

# Midlife Reset & Rise Midlife Mindset + Boundaries Toolkit

*by Coach Sabrina Woods • Split Decisions Recovery Coaching*



Starting over in midlife is brave — and sometimes messy. Building from nothing is one of the hardest things you'll ever do. But staying stuck in cycles of blame, self-pity, and doubt is even harder. This toolkit gives you bite-sized NLP tools, powerful affirmations, practical boundary practices (for yourself and with others), and micro-steps you can use today to create momentum, confidence, and calm.

## **NLP mini-reframe — shift in 60 seconds**

Use this anytime doubt or overwhelm shows up:

1. Notice the limiting thought (for example: “I can't start now.”)
2. Pause — take one slow breath.
3. Reframe by replacing one word to create curiosity (for example: “I am learning how to start.”)
4. Anchor it: say it aloud, write it once, and repeat it three times.

This small language shift moves your brain from stuckness to solution-seeking.

## **Affirmations (say daily)**

- I am learning where to begin.
- Every small step moves me forward.
- Progress is better than perfection.
- I choose brave over comfortable today.
- I am worthy of effort, support, and joy.
- Mistakes teach me; they do not define me.
- I create boundaries to protect my peace.
- I am capable of building a new, kinder life.
- I will show up for myself today.
- My future is shaped by small, consistent choices.

## **Self-boundaries (practical rules you give yourself)**

- Time boundary: I will spend 15–30 focused minutes daily on my next step.
- Information boundary: I will limit social scrolling to specific times and durations.
- Compassion boundary: I will not speak to myself the way I would never speak to a loved one.
- Energy boundary: I will say “not today” to tasks that drain and do not build me.
- Rest boundary: I will schedule rest like it is a required appointment.

## **Boundaries for others — short scripts you can use**

- “I appreciate your concern, but I’m choosing to handle this my way.”
- “I can talk about that another time; today I’m focusing on my priorities.”
- “I need a moment to think — I’ll get back to you.”
- “I won’t engage when that tone is used; let’s reconnect when we can be respectful.”
- “I’m setting a boundary: I don’t discuss [topic] in the evenings.”

## **What this creates (wins)**

- Immediate shift from stuckness to solution-focus.
- Consistent small wins that build momentum.
- Clearer self-trust and reduced decision paralysis.
- A repeatable toolkit clients can use anywhere, anytime.

## **Micro-actions (pick one — do it today)**

- 15-minute focus: take one small step toward a goal (email, plan, apply).
- Affirmation practice: choose three and repeat them morning and night.
- Boundary experiment: use one script this week and notice the result.
- Journal sprint: 5 minutes — “What progress did I make today?”

### **Reflection prompts (write your answers)**

- What do I avoid starting because I’m afraid of failing?
- What 10–15 minute step could move me forward this week?
- Which affirmation feels most true, and how will I use it today?
- What boundary will protect my energy in the next seven days?

### **Personal note from Coach Sabrina**

I see you. I’ve built from nothing more than once — and I know the fear, the doubt, and the late nights that feel endless. Starting is raw. Starting is brave. And starting is how you prove to yourself that change is possible. If you’re tired of the same cycles and ready for different momentum, you don’t have to do it alone. Midlife Reset & Rise Midlife was created for souls like you — ready to reset with compassion, take tiny, consistent action, and rise into a life that feels purposeful and peaceful.

— Sabrina

### **Contact**

Coach Sabrina Woods | Midlife Reset & Rise Midlife

Split Decisions Recovery Coaching

Email: [Splitdecisions1010@outlook.com](mailto:Splitdecisions1010@outlook.com)

Phone: 321-294-3737