

The Reinvention Roadmap

A soulful guide to help you shift, design, and step into your next chapter - without burning everything down.

Instructions:

Find a quiet space. This is your moment of clarity. Use this worksheet to get honest, get clear, and start

walking your new path - layer by layer.

STEP 1: Honor Who You've Been

Reflect on the roles you've outgrown - but once needed.

This is not about regret. It's about release.

What past roles, identities, or labels are you ready to let go of?

What did they teach you or offer you at the time?

STEP 2: Redefine Who You're Becoming

You're not starting over. You're becoming.

Let's meet her.

3 words that describe the next version of you:

What lights her up or feels aligned right now?

What does success look like for her (on her terms)?

STEP 3: Design the First Layer of Change

You don't need to leap. You just need to begin.

One habit to shift or reintroduce:

One boundary to set (or reinforce):

One new thing to explore or say yes to:

STEP 4: Anchor In Your Truth

Finish these statements to ground your journey.

My truth right now is:

My next brave step is:

My midlife reinvention mantra:

"I am..."

Final Affirmation:

I don't need to erase the past to reinvent the future. I walk forward with grace, clarity, and a heart that's finally mine.