COMPACT COACHING SERIES

Midlife Your Way
Create a Life you Love



Version 3 of this step by step guide for midlife women who want to change their life

SUE HEDLEY

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Introduction

Welcome to your transformative midlife journey.

This concise coaching guide is tailored for women who are ready to ignite happiness in their lives. Perhaps you find yourself pondering the next 15-20 years, and realise you are living a life that is at best only "OK".

If you've acknowledged that something "feels off", whether it's stress and imbalance at work or the perpetual caretaking at home that leaves you exhausted, I'm thrilled you're here.

Feeling life is slipping away is common among the women in midlife I coach. But I promise you that doesn't have to be your reality. Whether you are struggling to pinpoint the issue or lacking the confidence to make a change, this compact coaching guide is here to help. And I'll be with you every step of the way. Think of me as your invisible coach.

Together, we'll identify your desires, craft a plan, and take decisive action towards building the life you truly want to live.

I'm on a mission: to empower you with the insights and resources I've learned as I changed my life. It's time to seize the life you deserve. Let's begin.

When you are living your true life it is effortless.

~Confidence First Coaching

About Me



I started my coaching career in my 50s, after 20+ years working on global IT projects. During these IT project years, I see-sawed between periods of extreme stress and slightly less stress. I prided myself on how well I always coped. I regularly promised myself the next project would be different. It never was!

When the menopause began, I struggled to cope. It was so hard at the time. Now I can look back and see it was a gift. It was the trigger I needed to find a new way to live. I realised I need to break patterns of negative behaviour. It wasn't the projects - the change needed to happen inside of me. I needed to reinvent myself.

After working and training with the amazing international coach and author - Curly Martin - I began my own coaching career. I am accredited with the IAPC&M. I also offer hypnotherapy and NLP (Neuro Linguistic Programming.

I now live in Snowdonia in North Wales with my husband. It's a beautiful place to live. I feel so very lucky that I live the life I do and get to coach so many lovely people.

Sue

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01 Start Believing in Yourself

Limiting Self-Beliefs

Understand them, identify them and change them



Midlife can feel hard

As we reach midlife it's common to realise we are living a life that isn't making us happy. Work is stressful and unfulfilling.

Life might bring us unexpected trauma: redundancy or divorce, or it's just so busy we're exhausted.

The menopause makes things tougher. So after years of caring for and supporting those around you and finding that totally fulfilling, you now realise it’s not enough. You want more. That can bring up all kinds of negative feelings.

Let’s start removing those negative thoughts and limiting beliefs, they will only hold you back.

It’s time for change.

Sue

It all starts with understanding.

Think of limiting self beliefs as invisible rules that dictate how we live our lives. They have a negative impact because they hugely influence what we believe we are capable of. This affects our behaviour and the decisions we make. And ultimately, how happy we are. Here are a couple of examples:

- **I can't deal with conflict = as a result, we stop sticking up for ourselves.**
- **Nothing I say is worth being listened to = as a result, we stop speaking up, we become shy and withdrawn.**

Where do they come from?

These beliefs are largely formed during our younger years, up to and around the age of 7. They stem from difficult and painful experiences.

Our brain wants to protect us from future pain and so it categorises these experiences as negative and helps us to avoid them. Over the following years - right up into and including adulthood - new experiences are processed, and often incorrectly used, to reinforce these early negative and limiting beliefs we have formed.

They become like a familiar old sweater. We live by them because they make us feel secure and comfortable. We believe we know ourselves. What we are capable of and what we are not capable of. We have some guidelines to live by.

The problem is our brain lies to us. It has formed these beliefs and they are often wrong. Left unchallenged these Limiting beliefs will continue to impact on our lives.

What are my Limiting Self-Belief?

Limiting thoughts are invisible, so it takes determination and time to uncover them. The good news is it's a skill you develop, which means it does get easier to spot them.

Often, we first realise we have these invisible rules when we feel unhappy with some aspect of our lives, either personally or professionally. We are not living the life we desire. It causes us stress.

Unidentified limiting thought patterns are the reason our good intentions fall by the wayside. When a new health regime slowly fails, when we fail to achieve recognition at work, when we start a new business and it doesn't grow as we had planned.

Look at your life from a different point of view.

Take a piece of paper and write down the answers to these questions

- **What decisions you have made that have limited your life? Things you now regret. Opportunities you wish you'd had the courage to grasp.**
- **What situations regularly challenge you? What causes you stress? Do you avoid speaking up at work, does the prospect of leading team meetings make you anxious? Do you find going to parties stresses you? Do you find it hard to say no and end up always being busy and stressed?**
- **Ask yourself what do you believe about the sort of person you are?**

How to overcome your limiting self beliefs

Decide which limiting self beliefs you will focus on first. I recommend one or two maximum.

Take a pen and piece of paper and write down one or two of your negative self- beliefs

Select the ones that are affecting your life the most right now. This will give you the motivation and determination to change and overcome them.

Now turn that statement around into a positive one. I'm comfortable saying no when I need to I deserve to be rewarded properly for my work

Make a commitment to reinforce this new positive belief

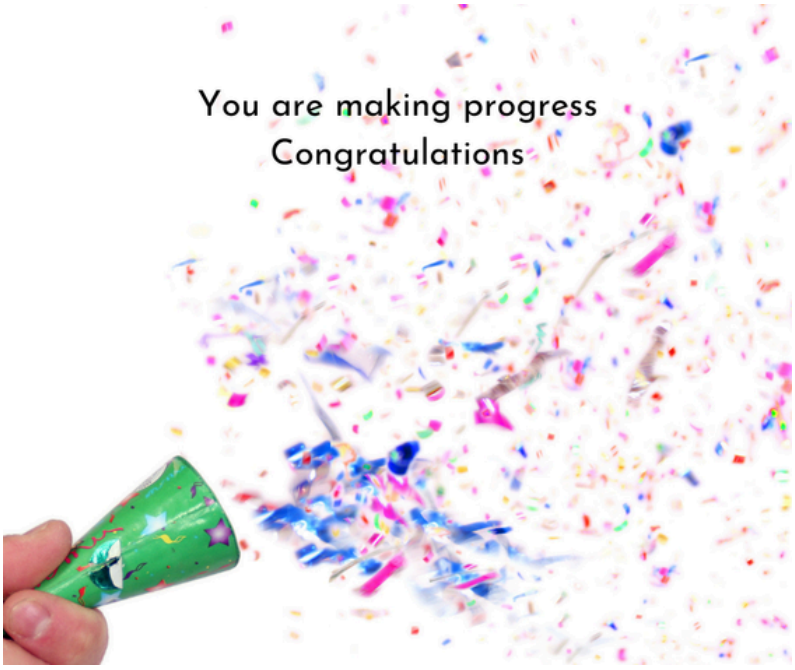
Repeat this positive phrase out loud when you can or in your head, many many times a day. When you are driving, having breakfast etc.

Say it to yourself with conviction. Really mean it and really work at it. Don't worry if to start with inside you don't really believe it.

Write it down on post-it notes and stick it around the house so you can see it as you work in the kitchen or sit at your desk.

Close your eyes and visualise yourself doing it / being it while you say it.

It can take weeks before you own it 100%, so keep at it. One day you'll realise that as you said/thought it - you believed it.



02 Learn to Dream

Find out what really matters to you.
Explore your potential



Time to think about what you *DO want*

If you want to make changes to your life, it starts with getting clear on what you do *want*.

It's important to break free of the here and now and start imagining new things. Otherwise, you may find 6 or 12 months ahead, that you have put so much effort into making changes, and they aren't enough.

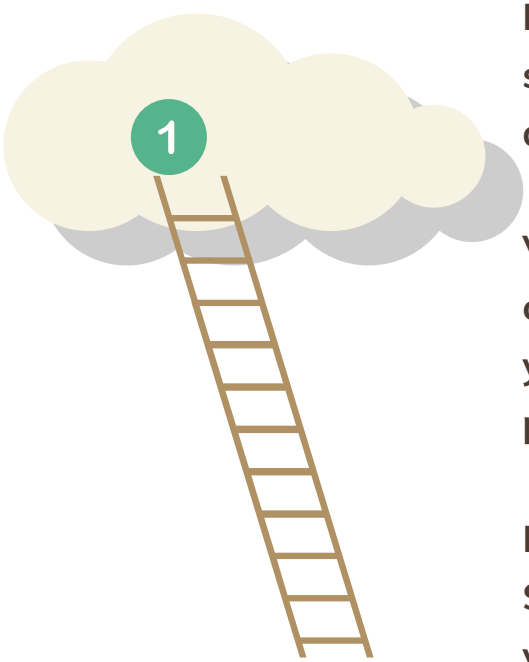
This can be challenging if you are a woman in midlife who has not gotten out of the habit of considering what you need and want. Stick with it, even if it's hard or uncomfortable.

Allowing yourself to dream big is not as easy as it sounds. This visualisation technique will help. You'll need a piece of paper and a pen and somewhere quiet to sit.

Start with 2 areas of your life that are not fulfilling you. Write them down below e.g. work, friends, finances, etc.

Now let's look at what can change. Take one area that is the priority. *You can come back to the other one later. Write down what you are working on e.g. work.*

Read and remember this visualisation technique



Begin by finding a quiet and comfortable space where you won't be interrupted. Sit down and relax.

Visualise you are in a place where you feel completely at ease. Use all your senses in your mind's eye to make this as vivid as possible. See your life as it is currently.

Make changes in this mental visualisation. See yourself achieving your goals, pursuing your passions, or making the changes you desire.

Imagine how your life would look, feel, and sound in this ideal scenario. If money were no object and you had limitless confidence.

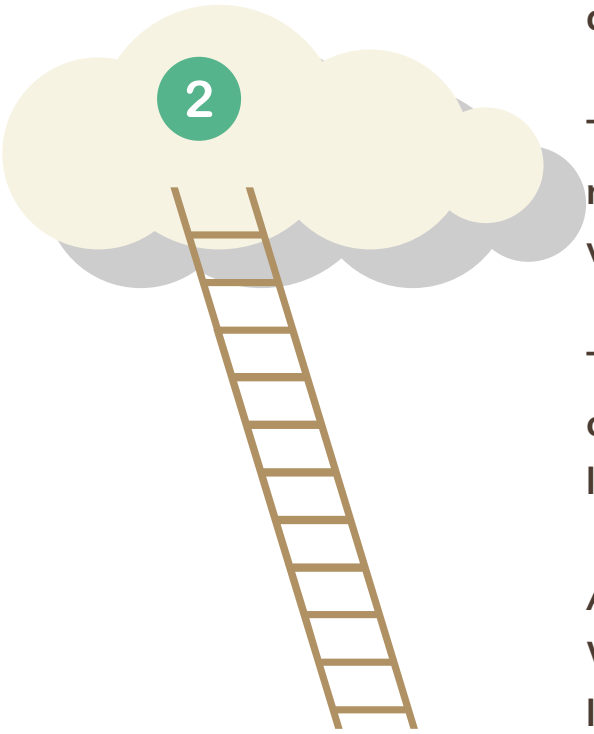
Use all your senses as you see, hear, feel, what is going on around you and how you are behaving and interacting in the middle.

Now write down what you were doing, what you noticed, and what you learned.



If you would like an audio recording to guide you through this and the next exercise. Email me: sue@confidencefirstcoaching.com and I'll send it over.

Try another visualisation technique



Imagine you are standing at the bottom of a staircase in a tower.

There are two or three floors each with one room. You can have as many floors as you want in this exercise.

The ground floor is your current life. You can go into this room and see your current life on the screen ahead of you.

Ask yourself:
What is the true purpose I am living in my life?
Am I fulfilling my potential?

Now go up the steps to the next floor and enter the room. Imagine a time when you felt really confident. Re-live that feeling. Bring it to life inside of you and then ask yourself the questions again.

Remember to use all your senses to really imagine a new life.

If you need to you can go up yet another floor. And imagine you are in a magic room where anything is possible.

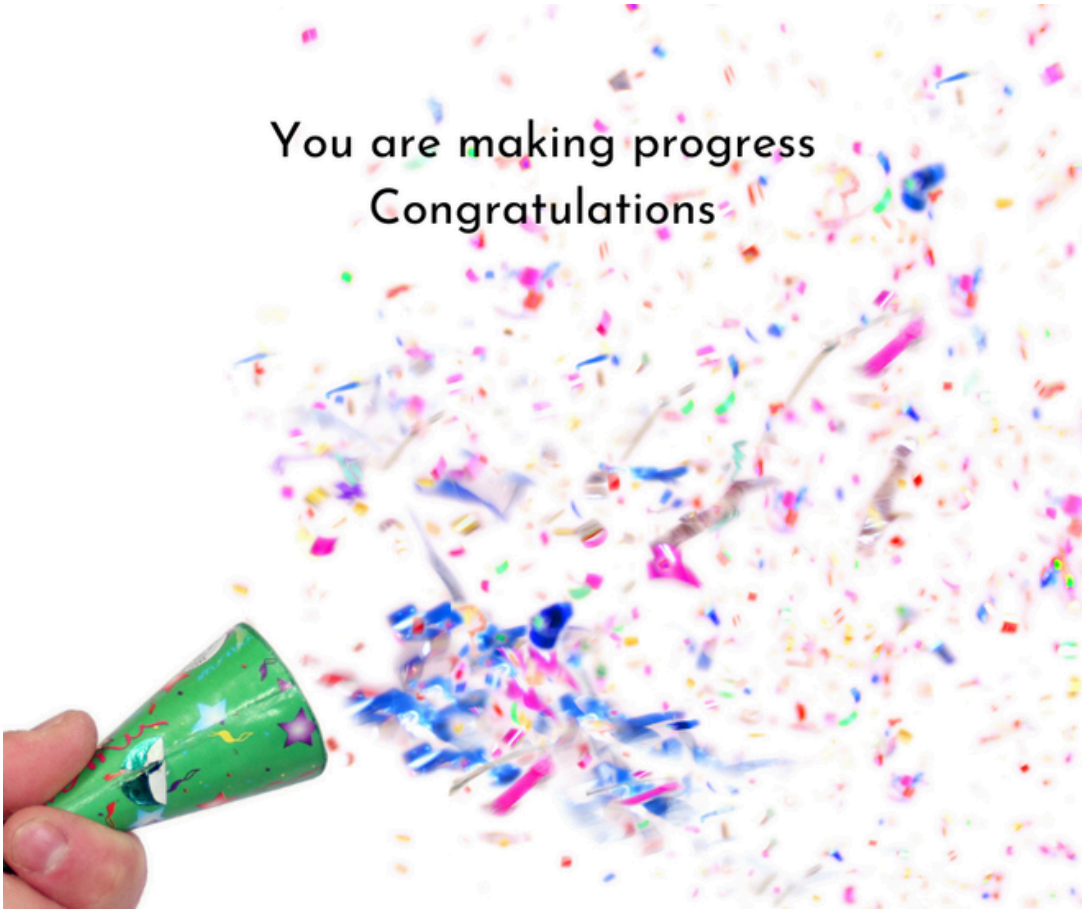
Remember as you do these exercises don't censor the results. Just let them flow. This is about "dreaming big".



If you would like an audio recording to guide you through this and the next exercise. Email me: sue@confidencefirstcoaching.com and I'll send it over.

Don’t forget to congratulate yourself.

Acknowledging your effort and appreciating where you have got to is important to boost your confidence and motivation.



03 Planning

Prioritising your Goals

Break things down into logical chunks and commit to them



Time to set your Goals

Setting and prioritising your goals is an essential first step in achieving your dreams and aspirations. Begin by looking at the results of your visualisation. You can't work on everything at once so select the highest priority one (or in some cases, the one it makes the most practical sense to pursue first).

Tips: Keep this simple - you're building momentum, not perfection, and remember to look out for your limiting self-beliefs. Don't let them get in the way.

Take a pen and piece of paper and write down your highest priority goal.
"Retrain to be a life coach".

Identify what could get in the way

Sometimes even with the highest levels of motivation, things can get in the way and stop us moving forward. Much better to be prepared so, look at your goal and then identify anything that might get in the way.

Look for ways to resolve this possible issue.

Planning ahead now means you can avoid problems later.

Work out your strategy to reach your goal

There are two considerations in this section.

Are there multiple ways to reach your goal? Your task here is to examine all of them and decide which path is right for you.

How you can break down the path to achieving your goal into logical high-level stages. This is important, if you try to do too much too quickly you risk becoming de-motivated. For example, to become a life coach you may need to:

- **Set criteria (classroom or remote), costs, hours needed**
- **Research training courses**
- **Organise finances**
- **Plan the studying/training timetable.**

Identify what could get in the way

Take some time to look for possible barriers. Things that could get in the way. Look at what they might be and how you can overcome them.

1)
2)
3)

This is how I will overcome them:

Assign actions to each high-level stage.

Take the highest priority group of actions first and make a list of the individual tasks you need to do. This is your detailed plan.

Tip - be realistic about the time you have every day/week. If you over commit you will lose motivation and end up stopping.

All the individual steps will add up and help you move ahead. Have faith and be patient.

For each task assign a date/time you will do it.

	Step	Date/Time
✓	Research courses	Monday 16th 5p-6pm

04 Doing

Do and Review

Follow the plan and take time regularly to review and refine



Assign actions to each high-level stage.

> *People with goals succeed because they know where they're going."*
> *~Earl Nightingale*

Transfer these actions to your calendar

Transfer these actions to your calendar. Put them in on the relevant day and time.

The rule you must follow is that once an action is in the calendar it gets done. Even if some thing needs to change - it always gets done. Remember to be realistic when you are planning what you can do.

Here are some good practice tips to make sure you keep on track:

Do not let yourself off. You must do what you commit to do - even if some thing gets put back a day. Better late than never!

Stop and congratulate yourself regularly. Appreciate the effort you are putting in. This drives your motivation.

Review the plan and the actions taken. Somethings may need to change as a result of previous actions.

Find someone to hold you accountable.

Celebrate your progress

Acknowledging and celebrating your successes on your personal growth journey is crucial. It not only reinforces your progress but also boosts your motivation to continue moving forward.

By taking time to recognise and applaud each milestone, you reinforce the belief that you can achieve your goals, making your path towards a more fulfilled and empowered life all the more meaningful



Conclusion

By reading this book you've embarked on a journey through the four crucial stages designed to liberate you from feeling stuck and overwhelmed. As you've followed these steps, you've already begun to see the path ahead. You've discovered what truly matters to you, and I hope you've felt the weight lift from your shoulders as I've guided you through the process of planning and implementing meaningful change.

Take time to be proud of yourself and acknowledge how far you have come. This is key to keep your motivation and momentum. Change can happen and often much quicker than you think.

Thank you for reading this book. I know your time is precious and I'm grateful you have given me some of yours. I'd love to hear from you with any ideas and comments. My email address is below.

If you're ready to take this further, use this link to book a free (no strings) clarity call with me: https://bit.ly/Book_a_Discover_Call



Coaching designed for women in midlife

Often as we step into the midlife phase of our lives, we realise we have lost our sense of self. That is certainly true for the women I coach. Women who, as I did look ahead to the next 10 - 15 years of their working life and honestly don't like what they see.

My empowering "Midlife Your Way" coaching programme is designed specifically for women in their prime. It's right for you if you want help to embrace midlife with confidence and purpose on your terms.



Are you ready to look ahead to the next 15+ years and smile

- *12 hours of 1:1 coaching*
- *Free "I need support now" spotlight calls*
- *Tools and techniques*
- *Bonus sessions and personal support from me*

TELL ME MORE

www.confidencefirstcoaching.com sue@confidencefirstcoaching.com

Additional Resources



Coaching	Get in touch. Call 07539 825238 or email sue@confidencefirstcoaching.com.
Books	Atomic Habits - James Clear The Chimp Paradox - Prof Steven Peters
Podcasts	Caffeine for the Soul. Life Kit Jo Emerson
People who inspire	Try looking up these people on social media: Tony Robbins, Michael Neill