

thrive in midlife **MASTERCLASS**

**3 SECRETS TO OVERCOME MIDLIFE SELF SABOTAGE
& LIVE WITH MORE ENERGY, JOY & PURPOSE**



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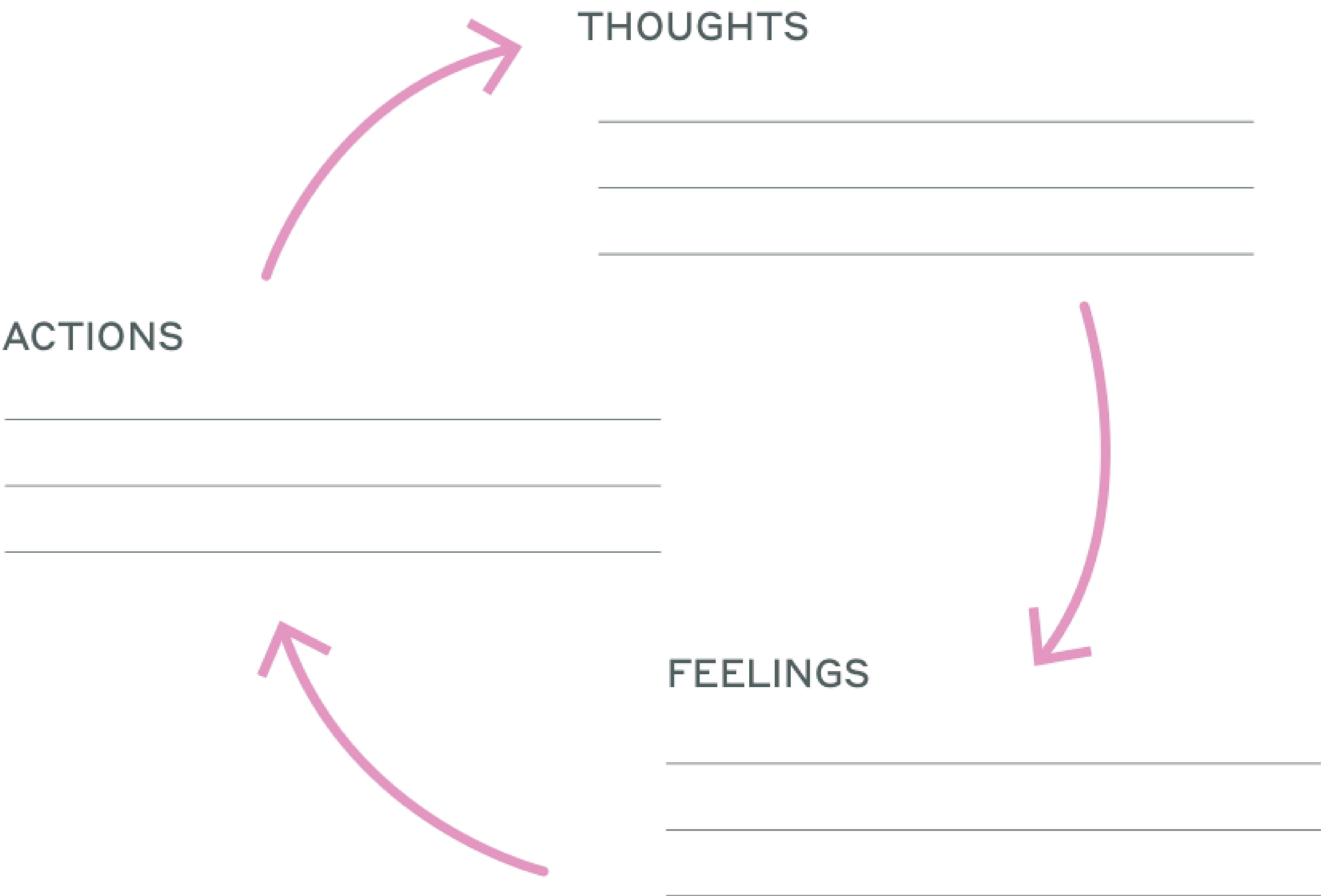
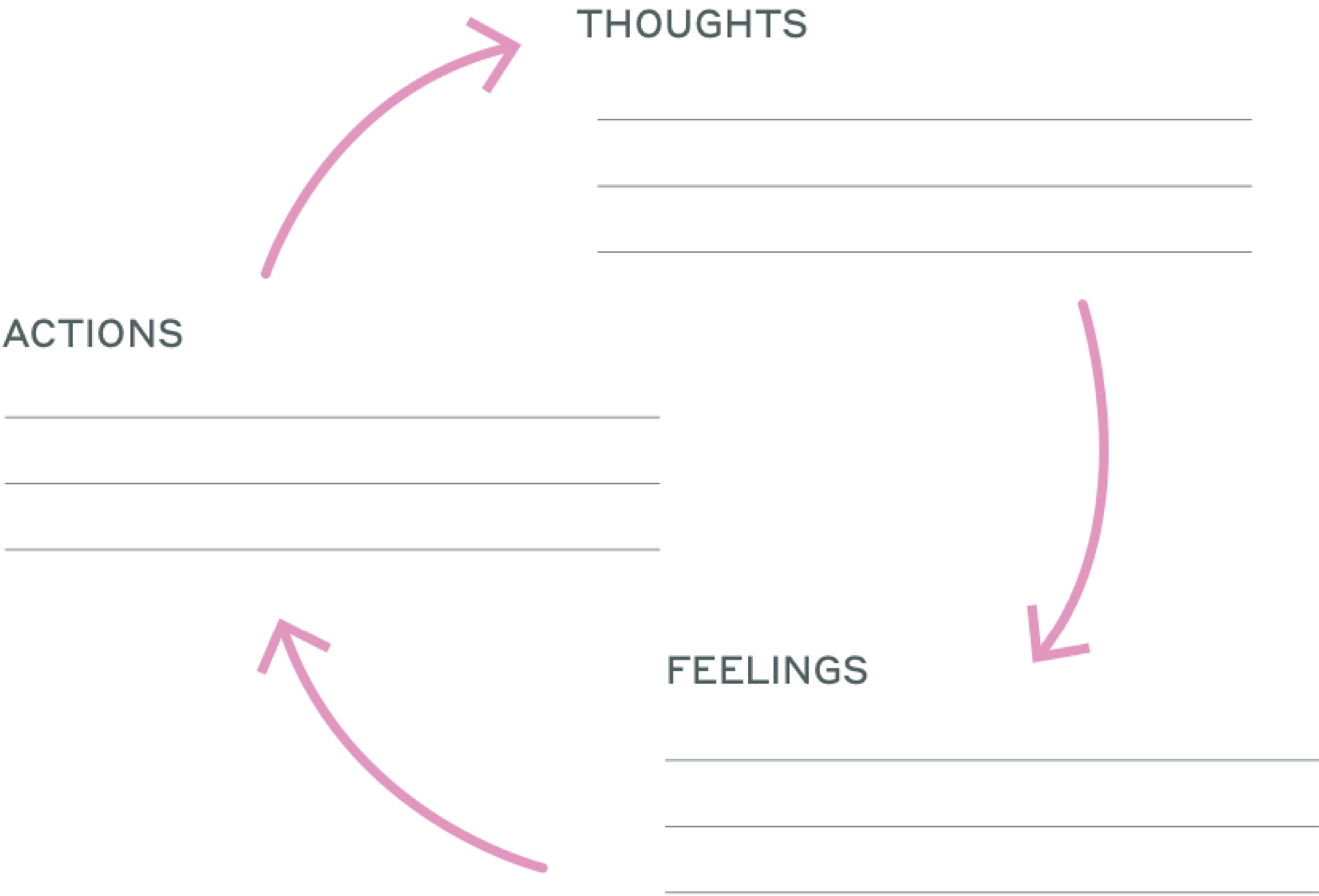
This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for writing or drawing. The background is a clean, solid white color.



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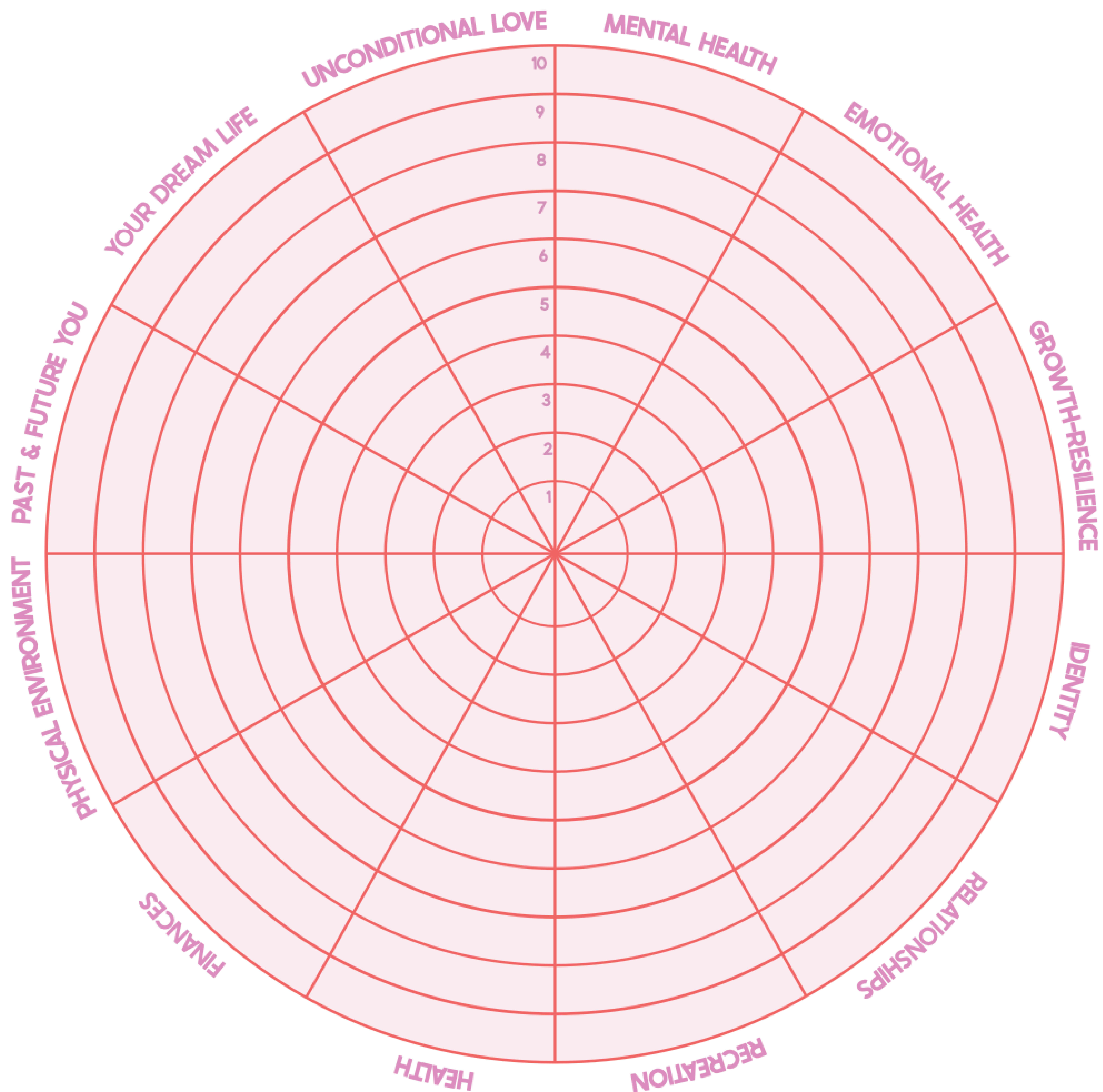
CREATION CYCLE



LIFE WHEEL

SELF ASSESSMENT

Use the question prompts on the opposite page to help you assess where you currently are in your life. Give yourself a score of 1-10 in each area, and pick 1 main area to focus on this quarter. Think of an area that would be a domino to help you in others areas as well.



MENTAL HEALTH

I take responsibility for my thoughts and manage them well.
My thoughts create the results in my life.

EMOTIONAL HEALTH

I understand the source of my emotions.
I am willing to feel my feelings, and I create the emotions I want.

GROWTH RESILIENCE

I look for opportunities to learn and grow.
Even in adversity I see the lesson.

IDENTITY

I believe I am who God says I am.
My identity does not come from my performance or others' opinions of me.

RELATIONSHIPS

I have meaningful connections with the people in my life.
I love unconditionally.

RECREATION

I have nourishing routines that allow for rest and play.

HEALTH

My nutrition and physical fitness is a priority in my life.
I eat food God made and move my body regularly.

FINANCES

I have a good understanding of my how to create, spend, and invest my finances. I believe there is always enough.

PHYSICAL ENVIRONMENT

My home fills me with joy and gratitude.
I am making it exactly what I need it to be to serve me and my people.

PAST FUTURE YOU

I set goals regularly and keep my word to myself.
I am doing things today that I will thank myself for in the future.

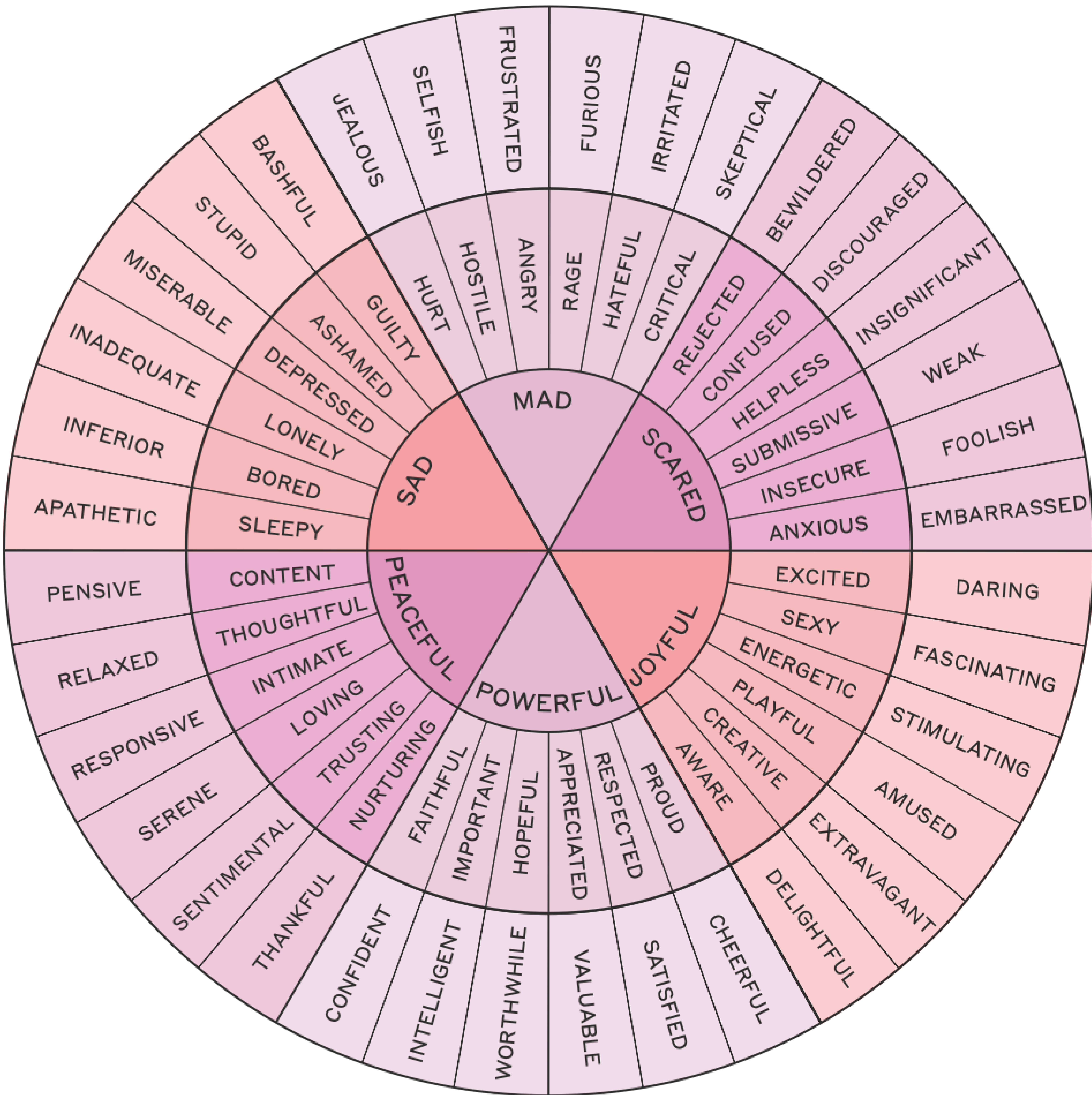
YOUR DREAM LIFE

I understand and am fulfilling my purpose/calling.
I believe in my ability to create the life I want.

UNCONDITIONAL LOVE

My ability to love does not depend on anyone else.
Love is created by my thoughts, and the renewing of my mind.

FEELINGS WHEEL



CREDIT: THE GOTTMAN INSTITUTE

TRUE-SELF

(LOVE)

FALSE-SELF

(FEAR)

BRING HEAVEN TO EARTH

TRUE IDENTITY
NEW MAN
VULNERABLE,
TRUE OPEN
ACKNOWLEDGE DOUBT
TRUE SELF STRONG/
RESILIENT
AWARENESS
ABUNDANCE
GENEROSITY
FORGIVENESS
LOVE
COMPASSION
PROTECTING OTHERS
SERVING OTHERS
JOY

STRONG

EGO
NATURAL MAN
PROTECTIVE,
ARTIFICIAL PERSON
DEFENSIVE
HIDE INSECURITIES
EGO SELF IS WEAK→
MUST BE PROTECTED
(SELF CONSCIOUS)
LACKS AWARENESS
LACK JUDGMENT/ENVY
RESENT/BITTER
HATRED
INDIFFERENT
PROTECTING SELF
SERVING SELF
MISERY

WEAK

BRING HELL