

# *The Midlife Reset*



*The Midlife Woman's  
Practical Guide to Escaping  
The Midlife Madness:  
Rewire Your Mind for  
Growth and Transformation*

# About

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Hello!

I'm Angela, and I'm so glad you're here. I want to take a moment to introduce myself, so you know you're in safe hands. I have been where you are right now.

Life was moving along just fine, until—BAM!—everything changed. For me, it was the heartbreaking loss of my partner.

But for you, it might be something different: divorce, an empty nest, a career shift, or even questioning who you are at this stage of life.

Here's what I've learned: midlife isn't the end—it's the beginning of a new chapter. It's a time to rediscover who you truly are, what you deeply desire, and step into the most empowered version of yourself.

I am now honoured to work with women just like you who are ready to rebuild, rediscover, and reinvent themselves.

The journey may feel uncertain now, but I promise: there is hope, and you are capable of more than you think.

# The Subconscious Mind

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Before we get into the main content of this guide, I want to explain to you how your subconscious mind works and why it's keeping you stuck.

## **Your Subconscious Mind: The Secret Boss of Your Life**

Imagine your mind is like a giant iceberg. Your conscious mind (the part you think is in charge) is just the tiny tip sticking out of the water. Meanwhile, your subconscious mind—the real boss—is the massive chunk hidden beneath the surface, quietly running 95% of the show.

### **How Does It Work?**

From the moment you're born, your subconscious is like a sponge, soaking up beliefs, fears, and habits from parents, teachers, society, and that one time in school you were 'forced' to speak up in class and someone laughed at you. These early experiences become hardwired programs that dictate how you see yourself and the world.

### **Why Do We Keep Repeating Patterns?**

Your subconscious LOVES familiarity—even if it's not good for you. It doesn't care if a belief is **helpful** ("I am confident and capable!") or **limiting** ("I'm too old to start over."). If it's been playing on repeat for years, it assumes that's the truth and will make sure your actions match that belief.

# The Subconscious Mind

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## So... Why Do We Self-Sabotage?

Because your subconscious is like an overprotective but outdated bodyguard. Its main 'job' is to protect you. But it will keep you stuck in the same old comfort zone because "this is what we've always done, so it must be safe." Want to start a new career? Change your habits? Find love again?

If your subconscious has an old programme saying "That's risky!" / "That's too scary" / "I'm not good enough, clever enough" etc. -BOOM!- you'll find yourself procrastinating, doubting yourself, or backing out before you even try.

## The Good News? You Can Rewire It!

The mind isn't fixed—it's just running old software. And just like updating an app, you can reprogram it or reset back to factory settings

Repetition (affirmations, new habits)

Visualisation (imagining success before it happens)

Emotional triggers (attaching new beliefs to strong feelings)

Working with someone who understands the subconscious mind.

So, if you're feeling stuck, give yourself some grace, it's not you—it's just an old programme running in the background. But the moment you become aware of it, you gain the power to rewrite the script.

And that, my friend, is how you hit 'The Midlife Reset'.

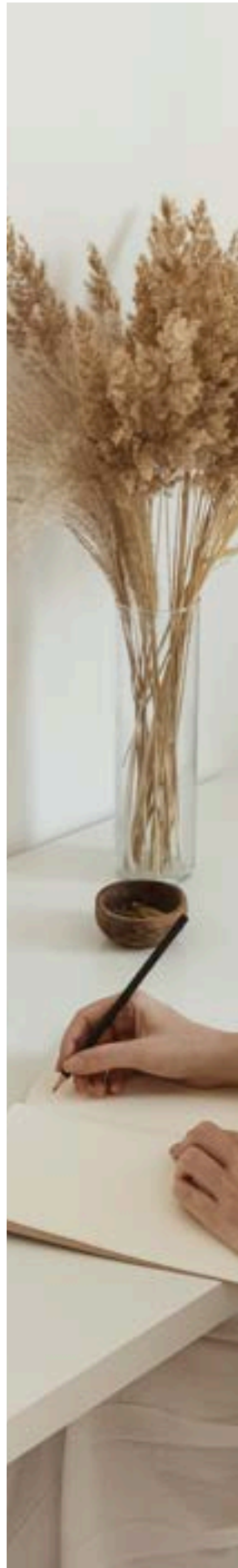
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*Until you make the subconscious, conscious, it will drive your life and you will call it fate.*

(Carl Jung)

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# 01 *Rewriting Your Midlife Story*

Hello, Midlife Woman.

If you're reading this, chances are life has thrown you a curveball - one that has left you feeling lost, uncertain, or even completely unrecognisable to yourself.

Perhaps you've lost a loved one, ended a long-term relationship, walked away from a career that once defined you, watched a dream fade away or found yourself staring in the mirror, wondering, 'who is this woman?', and 'when did she start needing reading glasses to see her phone? (Midlife, right?)

Whatever brought you here, I want you to know: you are not alone. This guide is here to help you navigate these changes with grace, self-compassion, and renewed purpose.

This guide is for you - the woman who's ready to honour the past but also curious about what's on the other side and step into your true potential.

“

*You are never too old to set another goal or to dream a new dream*

C.S. Lewis

And yes, it's for the woman who's tired of being told to "just stay positive" when what she really needs is permission to feel all the feelings - even the messy, inconvenient ones.

What you won't find in these pages: quick fixes, toxic positivity, or a magic wand to make the pain disappear.

(If I had one of those, I'd be charging a hefty fee for this ebook.)

What you will find is compassion, practical tools, and a gentle nudge to take the first steps toward transformation - not because you're 'supposed to,' but because you **deserve** to rediscover joy, purpose, and maybe even a little fun along the way.

So, grab a cup of tea (or wine, no judgment here), find a cozy spot, and let's begin.





Life changes can be challenging, especially in midlife. This stage brings profound shifts, which may be (but not limited to) one or more of the following:

- Death of a partner, parent, or friend
- Divorce or the end of a long-term relationship
- Career transitions, retirement, or job loss
- Children leaving home, leading to empty nest syndrome
- Shifts in identity and personal growth

But midlife is also a unique time of rediscovery.

While it may feel like certain chapters are closing, it's also an invitation to rewrite your story and step into your next chapter with confidence, clarity and a sense of purpose.

“

*Youth is a gift of nature, but age is a work of art*



# 02 *Midlife is Your Reset Moment*

Midlife (as you well know) is full of change and transition - some we see coming, others that hit us like a sledge hammer .

Grief, for example, affects all of us in different ways - it doesn't just come from losing a loved one. It can also stem from the loss of:

- A long-term marriage or relationship
- A career that once gave you purpose
- The role of being a full-time mother
- The youthful version of yourself you once knew
- A vision of how you thought life "should" be

The truth is, these struggles don't only come from the external changes themselves - they come from the internal stories we've been telling ourselves for decades. (the subconscious programmes)

Our subconscious mind has stored these stories and created our beliefs about who we should be, what's possible for us, and what we deserve. And when faced with major change, we tend to run these same stories and beliefs.

But what if we could transition with a more positive outlook?  
What if we could rewrite those beliefs?



03

## Reprogramming Your Mind for Growth

If transitions feel like a storm, then growth is the rainbow that appears after the rain.

You don't have to wait for the storm to completely pass before you start seeing glimpses of light.

Ways midlife transitions can lead to transformation:

- Clarifying values – Realigning with what truly fulfills you.
- Reinventing identity – Letting go of past roles and embracing new ones.
- Building resilience – Discovering strengths you never knew you had.
- Expanding community – Finding connection with others who “get it.”

Midlife is not a crisis. It's a wake-up call to create the life you actually want.

It's like hitting the reset button on your life - painful at times - yes, but also an opportunity to rebuild and begin to transform your life in a way that feels more authentic and aligned with who you are now.

## A Glimpse of Hope

Let me share a story with you.

Ellen one of my many beautiful clients, was going through what she termed a 'midlife crisis'.

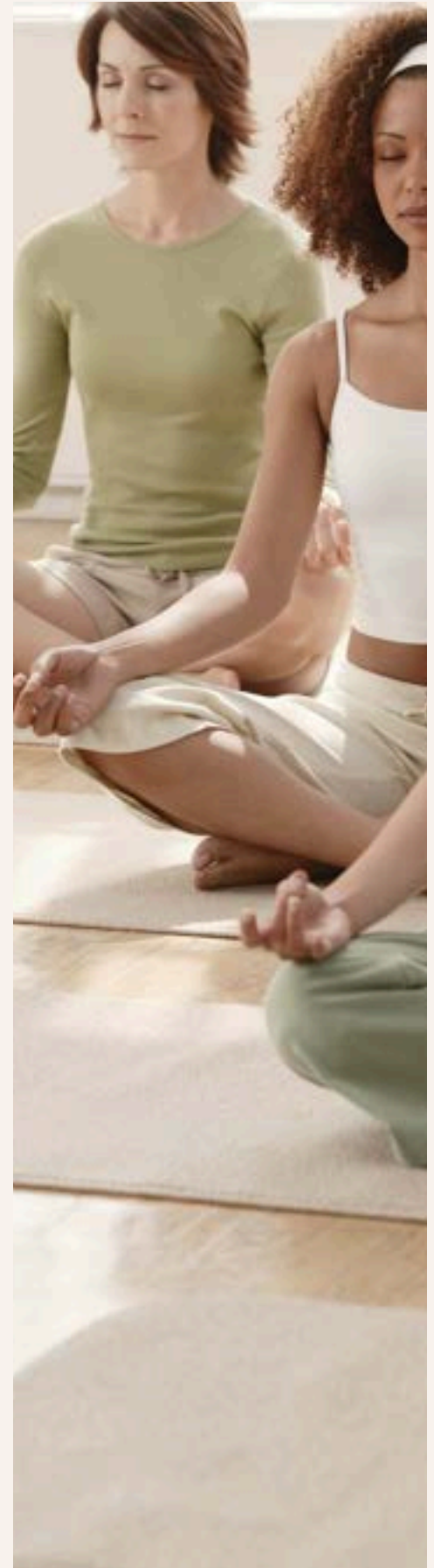
She was in a highly respected senior role in her organisation. But for reasons unknown Ellen was suffering from high levels of anxiety which was starting to impact not only her mind but also physically.

Ellen tried various modalities, but nothing seemed to help long term. But of course the issues (as you now know) lay deep within her subconscious mind.

You see most of our thoughts, beliefs and behaviours (95%) are driven by the subconscious mind. So the problem is not actually 'you' it's your subconscious.

Like most of us, Ellen's subconscious had been shaped by decades of conditioning - old beliefs about her worth, success, and identity.

When we uncovered the hidden mental blocks holding her back, she realised she wasn't 'broken' - her mind just needed new programming. And once we did that, her entire life changed.



*As you sow in your subconscious mind, so shall you reap in your body and environment,*



# 04 *Practical Steps*

Moving forward doesn't mean leaving the past behind. It means learning how to integrate your experiences while stepping into a new version of yourself.

## **Practice Self-Compassion**

Give yourself permission to feel, without judgment. Try placing a hand on your heart and saying, "I honour where I am today."

## **Rewire Your Mind With Small Actions**

Write in a journal for 5 minutes.

Go for a walk and notice one beautiful thing.

Reach out to a friend and share how you're feeling.

Try 5 minutes of meditation or visualisation.

Growth and Transformation are not about speed; it's about showing up for yourself, one step at a time.



## Rituals to Reset Your Subconscious

### 1. The "Letting Go, Calling In" Ritual

Release outdated beliefs and welcome in new possibilities.

#### **What you need:**

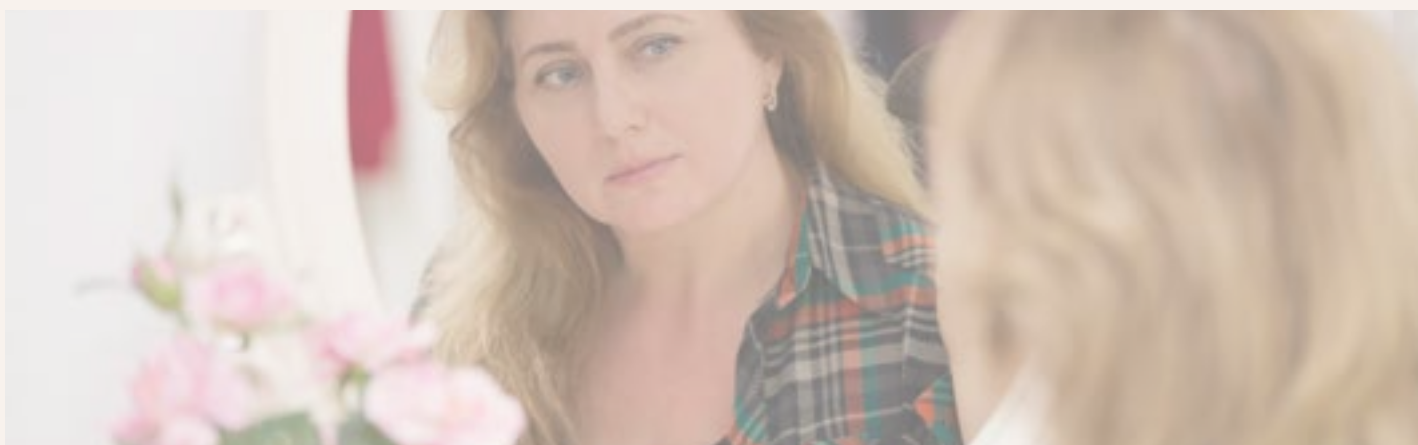
- A piece of paper & pen
- A candle or bowl of water

#### **How to do it:**

1. Write down old beliefs that no longer serve you (e.g., "I am too old to start over," "I have to settle for what I have now.")
2. On a separate piece of paper, write the new beliefs you want to embody (e.g., "Midlife is my time to thrive," "I am open to new opportunities.").
3. Burn or submerge the first paper (old beliefs) in water as a symbol of releasing those limitations.
4. Read your new beliefs aloud and place them somewhere visible (like your mirror or journal).

#### **Why it works:**

The subconscious responds strongly to symbolic acts, making this ritual feel like a true energetic reset.



## Rituals to Reset Your Subconscious

### 2. The "Mirror of Possibility" Ritual

Rebuild self-trust and confidence in your next chapter.

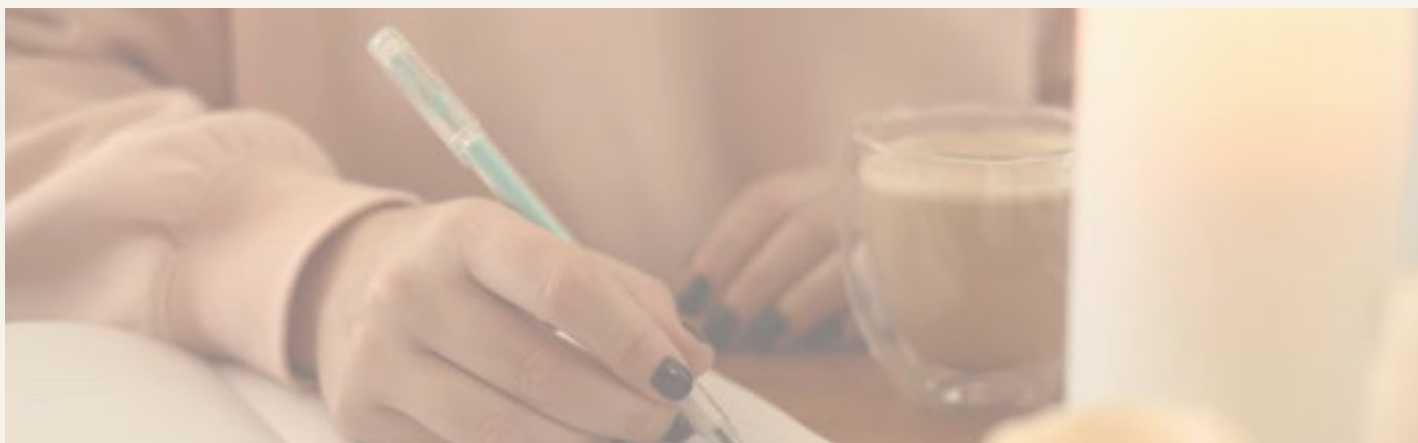
What you need:

- A mirror (preferably handheld or one where you can see your face clearly)
- A journal

#### **How to do it:**

1. Stand in front of the mirror, make eye contact with yourself, and say out loud:
2. "I see you. I honour you. I trust you to create something beautiful in this chapter of life."
3. Next, ask your reflection a question:
  - "What do you need from me today?"
  - "What is one thing you are ready to believe about yourself?"
4. Write the answer in your journal - it doesn't have to be perfect, just what comes up for you.
5. Repeat this ritual daily for a few weeks, watching how your answers evolve.

**Why it works:** The subconscious deeply internalises self-talk, and eye contact strengthens belief rewiring.



## Rituals to Reset Your Subconscious

### 3. The "Rewrite Your Story" Journaling Ritual

Reframe your past and create an empowering new narrative.

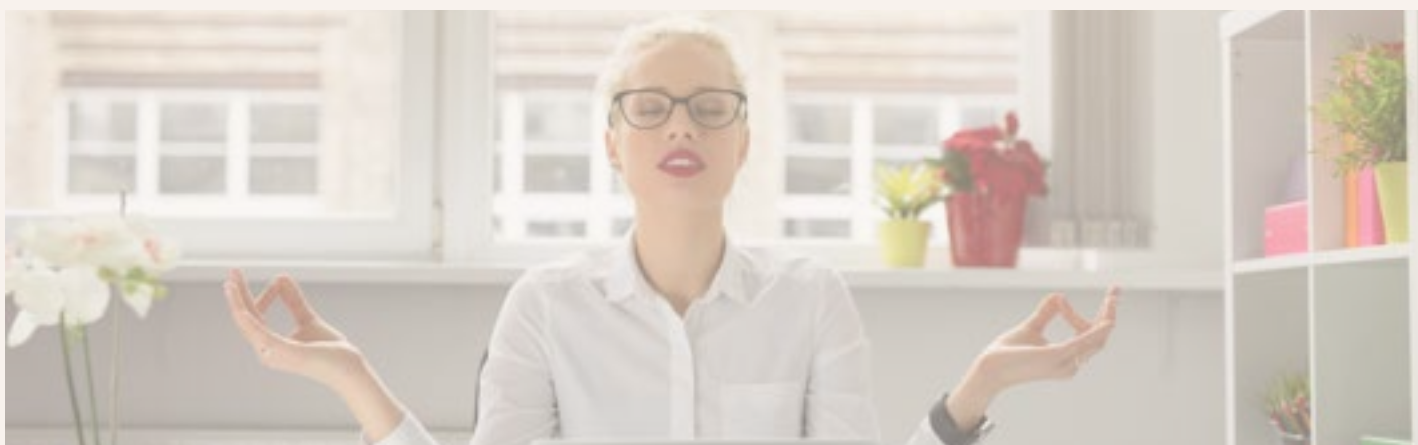
#### What you need:

- A notebook or journal
- 15–20 minutes of quiet time
- 

#### How to do it:

1. Write a short version of your story so far (focusing on what's made you feel stuck).
2. Now, rewrite it with a new perspective:
  - Instead of "I wasted years in a career I didn't love," write "I've gathered incredible skills that will now help me create something fulfilling."
  - Instead of "I've lost so much," write "I am now making space for what truly aligns with me."
3. Read your new story aloud and underline any phrases that spark excitement or possibility.

**Why it works:** The brain believes the stories we tell ourselves—this ritual literally rewires your self-perception.



## Rituals to Reset Your Subconscious

### 4. The "5-Minute Future You" Visualization

Access the subconscious wisdom of your highest self

#### **What you need:**

- A quiet space
- 5–10 minutes

#### **How to do it:**

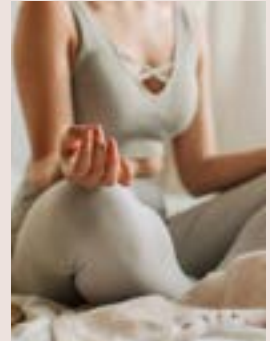
1. Close your eyes and take a few deep breaths.
2. Imagine meeting your future self, 5 or 10 years from now—this is the most confident, aligned version of you.
3. Ask her questions:
  - “What do I need to focus on now?”
  - “What limiting belief should I release?”
  - “What is one thing I should do differently?”
4. Listen for the answers—your subconscious will respond with gut feelings, emotions, or even direct words.
5. Write down what you received in a journal.

**Why it works:** The subconscious operates in imagery - visualising your future self creates a new mental blueprint to follow.

# Visualisation Exercise

## Visualisation Exercise for Growth

*Close your eyes and focus on your breathing. Take slow, conscious loving breaths. Inhale for 4 counts, exhale for 6. Feel each breath calm and centre you in the present moment. With each inhale, imagine breathing in calm and with each exhale, breathing out any tension*



*Picture yourself standing on a quiet shoreline. The air is warm. The waves whisper at your feet. Here, you are safe. You are held.*

*Now imagine the waves gently lapping at your feet. Each wave carries a memory or emotion. Feel the cool water wash over your toes, arriving and then retreating, never staying too long.*



*Visualise yourself standing firmly, acknowledging the waves as they come and go.*

*In this space, let yourself feel the emotions that arise. Know that it's ok to allow your emotions to come and go - this is your safe place to fully express your feelings and emotions without judgement.*

*Whisper to yourself, "I release old beliefs that no longer serve me and step into the limitless possibilities of my future."*



*With each wave, feel the heaviness lift. With each breath, feel yourself lighter, calmer, at peace now.*

*Try this Visualisation Exercise for a minimum of 5 mins, but of course continue for longer if you choose.*

# 05

## Mind Blocks

### *What if I'm too stuck to start?*

- *Start small - so small it feels almost effortless. Write one sentence. Take one deep breath. Healing isn't about speed; it's about showing up for yourself, no matter how slowly.*

### *What if I feel guilty about moving forward?*

- *It's normal to feel this way. Growth and transformation doesn't mean forgetting about the past, it means honouring the past while allowing yourself to embrace a full purposeful life.*

### *How do I stay motivated?*

- *Motivation often follows action, not the other way around. Commit to taking one small step each day, and the momentum will build. Celebrate every victory, no matter how small, and remind yourself that every effort is a testament to your strength.*



If you've made it this far, take a deep breath -  
because that means you're already moving  
forward.

*Wherever you are on this path, you are not  
alone. Be kind to yourself. Every step you take -  
no matter how small - is a testament to your  
strength. You are already stepping into your  
next chapter, one breath, one moment, one step  
at a time.*

***Congratulations!***

# 06

# Next Steps

*You've Already Taken the First Step!*

*Let's Take the Next Step Together:*

*What if you could reprogramme your mind to break through those limiting beliefs that have been holding you back?*

*Your subconscious is already shaping your future - so why not shape it intentionally? If you're ready for a Midlife Reset, let's chat.*

*Book a [Free Zoom Consultation Call](#)*

*Prefer to connect first? If you're not quite ready for a call, let's chat! Send me a DM or email (click the links below)*

*I look forward to connecting with you.*



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*Angela x*