

The Midlife Reinvention Roadmap

*Rediscover who you are and who
you're becoming.*

MENOPAUSE
BETTER

Introduction

Midlife isn't a crisis — it's a powerful crossroads.

This is your space to pause, reflect and reconnect. Let go of what no longer serves you and take one intentional step toward the woman you're becoming.

Use this map as a gentle guide.

There are no wrong answers — only honest ones.

"This is not about changing who you are. It's about coming home to yourself."

– Charlie Baker

MENOPAUSE
BETTER

The Past – What’s Shaped Me

Reflect:

- The roles I’ve played (mother, partner, leader, carer, etc.):

- → _____

- Lessons I’ve learned through challenge:

- → _____

- Strengths I’ve gained that I still carry:

- → _____

- What I’m ready to let go of:

- → _____

The Present – Who I Am Now

Get real with yourself:

- My top 5 core values:

- → _____,

- → _____,

- → _____

- What currently lights me up:

- → _____

- What drains me that I want to release:

- → _____

- Areas I've been neglecting (health, creativity, joy, intimacy, etc.):

- → _____

- My relationship with myself today (1–10):

- → _____ Why?

The Future – What I’m Creating

Lean into what’s next:

- A new version of success looks like:

- → _____

- How I want to feel in this next chapter:

- → _____

- One bold desire I’m ready to claim:

- → _____

- Three words that define who I’m becoming:

- → _____, _____, _____

- My next small, soulful step:

- → _____

Permission Page

“I give myself permission to evolve. To choose differently. To return to myself.”

Signature: _____

Date: _____