

Magnificent
Midlife
Audit

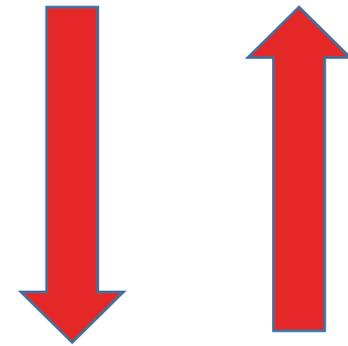
Part 1
What we'll be looking at

Taking a look at where you are now

- Getting the basics good
- Establishing a baseline
- Deciding on priorities
- Working out what to focus on first

The areas we're going to look at

- Financial security
- Career/work
- Caring & other commitments
- Health & well-being
- Relationships
- Style
- Fulfilment, purpose & legacy



Priorities – top down or bottom up?

The 5 steps to a magnificent midlife



QUESTIONING

Wondering what's next in your life

You're a woman over 40, maybe juggling responsibilities (kids, parents, work etc.) perhaps struggling with menopause, feeling a bit overwhelmed, invisible & nervous of what the future holds, but aspiring to give & get more from life. You're looking for a confidence boost to enable you to live YOUR courageous, purposeful, vibrant life & you'd like a community to inspire & support you.

Commit to doing the work to make change happen in your life.



GETTING CLARITY

Evaluating possibilities, establishing growth baseline

You're clarifying your needs, priorities & commitments, re-evaluating your personal midlife narrative & discovering your unique strengths. You realize your thoughts/habits/inner voice may still be holding you back, but you're working on building confidence & see an exciting future ahead.

Establish what your ideal midlife & beyond looks like & what you can do to get closer to it.



EXPLORING

Developing your life plan & tool kit personal to you

You're rediscovering yourself, trying new things & making new connections. You're growing in confidence, dealing with fears & negative thinking, building your life support toolkit & have pride in your unique contribution. You're proactive about life design & are working to build habits that will help you thrive long term.

Try three new activities & decide what needs to be in your midlife toolkit.



TRANSFORMING

Experiencing a shift in your life path

You're building a solid platform for the life you want. You're seeing changes in your relationships, fitness and overall sense of security and fulfillment. You're confident in your life purpose and evolving life plan. You're developing greater resilience to life's knocks & making peace with issues that may have held you back in the past.

Review progress so far & decide what still needs to change for maximum impact.



MAGNIFICENCE

Inspired growth, maintaining your life toolkit (& refreshing when you need to)

You don't let age define you as you continue to grow. You're inspired, fulfilled & empowered to deal with life's challenges & opportunities. You know the importance of maintaining & topping up your life support toolkit. Your vibrancy touches & inspires others to feel confident in midlife & beyond, with your trusted community having your back!

Maintain your own life support tool kit & inspire other midlife women to flourish!

Your midlife toolkit

- What's already in your midlife toolkit?
- Does your existing toolkit serve you now and into the future?
- What do you think you could add to it?

Where are you on the 5 steps?

- Confused, hesitant and perhaps a bit fearful?
- Taking first steps to getting clear on what you want?
- Trying new things and building your midlife toolkit?
- Seeing real change from what you're putting in place?
- Confident, courageous, inspired and fulfilled?

You may be at one stage in one area of your life and in a different one for others

Part 2 - The Audit

Remember!

- Keep an open mind
- Potentially anything is possible
- It's NEVER too late!
- Self belief is crucial
- And no self-judging!
- It's your life

We're aiming for midlife and beyond as **MAGNIFICENT** as possible!

Financial security

How comfortable are you with this area of your life on a scale of 1-10: 1 not at all comfortable, 5 just OK, 10 extremely comfortable

1 2 3 4 5 6 7 8 9 10

- How well do you know your financial situation?
- Do you have a handle on your debt?
- Do you have a pension/savings?
- Do you know if your pension will cover your needs in retirement/later life?
- Are you saving now for your future?
- Do you have an emergency fund?

Career/work

How comfortable are you with this area of your life on a scale of 1-10: 1 not at all comfortable, 5 just OK, 10 extremely comfortable

1 2 3 4 5 6 7 8 9 10

- Do you live to work or work to live?
- Do you have feeling you should be doing something else/more?
- Do you have a dream job?
- Can you work out whether it's financially feasible to follow you dream?
- Could the dream initially be a side hustle?

Caring & other commitments

How comfortable are you with this area of your life on a scale of 1-10: 1 not at all comfortable, 5 just OK, 10 extremely comfortable

1 2 3 4 5 6 7 8 9 10

- What caring commitment do you have?
Children/parents/other?
- Are you still able to prioritise yourself?
- Is an impending empty nest causing concern?
- Do you need/can you access help with your caring commitments?
- If no kids are you wondering what your midlife & beyond role is?

Health & well-being

How comfortable are you with this area of your life on a scale of 1-10: 1 not at all comfortable, 5 just OK, 10 extremely comfortable

1 2 3 4 5 6 7 8 9 10

- Are you generally in good health?
- Can you improve your general health?
- Do you have a good level of fitness?
- Do you prioritise movement and getting enough exercise?
- Do you maintain a good diet that works for the stage of life you are at now?
- Are your hormones sufficiently balanced or is menopause a problem?

Relationships

How comfortable are you with this area of your life on a scale of 1-10: 1 not at all comfortable, 5 just OK, 10 extremely comfortable

1 2 3 4 5 6 7 8 9 10

- How good are your key relationships?
- Does your primary relationship bring you joy?
- Would you like a new primary relationship?
- What can you do to improve/maintain the quality of your relationships?
- Do your long-term friendships still serve you?

Style

How comfortable are you with this area of your life on a scale of 1-10: 1 not at all comfortable, 5 just OK, 10 extremely comfortable

1 2 3 4 5 6 7 8 9 10

- Are you comfortable with your clothes, hair and general sense of style?
- Have they changed over time or are you stuck in a rut?
- Does your style reflect who you are now or who you want to be?
- Have you succumbed to ageist stereotypes in terms of how you should look/dress now?
- What changes might you make to update your look?

Fulfilment, purpose & legacy

How comfortable are you with this area of your life on a scale of 1-10: 1 not at all comfortable, 5 just OK, 10 extremely comfortable

1 2 3 4 5 6 7 8 9 10

- Is there something you've always wanted to do but now fear it's too late?
- What's your wildest dream?
- Do you feel fulfilled and that life has a purpose?
- How might you bring more of a sense of purpose into your life?
- Have you considered what your obituary might say and are you happy with that?

Deciding on priorities and next steps

- Top down, bottom up or any old order?
- What's most important to you?
- Take your scores and transfer them to the snapshot sheet
- Where are the biggest gaps? How important are those?
- What have you learnt from this process?
- Share your findings in the Facebook group and the next live workshop!
- What can you add to your midlife toolkit?

Let's do it together!

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