

*Kickstart Your*  
**Midlife Reinvention**



WORKBOOK

# *What you need to know about midlife reinvention*

WHAT DO YOU ULTIMATELY WANT TO DO WITH THE REST OF YOUR LIFE?

DOES IT ALIGN WITH THE SKILLS AND/OR EXPERIENCES YOU HAVE NOW?

IF NOT, WHAT ARE YOU WILLING TO DO TO LEARN AND GROW?

HOW WILL YOU USE YOUR NEW SKILLS TO DO SOMETHING NEW?

# *How to change your midlife mindset*

USE THE 'SO I CAN' EXERCISE TO GET TO THE HEART OF WHY YOU WANT TO TURN THINGS AROUND. BE BRUTALLY HONEST WITH YOURSELF WHILE YOU WALK THROUGH THE SERIES OF STATEMENTS.

**I REALLY WANT TO \_\_\_\_\_, SO I CAN ...**

1.

2.

3.

4.

5.

6.

7.

8.

# *Start small and finish big*

YOU CAN ACTUALLY SET YOURSELF UP TO WIN BY DEVELOPING SMALL HABITS DESIGNED TO HELP YOU REACH YOUR ULTIMATE GOAL. BASICALLY, YOU CAN START SMALL SO YOU CAN FINISH BIG. USE THIS PAGE TO LIST OUT SOME OF THE SMALL DECISIONS YOU'LL MAKE AND THE ACTIONS YOU'LL TAKE TO REACH YOUR GOALS

## **YOUR ULTIMATE GOAL**

## **DECISIONS**

## **ACTIONS**