

Midlife *Magic*

A Companion for Women in Transition

This workbook is designed for women navigating the beautiful, complex terrain of midlife — whether you're moving through divorce, career change, empty nest, or simply asking deeper questions about meaning, identity, and what comes next. Work through it at your own pace. There are no right answers, only true ones.

For personal reflection. Best used alongside therapy, coaching, or a trusted community.



1

SECTION ONE

Wheel of Life

On a scale of 1–10, fill in your level of fulfillment for each area of your life. Start from the centre (1) and shade outward to where you truly are right now — not where you think you should be.



After filling in the wheel, write a few sentences on each of the 8 areas below.

Finance

Friends

Health

Love

Family

Hobbies

Career

Growth

2

SECTION TWO

Find Your True North

A True North exercise helps you identify your core values, guiding principles, and life purpose. It is a reflective process designed to connect you with your authentic self — the direction that feels genuinely aligned with who you are.

GROUNDING PRACTICE

Before you begin, sit comfortably. Close your eyes. Take a few deep breaths. Imagine holding a compass in your hands, slowly turning until it points to your True North.

REFLECTION QUESTIONS

- 1 Who are the people in your life who inspire you? What values do they embody, and how do they make you feel?

- 2 What moments in your life have felt the most meaningful or fulfilling? What were you doing, and who were you with?

- 3 When have you felt most connected to yourself — fully aligned with your beliefs and actions?

- 4 What impact do you want to have on others?

Your Core Values

Circle or write your top 5 from this list — or add your own.

Health & Well-being

Creativity

Freedom

Family

Learning & Growth

Financial Security

Spirituality

Adventure & Travel

Connection & Community

Leadership

Integrity

Resilience

Playfulness & Joy

Honesty

Justice

Compassion

My top 5 core values:

YOUR TRUE NORTH STATEMENT

"My True North is to live with [value 1], [value 2], and [value 3], guiding my actions toward creating a life of [impact]."

TRUE NORTH ACTIONS THIS WEEK

Write 1–3 actions you can take this week to live closer to your True North.

3

SECTION THREE

The Midlife Map

Midlife often brings a shift in perspective — a time when we take stock of who we've become and where we want to go next. By mapping out your life's significant moments, you can identify patterns, recognise emotional weights you may still be carrying, and clarify what you need to release to make space for your future self.

HOW TO USE THIS MAP

For each chapter, note the most significant events — achievements, transitions, losses, and defining moments. Then reflect on what those experiences taught you and what you may still carry.

● YEARS 0–12

● YEARS 12–18

● YEARS 18–30

● YEARS 30–40

MIDLIFE MAP REFLECTION

1 What have been the most defining moments of your life? What lessons have they taught you?

2 What emotions or experiences are you still holding onto that no longer serve you?

3 What do you need to release to make room for the next chapter of your life?

4 What parts of yourself have you outgrown — and what parts do you want to reclaim?

WHAT I NEED TO LET GO OF

Reflect on the beliefs, stories, or habits that no longer serve your highest good. Old stories about your worth, resentments, fear of failure, the need to control, unrealistic expectations you've placed on yourself.

EMBRACING MY FUTURE SELF

Write a statement that represents the next chapter of your life. Example: "I am stepping into this next chapter with clarity, self-compassion, and a willingness to embrace joy."

Instead of focusing only on what you still want, look back and honour everything you've already accomplished. How did these achievements shape who you are?

7

SECTION SEVEN

Money Mindset

Each of these fill-in-the-blank prompts is designed to promote deeper self-awareness and emotional processing around your money mindset. Complete them quickly — your first instinct is the most revealing. Notice where you feel constriction. That is where the work is.

1. People with money are...

2. Money makes people...

3. I'd have more money if...

4. My dad thought money was...

5. My mom always thought money would...

6. In my family, money caused...

7. Money equals...

8. If I had money, I'd...

9. If I could afford it, I'd...

10. If I had some money, I'd...

11. I'm afraid that if I had money I would...

12. Money is...

13. Money causes...

14. Having money is not...

15. In order to have more money, I'd need to...

16. When I have money, I usually...

17. I think money...

18. People think money...

19. Being broke tells me...

20. If I weren't so cautious I'd...

DEEPER MONEY REFLECTION

1

How do I typically feel when I spend money? Guilty, excited, anxious?

2

Do I save money consistently? Why or why not?

3

What emotions come up when I check my bank account?

4

How can I reframe my relationship with money to support my transformation?



SECTION EIGHT

Exploration & Excavation

These prompts are designed to surface what lives beneath the surface — the emotional patterns, fears, and longings that quietly shape your life. Answer quickly and honestly. Your first instinct is the most revealing.

The biggest lack in my life is...

Consider: How does this lack make me feel daily? What small actions could start filling this gap?

The greatest joy in my life is...

Consider: How often do I allow myself this joy? How could I bring more of it into my daily routine?

My largest time commitment is... and it makes me feel...

Consider: Is this commitment contributing positively, or does it drain me? How does it reflect my priorities?

As I play more, I work...

Consider: Do I feel guilty about playing? What kind of play would improve my creativity or productivity?

I feel guilty that I am...

Consider: Does this guilt stem from my own standards or others' expectations? Is it constructive or does it hold me back?

I worry that...

Consider: What is the actual probability of this worry coming true? What is within my control to address?

If my dreams come true, my family will...

Consider: How do I want my dreams to benefit the people I love? How can I balance personal ambitions with family needs?

I sabotage myself so people will...

Consider: What am I afraid of if I fully succeed? How can I begin to break this cycle?

One reason I get sad sometimes is...

Consider: What can I learn from this sadness? How can I use it to guide me toward self-care or change?

If I let myself feel it, I'm angry that I...

Consider: What deeper need or value is being threatened? How can I safely express this anger and use it for growth?

9

SECTION NINE

Your Midlife Portrait

You have done something most people never do: you have stopped, looked honestly at your life, and asked the questions that matter. The Wheel showed you where you are. The Map showed you where you have been. The True North work showed you what guides you. The rest revealed what you carry, what you long for, and what you are ready to release.

This final section is not another exercise. It is an invitation to gather the threads — to see yourself whole.

THREAD ONE — WHERE YOU ARE

Look back at your Wheel of Life. The areas sitting lowest are not failures — they are invitations. They are the places where your energy has been borrowed by obligation, fear, or simply the pace of life. The gap between where you scored yourself and where you wish you were is not a wound. It is a doorway.

The one area of my Wheel I am most ready to tend to is:

The single smallest action that would move the needle there is:

THREAD TWO — WHAT YOU ARE MADE OF

Your Midlife Map holds decades of evidence about who you are. The moves you made under pressure. The relationships that shaped you. The versions of yourself you have quietly outgrown. You are not starting over — you are starting from everything you have already learned. That is a very different thing.

The strength I have earned through difficulty that I want to carry forward is:

The version of me I am ready to let go of for good is:

THREAD THREE — WHAT GUIDES YOU

Your True North is not a destination — it is a compass bearing. Every decision you made in this workbook that felt right did so because it pointed in that direction. Every decision that felt hollow did so because it pointed away. You now have the language for the difference. Use it.

My True North, in one sentence:

One way I have already been living my True North without realising it:

THREAD FOUR — WHAT LIGHTS YOU UP

Your passions and dreams are not frivolous. They are data — pointing to who you actually are when you stop performing the life that was expected of you. The items on your bucket list, the joys you named, the things you said you would do if you could afford them: these are not rewards for when the real work is done. They are the real work.

The passion or dream I have been postponing the longest — and why I am now ready for it:

One thing I can do this month to claim more of what lights me up:

THREAD FIVE — WHAT YOU ARE RELEASING

The money beliefs, the guilt, the worry, the anger you have been sitting with — these were never character flaws. They were survival strategies dressed up as personality. You have now named them. Naming something is the first act of freedom from it. You do not need to have it all resolved to move forward. You just need to be willing to keep looking.

The belief or story I am most ready to stop telling myself is:

What I am making room for by releasing it:

Midlife is not a crisis. It is a reckoning — and reckonings, when you are brave enough to sit with them, are the beginning of the truest chapters.

You have spent time here asking the questions that most people spend a lifetime avoiding. That takes a particular kind of courage — not the loud, dramatic kind, but the quiet, steady kind that shows up on an ordinary Tuesday and says: I want to understand myself better. I want my one life to feel like mine.

What you have uncovered in these pages is not a to-do list. It is a map of your interior — your values, your wounds, your longings, your unfinished business, and your enormous, undiminished capacity for joy. None of it needs to be fixed all at once. You are not a project.

Come back to this workbook often. The answers you wrote today will change as you change. That is not inconsistency — that is growth. The most important thing is that you keep asking the questions.

*You are not too late.
You are not too much.
You are exactly at the beginning of something.*

MY THREE COMMITMENTS TO MYSELF

Based on everything this workbook has surfaced, write three honest commitments — not goals, not resolutions. Commitments. Things you are promising your future self right now.

I commit to:

I commit to:

I commit to:

Signature

Date

Midlife Magic — Women's Coaching Workbook

This workbook is for personal reflection and may be used alongside therapy or coaching.

It is not a substitute for professional mental health support.