



Identifying where you are in your midlife transition*

Read through each of the statements below and check the ones that most resonate with you at this point in your life. It's likely that you will find that you will have more checks in one of the stages. While the stages are not distinct, you likely will resonate more with one of the stages than the others. This can help you identify where you are in your midlife passage and support you in navigating your journey. As your journey unfolds, come back and visit this checklist again. You may find that you now have more checks in another stage. This can be instrumental in helping you gain clarity on what's unfolding at the level of your soul.

Dissolving

- Lack of energy to hold your life together
- Feeling drawn to spend time alone (more than normal for you)
- Limited motivation to start any new project
- Uninspired with your work and career
- Feeling adrift in your life
- Feeling disconnected from your life

Inspiring

- Bored with your life
- Noticing a curiosity to explore new endeavors
- Remembering unfulfilled dreams from your early life
- Emerging passion for a new project
- Increasing interest in creative projects
- Feeling infused with aliveness and energy

Expanding

- Reflecting on patterns and the progression of your life
- Feeling free to explore and be who you envision
- Watching the drama of your life with detached curiosity
- Seeing the wholeness in your life
- Getting a vision of what your life could be
- Recognizing the possibilities for your life

Manifesting

- Making something new and meaningful happen in your life
- Moving forward with manifesting a vision
- Carrying out and living a new aspect of your life
- Beginning to master a new craft, skill or profession
- Having the energy and discipline to follow through on achieving your goals
- Being fully present as you move forward in your life
- Building a life that brings you joy and fulfillment

The Stage I'm most likely in now (the one with the most checks):

One thing I will do to support this Stage:

If you would like to discuss your results with me, I'm happy to offer a free consultation. [Click here](#) to request a consultation.

* Excerpt from my #1 International Best Selling book *Midlife Rebirth: Awaken to the Wise Woman You Were Born to Be*