

MID-LIFE REFLECTION

Spend time to reflect on what is changing, honoring what has been, and making space for what comes next. How can you adapt and welcome the change, rather than endure it?

M MENOPAUSE & BODY:

- When did you first notice that you didn't feel like yourself?
- What is changing physically?
- What changes in sleep, energy, mood, or your body have you noticed?

I INTERNAL EXPERIENCE:

- What changed emotionally?
- How is my mental health different from before, specifically with anger, anxiety, depression or emotional regulation?
- What am I noticing that I haven't given myself time to name?

D DAILY LIFE & FUNCTIONING:

- How is my daily functioning different?
- What feels harder than it used to?
- What support would make life feel more sustainable?

L LOSS & LIFE TRANSITIONS

- What losses and changes are you grieving?
- What endings - big or small - are you experiencing?
- What have you outgrown? What have you postponed?

I IDENTITY

- What parts of your identity no longer fit?
- What parts still fit? What other parts of yourself is emerging?
- How has your self worth changed?



F FAMILY, RELATIONSHIPS, CAREER

- How are your primary relationships changing?
- What type of caretaking are you doing for yourself and others?
- What would you if you organized your life less around others needs?

E EMERGING SELF & FUTURE

- What brings you purpose and meaning in this chapter of your life?
- What legacy do you want to leave?
- What areas do you want to grow and learn in?

ALCHEMY

Honor the change, purification, perfection and evolution happening within you and for you. This isn't a season when something needs to be "fixed" but rather an invitation to transform.

RELEASE

- What expectations of yourself are you ready to let go of?
- Whose needs have been taking up more space than your own?
- What am I ready to stop carrying?

CREATE

- What have you discovered about yourself through this transition?
- What do you want to make room for now?
- What would it mean to intentionally create the next chapter?

What is one word, intention, or phrase for the woman I am becoming?



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