

Building a bridge to your *power* years™



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Hello, I'm so happy you're here!

I hope this workbook will help you consider how to be more creative, intentional, and powerful with your time in midlife.

The invitation of our Power Years™ is to get clear about the life we are crafting, who we want to be, and what we want to do in the second half.

Please use this space to connect with yourself, reflect, dream, and be open about where you are, where you're going, and how you'd like to get there.

The bridge from where you are to where you want to go is a creative act and expression. You get to decide how you go over it, when to stop and take in the view, and when to keep going.

Let's begin with where you are right now.

Look around at the unique landscape of your life...

Think about your relationships, habits, your environment, and how you spend your time.

ASK YOURSELF

What's working? Where am I thriving? What do I love about where I am?

What needs some nourishment, reinvention, or redesign?

What do I want LESS of going forward?

What change am I choosing? What change is choosing me?

Now let's welcome in some fresh air.

Let yourself dream about what's possible.

Imagine that you are crafting what's next for yourself without any limitations, judgments, or expectations.

ASK YOURSELF

What would I like MORE of going forward?

What would feel amazing if it were true?

What if nothing was holding me back? What would be different?

What is something I'm curious about that I'd love to explore?

What is something I'm not saying out loud but that I really want for myself?

Who is the person I'd like to become? (Describe the qualities of your future self and what's most important to them i.e., what do they value, how do they spend their time, who are the important people in their life?)

Building your bridge

So much growth happens on the bridge!

When I talk about the “bridge,” I am referring to the space between now and where you will be in a month or six months or a year. The bridge is all about BECOMING and it’s essential that your bridge is strong and supportive. Once you realize that you want to be more creative with your life and time, you begin building your unique bridge. It connects you to who you’ve been, holds you when you need to be still and take stock, and gives you a way to move forward. Thinking about who you want to be on that bridge (not just what you want to do) is helpful. As is recognizing that the bridge is an important part of your journey, one to be designed, unrushed, and reveled in. The purpose is not to run across it to something better but to be in conversation with yourself and in community with others while walking across.

ASK YOURSELF

How big is the gap between where I am and where I want to be? (Is this a small bridge over a pond or one that crosses an ocean?)

What are the guardrails on my bridge? I.e., the boundaries/practices that will keep you safe while you’re crossing.

What can I see from the bridge that I can’t see from where I am now?

If I zoom up to a bird’s eye view, I can see that...

Who do I want with me on the bridge?

How do I want to feel on the bridge?

What is most important to me on the bridge?

What is something I want to let go of to travel more lightly? How can I begin to let that go?

What is one thing I can do today to help me move across the bridge?

Bringing your vision to life

Have fun with this!

Use this space (or a separate piece of paper or sketchbook) to write, draw, paint, collage or otherwise bring what you've outlined above into one picture of where you are, what the bridge looks like, and where you're going. You might want to focus on bringing the feelings to life with colours, textures, and shapes if the specifics aren't quite clear yet.

Take a photo and make it your screensaver, or pin up what you've created somewhere you'll see it often, as a reminder of what you've learned from these exercises.

Congratulations!

You've taken the first steps into your Power Years™!

If you'd like some one-on-one support to explore further,
please book your **What's Next Power Call** with me.



Meet Sara

Sara is passionate about supporting women to ignite midlife. She is a certified professional coach and facilitator who runs group programs, workshops, and delivers one-on-one coaching.