for myself
◻ Confidence	◻ Better sleep
◻ Joy	◻ Movement
◻ Support	◻ Fun
◻ Clarity	◻ Courage
◻ Boundaries	◻ Simplicity
◻ Calm	◻ Self-trust
◻ Connection	◻ Something else:

The thing I most need more of is:

.....

Because:

.....

4. **What is one small choice I can make?**

Change does not always start with a dramatic decision. Sometimes it starts with one small, honest choice.

One thing I could do this week to support myself is: .....

This will help me feel: .....

I will do this on Day: .....

5. My reminder

Complete this sentence: In this next season of life, I want to remember.....
.....

Pause. Reflect. Realign. Midlife is a recalibration point. A chance to reconnect with what matters now, support your body differently, and begin making choices that feel more aligned with the woman you are becoming.
If this reflection resonated with you, we would love to welcome you to:

The Midlife Reset - 10th February

A one-day body and mind retreat for women in midlife who are carrying a lot - and ready to feel more like themselves again.

Scan the QR code to find out more or book your place.

Monthly reflections for leaders navigating growth, change and transition
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