



The Midlife Realignment Reset (HEART Method)

A quick reset for high-capacity women in midlife who look successful on the outside, but feel misaligned on the inside. Use this anytime you want calm, clarity, and one aligned next step.

Start here (90 seconds)

1) Exhale 6, inhale 4 — repeat 6 rounds.

2) Hand on heart: What matters most right now?

3) Write: “Right now, I’m noticing...”

H — Hear What’s True

- If I’m being honest, what feels off or heavy right now?
- What am I avoiding naming?

E — Explore the Root

- What is this really about?
- What need, fear, pattern, or belief is underneath the surface?

A — Aspire

- What do I want my next chapter to feel like?
- If I trusted myself, what would I choose?

R — Reclaim Focus

- What do I want to give my attention to today?
- What am I done feeding (worry, guilt, over-functioning, “shoulds”)?

T — Take Action

- What is one small, aligned action I can take in the next 24 hours?
- When will I do it?

One-aligned-step checklist

Circle yes/no:

- Does this step reduce noise and increase self-respect?
Yes / No
- Is it small enough to do even if I’m not “ready”? Yes / No
- Will Future Me thank me for doing this? Yes / No

My one step: _____

When: _____

Quick reflection (optional)

Release:

Reclaim focus:

Aspire (feel):

Notes / insights
