



Kicking Midlife Mayhem To The Curb...

10 Clarifying Question Toolkit To Ignite a Midlife Reboot

Crisis or Transformation, that's up to you!

So where do you begin?

It all starts with asking yourself key questions so you can better understand who you really are NOW to reveal what you truly want and really need in order to take the next step to a new level in life.

Ready to get busy?

Grab a glass of wine or hot cup of tea, my suggestion is to schedule a handful of appointments with yourself and find a comfortable, private spot where you can focus and feel relaxed.

Turn the page and let's get started!

Take your time-maybe a question a day, carving out a “sacred” time for yourself is how it all begins, moving away from mayhem into renewal.

You can use your computer or put pen to paper in a notebook or special journal. Some women have even shared adding quotes, mantras, images, and pictures in addition to answering the clarifying questions supporting more of what they uncover.

10 Clarifying Question Toolkit

To Ignite a Midlife Reboot

#1 When am I the happiest version of myself?

Take note throughout your week when you find yourself feeling most at peace, when time seems to fly by, never tire of what you're doing, puts a smile on your face, and leaves you feeling energized.

#2 What do I feel like my life is missing?

It could be as simple as a new bedding set to make your surroundings most pleasing and comfortable, a career that is more meaningful or relationships you crave greater intimacy. Sometimes a helpful way to explore this question is to consider...if you were to continue on your current path, the way things are, what (if anything) might you regret not doing or having?

#3 What are 5 strengths/attributes/characteristics I like about myself?

For many of us this is not an easy question to answer. Often times we don't objectively see our gifts and strengths. Reaching out to a handful of trusted people in your life to ask them their perspective and how they would describe your unique special qualities can give you insight about yourself you never considered.

#4 What relationships lift me up and add to my life?

More importantly, why? When something good or bad happens, who are the people you tell? Who do you enjoy spending time with and what important character traits do they embody? Jot down anyone you are craving a deeper relationship with.

#5 How have you changed in the last 5 years?

Here you can identify very concrete things like changes within your physical body, environment, career aspirations, impact of changing relationship (i.e. aging parents, empty nesting, separation/divorce). As well as in mindset, maybe consider writing your younger self a letter about lessons learned.

#6 How do you want your friends and family to remember you?

Based on how you answer that, start creating a bucket list of things you'd like to experience or accomplish (big and small) over the next year. Identify your top three goals? Next to each identify what resources and/or support you will need to make that happen.

#7 What's the biggest thing(s) holding you back from living your best life?

Consider both internal (i.e. fears, worries, negative mindset) and external blocks (i.e. unhealthy habits, time, money, proper support, skill, necessary resources). Identify your most common negative thought about yourself, what would be a positive version of it?

#8 What are you most grateful for?

Go deep. Don't just write "I am grateful to be healthy" or "To have a job that I like". Get specific and be descriptive.

#9 How would I describe a perfect day?

All 24 hours. Paint a picture, include all your senses, people and places that would be just right for your perfect day to occur. In what ways are you experiencing personal/professional fulfillment and success.

#10 How can I take better care of myself?

Think about what keeps you energized and refreshed. What grounds you and makes you feel at your best? Go beyond the obvious like move more often, get more sleep, and eat healthy food, write specifically how you can do that. As well as think out of the box...boundary setting, stimulating your mind, lessening self criticism, eliminating toxic people, creating more "ideal" space in your home or office , etc...

Turn the page for my take aways.

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What were your biggest takeaways...

For me, question #1, #5, and #7 were most revealing, giving me some great insight on why I am flat lining on some of the initiatives I've been putting into place to bust through midlife mayhem.

Getting into the nitty gritty of how I've changed over the past 5 years, realizing how addicted I am to the emotion of "worry", and taking note throughout my week when I feel at my best and happiest has been crazy eye opening.

Goes to show being a coach doesn't give you a free pass to greater wellbeing, you really need to step outside of yourself in order to get a better perspective and more importantly gain some traction!

Here's one thing already making a big difference in my life [click to watch my video to learn more.](#)

Now it's your turn!

Pop into my inbox and let me know which questions gave you your biggest aah's and what's one thing you could put into place to start your midlife transformation today?

Email me at hollycsw@optonline.net, love to hear from you!

XO

Holly



Holly Boxenhorn is a midlife transition coach, who specializes in working with women over 45 make the next phase of their life their best. After over 10 years of coaching, she has come to learn both personally and professionally that women can actually optimize midlife angst and use it as the catalyst for reprioritization and a fresh take on life. She uses a unique framework that introduces 6 key elements to bust through any and all midlife transitions with greater ease, confidence, and fulfillment leaving women feeling excited and energized as they move into the second half of their life.