

THE DREAM FINDER

*15 Minute Passion Discovery
Workbook for Women Over 40*

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Welcome Beautiful Soul

Have you ever asked yourself: "What happened to me? Where did my dreams go?"

You've spent years taking care of others. Now it's your turn.

This 15-minute mini workbook is your safe space to reconnect with what lights you up inside. Your passion isn't lost forever. It's just been buried under the noise. Let's uncover it together.



Step 1: Reconnect with Yourself

Instructions: Take a deep breath. Give yourself permission to feel. Then answer these prompts:

1. What activities used to make me feel joyful or excited when I was younger?

2. What could I do for hours and lose track of time?

3. What do people often thank me for or say I'm naturally good at?



Step 2: What Lights You Up?

Circle all that apply (or write your own):

☐ Creating art or crafts

☐ Being in nature

☐ Helping others heal

☐ Solving problems or puzzles

☐ Organizing or simplifying

☐ Planning events

☐ Writing or journaling

☐ Caring for animals

☐ Singing, dancing or performing

☐ Deep conversations

☐ Teaching or coaching

☐ Spiritual practices

Now answer:

Which 1–2 activities make your heart feel warm just thinking about them?

When was the last time you did any of these?
How did it feel?



Step 3: Build the Bridge Back to You

Mini confidence boost:

Fill in the blanks below:

I light up when I _____

I've always had a gift for _____

Even if it's been a while, I'm ready to rediscover _____



Step 4: 3 Small Steps to Explore Your Passion This Week

Choose any of the following (or create your own!):

- Spend 15 minutes doing something creative
- Reconnect with a childhood hobby
- Watch a documentary or video on a topic that fascinates you
- Take a solo nature walk
- Journal about what a dream life could look like
- Sign up for a local or online workshop/class

Write your 3 steps here:

1. _____

2. _____

3. _____



Final Note from Irina

You're not broken. You're just rediscovering the parts of you that were placed on pause. Your dreams are still here--and they matter.

This is just the beginning. If this workbook lit a spark in your heart, I invite you to go deeper in reclaiming your happiness and purpose inside my *The Gift Inside* monthly group coaching program.

You've taken your first step today. I'm so proud of you.

With love,
Irina Shehovsov
Founder of Reclaim Your Life
Transformational Coach
Podcast Host

