



THE

MIDLIFE REINVENTION
STARTER KIT

#FULL-LIFE™

Later But Louder™



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01 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 embracing who you already are and who you're becoming.

Let's make this second half your boldest chapter yet.

— Jena, The Full-Life Empowerment Coach™

02 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 right now?

What needs to change most?

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03

The F.U.L.L.Y.TM 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 LoudTM life — the one waiting for you when you stop holding back.

What would change in your life if you fully committed to this process?





04

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...

What future version of you is trying to emerge?



05 Daily Power Prompts

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?

Bonus Prompt:

What would happen if I stopped waiting for permission?



06

Next Steps

If this workbook stirred something inside you...

You are not too late.

You are not washed up.

You are not finished.

You're right on time.

The second half of your life gets to be louder, freer, and more fully yours.

This is your invitation to stop shrinking and start becoming.

Book your free Full-Life Launch™ Call and begin designing your next chapter.

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Jena | The Full-Life Empowerment Coach™

