



TOP 5 SIGNS YOU'RE READY FOR A MIDLIFE RESET

A gentle guide for the woman who senses something shifting inside.
She's unsure of what it means but is ready to explore and reset with intention.

~ Midlife Reset Coach Desiree Jordan ~



A personal welcome from your Midlife Reset Coach

Hi friend!

I'm so glad that you decided to download this helpful guide. Over the years, as a Certified Trauma Informed Midlife Coach, I've talked to so many women who were feeling exactly how you're feeling today. Honestly, there comes a time when you realize you've been moving through your life on autopilot.

You're not unhappy... you're just not fully connected.

You're not completely absent... you just don't feel fully present.

It usually begins quietly with a sense of melancholy where fulfillment used to be.

If you're reading this guide, I want you to know this:

You are not late.

You are not the only one who feels this way.

You are simply waking up to your own life again. That's a great thing!

Today is the beginning of an important shift that will begin the journey to finally come back to yourself.

This guide isn't meant to overwhelm you. It's here to help you notice what you've been carrying and what you no longer need to carry alone. I've created it as a gentle invitation back to your truth, and yourself.

Read it slowly. Take your time. Give yourself a chance to realign with whatever feels most true. Your reset doesn't begin with a big dramatic change. It begins with awareness, curiosity and that can begin right here.



You can feel the life you're living no longer fits. 01.

Your life feels a bit off... Not in a dramatic way. Not because everything is wrong. Just... quietly it seems less like you.

The life you've built looks fine from the outside. Responsible. Full. Functional. But inside, something feels off... like you've outgrown a version of yourself without knowing what comes next.

You tell yourself it's just a season. That things will settle down. That clarity will return on its own. But it hasn't.

What you're feeling isn't dissatisfaction, it's awareness. You're waking up!

It's a recognition that staying the same won't create the ease or alignment you're needing now. This isn't a crisis. It's an invitation.

When women reach this point, it's often because she's truly changing on the inside.

Reflection:

Where in your life do things feel like they don't fit any longer? Name them.

Coach's Note:

Support matters here, transitions are easier when you're not navigating them alone.



02.

You've been "performing" strength for so long,
you barely recognize yourself.

You're the one people rely on. The capable one. The steady one. You handle all the things. You smooth things over. You keep going, even when you're tired.

Over time, being "strong" stopped being something you do and became who you are. And somewhere along the way, your own emotional needs moved quietly to the background.

You still function.

You still achieve.

But something feels like it's missing.

The version of you who solves everything isn't who you align with today. This realization doesn't mean you're stuck. It means you're ready to stop carrying everything alone.

Reflection:

What are you doing today because you've always done it and not because it feels true and authentically you?

Coach's Note:

This is the moment women realize they don't need to be stronger; they need support that allows them to be honest.



03.

You miss the sound of your inner voice. The voice you trust.

There was a time when you trusted yourself. You knew what felt right.
You made decisions without so much second guessing.

But over the years, demands, responsibility, obligations began speaking louder
than intuition. You adjusted, adapted to what was needed because that's what life
required and your own voice grew quieter.

Now, when you try to check in with yourself, it feels muted. Not silent. Just distant.

What's more confusing is, you're not unhappy.
You're simply aware that a vital part of you has gone very quiet.

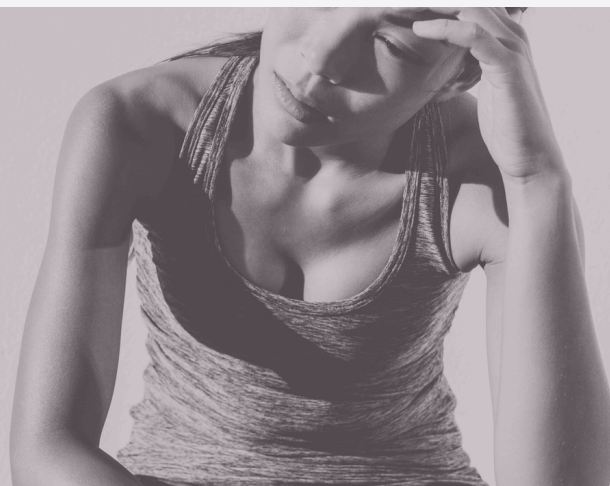
It's not burnout and it's not a crisis, its disconnection, the kind that builds slowly.

Reflection:

If you created intentional space for just you this week, what would you do with it?

Coach's Note:

This isn't fixed by thinking harder or
trying more. It happens when there's
space, safety, and support.



04.

You're tired in a way that rest doesn't fix.

You've tried the usual things, going to bed early, taking a weekend off, creating pockets of quiet when you can. While those things help for a moment, the deeper tiredness always returns. It's not physical exhaustion; it's something underneath that.

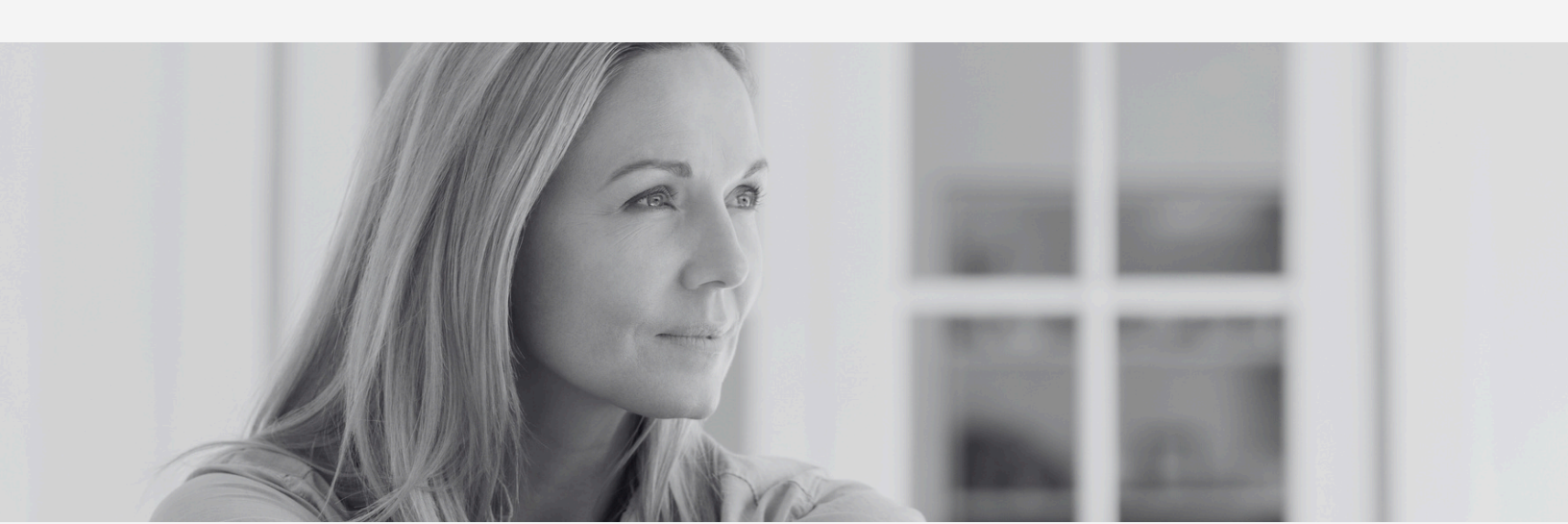
It's the kind of fatigue that comes from carrying more than you've acknowledged. From pushing through instead of pausing. Being "*fine*" for far longer than anyone realizes.

There's a sense that you've been functioning for so long that true restoration feels out of reach. Part of you wonders if this is just the new normal of midlife. Another part quietly hopes that if you keep going, the heaviness will eventually lift.

When rest doesn't work, it's often because something underneath needs attention, and it's not more discipline or endurance. This kind of tiredness isn't a problem to solve. It's information. And listening to it is the beginning of meaningful change.

Reflection:
What is your body asking you to pay attention to right now?

Coaches Note:
This is the moment women realize they need space to understand what they've been holding, and how to stop holding it alone.



You know something needs to change but unsure where to start. 05.

There's a quiet tug on the inside that you can't fully articulate. It shows up in small moments when you're driving, showering, or lying awake at night. It's not a dramatic it's a quiet nudge.

You sense you want "more," but the details are still blurry. Not more tasks or responsibilities, it's more meaning, more alignment.

You don't want to blow up your life. You just don't want to keep ignoring yourself. And you occasionally hope the clarity will arrive on its own when things settle down. But clarity rarely shows up that way...

This is the space many women get stuck. They are becoming aware but remain uncertain. They're ready for something different, but unsure what support would actually look like.

Reflection:

If you didn't have to explain or justify your desire, what would you allow yourself to want?

Coach's Note:

This is where guidance matters most. To help you see what's no longer working and together choose the right next step.



An Invitation Into What Comes Next...

If you recognized yourself in any these pages, this is your confirmation:

You're not imagining it. And you're not too late.

You're at a point where awareness has done its job and what you need now is support.

A midlife reset isn't about starting over, fixing yourself or blowing up your life. It's about creating space to understand what no longer fits and being guided as you reconnect with who you are now.

This is the work I do inside **The Reclaim & Reset Method™** a signature coaching experience for women navigating midlife transitions.

Women come into this work when:

- They're functioning, but not fulfilled
- They've been strong for a long time and are ready to release it
- They don't want surface-level motivation, they want honest clarity
- They're ready to stop trying to figure it out alone

This experience isn't fast or performative. It's thoughtful. Supportive. Grounded.

Inquire to Work Together:

The Inquiry Call a starting point.

It helps us both determine whether this is the right support for you at this time.

[CLICK HERE SCHEDULE AN INQUIRY CALL](#)