

THE NEXT CHAPTER RESET

A practical reset for women in mid-life who want more freedom, more time, and a life that feels like their own.

*You don't need to start over.
You need to make the next chapter work better for you.*

7 areas • honest reflection • small, meaningful changes

This is your reset

There is a particular kind of frustration that can appear in mid-life: life may look fine from the outside, but inside you are tired of feeling stuck, short on time, and uncertain about what comes next.

You may want a home that feels right, work that gives you flexibility, financial security, hobbies you actually have time for, warm family ties, and the feeling that you have built a good life — not just kept everything running.

This workbook is not about becoming a different person. It is about noticing what you want more of, what you want less of, and what needs to change so your everyday life feels more like yours.

How to use it

- Take one section at a time or complete the reset in one sitting.
- Write the honest answer, not the impressive answer.
- Look for patterns rather than trying to fix everything.
- Choose a few small changes that could make a real difference.
- Come back to these pages when you need to reset your direction.

The goal is not a perfect life. The goal is a life that fits.

1. MAKE SPACE

Time + organization

Pause and notice

- Where does your time disappear?
- What creates the most mental clutter?
- What are you doing because you always have, rather than because it still matters?
- If you had three extra hours every week, what would you want to do with them?

Turn insight into action

I am ready to stop...

I can simplify...

I want to protect time for...

Space is not laziness. It is room to think, choose, rest, and live.

2. BUILD FREEDOM

Money + work

Pause and notice

- What would financial security mean to you in practical terms?
- Which parts of work energise you, and which drain you?
- Where would more flexibility change your everyday life?
- What money or work decision would make you feel more in control?

Turn insight into action

I want to explore...

I need clarity about...

One step toward freedom is...

Freedom can mean more choice over your time, your work, your money, or all three.

3. FIND YOURSELF

Identity + confidence

Pause and notice

- Who are you outside your responsibilities?
- What parts of yourself have become quieter?
- What do you know now that you did not know ten years ago?
- Where are you ready to trust yourself more?

Turn insight into action

I want to reclaim...

I am proud that I...

I no longer need to prove...

Your next chapter does not require a new personality. It requires more room for the real you.

4. IMPROVE YOUR EVERYDAY

Home + routines

Pause and notice

- What in your home makes life easier?
- What makes everyday life harder than it needs to be?
- Which routine supports you?
- What would make an ordinary weekday feel noticeably better?

Turn insight into action

I will change...

I will make easier...

I want more of...

Your everyday life is your actual life. Small improvements matter.

5. LIVE MORE

Experiences + hobbies

Pause and notice

- What have you been postponing until 'later'?
- What would you try if you did not have to be good at it?
- What makes you feel curious, playful, or alive?
- What do you want on your calendar simply because you want it?

Turn insight into action

I want to try...

I want to experience...

I will make time for...

Your life is allowed to contain things that are simply for you.

6. STAY CONNECTED

Family + relationships

Pause and notice

- Which relationships make you feel seen and supported?
- Who do you want to spend more intentional time with?
- Where do you need a healthier boundary?
- What kind of family and relationship life do you want to build from here?

Turn insight into action

I want to nurture...

I need a boundary around...

I want more connection through...

Connection is not about being available to everyone all the time. It is about being present for what matters.

7. DESIGN WHAT'S NEXT

Future + purpose

Pause and notice

- If the next three years felt genuinely good, what would be different?
- What matters more to you now than it used to?
- What do you want this chapter to stand for?
- What are you curious about becoming?

Turn insight into action

My next chapter needs more...

My next chapter needs less...

I want to move toward...

Purpose does not have to be one grand answer. It can be a direction.

Your Next Chapter Snapshot

Now step back. What are your answers telling you?

The area asking for my attention first is...

My answer

Because I want my life to feel more...

The feeling I want more often

The change that could make the biggest difference is...

My biggest lever

Keep What Is Working

A reset is not about throwing everything away. Some parts of your life are already right. Notice them and protect them.

What I want to keep

A part of my life I value

A person or relationship I want to protect

A habit, place, or routine that supports me

Release What No Longer Fits

Not every expectation deserves a place in your next chapter.

- A version of success I no longer want.
- An expectation I have been carrying for too long.
- A habit that drains more than it gives.
- A responsibility that can be shared, reduced, or released.
- The belief that I need to have everything figured out.

The thing I most want to put down is...

Your 30-Day Reset

Choose three actions. Small enough to happen. Meaningful enough to matter.

1 — Make Space

In the next 30 days, I will...

2 — Build Freedom

In the next 30 days, I will...

3 — Live More

In the next 30 days, I will...

One thing I will say no to so these changes have room

My no

The Life You Are Moving Toward

Imagine an ordinary Tuesday in your next chapter — not a holiday, not a fantasy, just a normal day that feels good.

Where do you wake up?

Describe the place and how it feels

How do you spend your time?

Your morning, work, afternoon, evening

Who is around you?

The people and relationships that matter

What is different about you?

How you feel, think, and show up

Your Next Chapter Statement

Bring the reset together in a few sentences. There is no perfect wording.

My life feels like mine when...

In this next chapter, I choose...

I am making space for...

I want to be able to say: 'You look good. You've made it.' because...

A life that feels like yours.

You do not need to have every answer.

You do not need to change everything at once.

You only need to start making choices that move your everyday life closer to the life you actually want.

Make space.

Build freedom.

Find yourself.

Improve your everyday.

Live more.

Stay connected.

Design what's next.

Your next chapter is not something you have to wait for.

You can begin shaping it now.