

The “What Do I Even Want Anymore?” Midlife Reset

This is simple reset for the woman who has spent years taking care of everybody else and is finally ready to start checking in with herself again.

If someone asked you right now, “What do you want?” Would you even know what to say? Not what your kids need. Not what needs to get done around the house. Not what would make your husband happy. Not what you should want.

Although, do you know what do you want?

And if your honest answer is, I have no idea, then you are exactly who this is for. Because somewhere along the way, you got really good at noticing everyone else. And a little out of practice at noticing yourself.

So we're not trying to fix your whole life today. We're just slowing down long enough to hear yourself again. That's it.

What is wearing you out?

Don't overthink this. Just be honest. What in your life right now makes you think: "I am so tired of this." It can be big. It can be small and annoying and constant.

- Something you keep doing because nobody else will
- Something you said yes to and now regret
- A part of your week you dread every time it comes around
- Being the “go-to” person for everything
- A relationship that feels one-sided
- A responsibility that somehow became yours by default

What am I tired of carrying? What do I keep doing because “it’s just easier if I do it myself”?

[illegible]

What do I miss?

Sometimes we don't figure out what we want next...until we remember what we used to love. Before life got so full of schedules, groceries, appointments, work, kids, laundry, and figuring out what everybody is eating for dinner...

What did I enjoy?

I used to love...

Something I haven't done in forever but still think about is...

Something that makes me feel like me is...

This does not have to be productive. You are allowed to like things just because you like them. No justification needed. You are just writing down your thoughts and they are between you and God, no one else.

What sounds fun right now?

We get so serious in midlife. There are bills. Kids. Parents. Work. Hormones. Houses. Responsibilities. But fun still matters. So for a minute, don't think about what's practical. Just notice what sounds good.

Circle or jot down anything that catches your attention:

- A day trip
- Going somewhere alone
- Going back to school
- Photography
- Dinner with girlfriends
- Changing jobs
- Starting a business
- Reading
- Volunteering
- Gardening
- Decorating
- A class
- Painting
- Travel
- Working out
- Learning a new skill

Something I would love to try is...

If I had a completely free Saturday, I would...

Where are you saying “I have to” when you might actually have a choice?

Some things we truly have to do. And a lot of things we’ve just been doing for so long, we stopped questioning them.

Write down three things you often say you “have to” do:

- 1.
- 2.
- 3.

Now pause and ask yourself:

Do I really have to?

Could someone else help?

Could it be done differently?

Could it be done less often?

Could it even be something I stop doing altogether?

You don’t have to change anything today.

Just start noticing where you might have more choice than you’ve been giving yourself credit for.

What would make your life feel 10% better?

Not a total overhaul. Not a brand new life, just... a little lighter. A little more like you again. Maybe it’s:

- one night a week that is actually yours
- help around the house
- something to look forward to on your calendar
- more sleep
- fewer commitments
- a hobby you used to love
- more time outside
- a hard conversation you’ve been avoiding
- permission to stop doing something that drains you

My life would feel a little better if...

Your one small next step

You don't have to figure out your whole next chapter today. Just pick one thing from this page. Something small enough that you could actually do it this week.

This week, I am going to:

I can do this by:

The day I'm going to do it:

That's it. You are not behind. You don't need a perfect plan. You're just learning how to include yourself in your own life again. And honestly? That's a really good place to start

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Life wasn't meant to feel this hard.

