



THE FULL-LIFE™

MIDLIFE REINVENTION
STARTER KIT

*Your first step to living
more fully.*



Jena
The Full-Life
Empowerment Coach™



WELCOME

Midlife isn't a crisis. It's a call. A call to become the most unapologetic, free, and fully-expressed version of yourself.

Welcome to the Later, But Louder™ movement. This starter kit is your first step toward ditching the pressure to be who you "should" be -- and instead embracing who you already are and who you're becoming. Let's make this second half your best, boldest chapter yet.

-Jena, The Full-Life Empowerment Coach™

Midlife Mindset Check-In

Rate yourself from 1 (low) to 10 (high):

I feel excited about the future.

I know what I want the next chapter to look like.

I have meaningful goals beyond job or caregiving.

I feel like *me*, not just who I've had to be for others.

I feel energized, not exhausted, about what's next

Score:

/50

What was your score? What does that tell you about where you are at?

Let Go List

List 3 things you're ready to release

1.

2.

3.

The F.U.L.L.Y. Method™

F - Forgive the Past: Release regrets, mistakes, and stories that no longer define you.

U - Understand Your Patterns: Identify the habits, beliefs, and fears that keep you playing small.

L - Let Go of What's No Longer You: Shed the roles, identities, and obligations you've outgrown.

L - Lay Out Your Path: Begin designing the second act of your life, aligned with your truth.

Y - You Become: Step into your Fully Out Loud™ life -- the one that's waiting when you stop holding back

What would it change for your life if you could complete these steps?

Life Audit Wheel

Rate each from 1-10 (1= Not important, 10= Very important) and draw your own wheel:

Health & Wellness

Relationships

Career/Purpose

Creativity

Fun & Play

Spirituality

Finances

Environment

Draw your ratings in a circle to visualize balance

Midlife Vision Worksheet

Reflect and write:

If nothing held me back, I'd...

In 5 years, I want to feel...

I secretly dream of...

I want to be known for...

I want to reconnect with..

Daily Power Prompts

Use these for journaling:

Day 1: What do I need to stop apologizing for?

Day 2: What would I do if I felt 10% braver?

Day 3: What did I love as a child that I miss now?

Day 4: Where in my life am I playing small?

Day 5: What does "living fully" mean to me?

Next Steps

If this kit stirred something inside you...

-> Book a free [Full Life Launch™](#) Call

You're not too late. You're right on time!