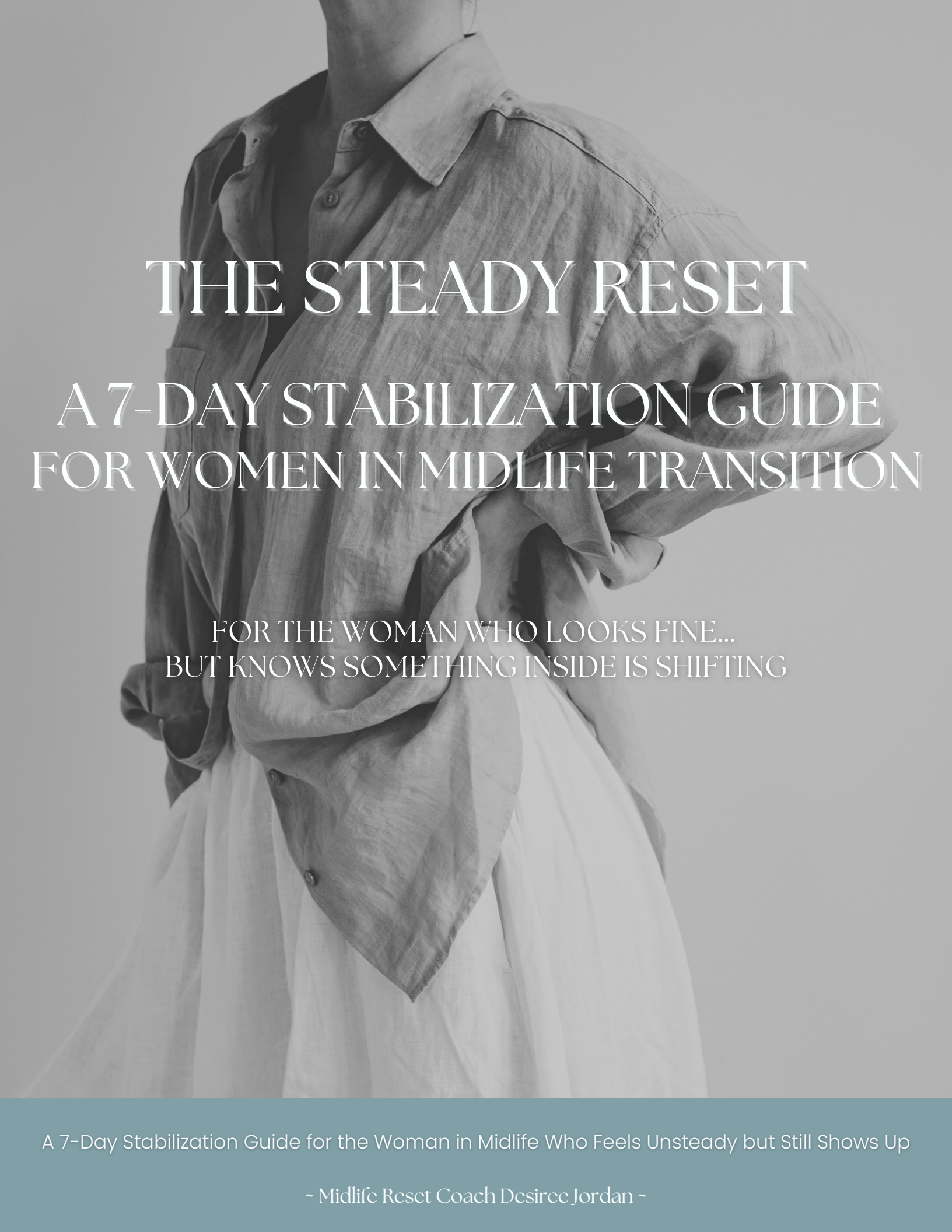


A black and white photograph of a woman from the chest up. She is wearing a light-colored, button-down shirt with a collar. A white garment is draped over her shoulders, partially covering the shirt. The background is a solid, light gray.

THE STEADY RESET

A 7-DAY STABILIZATION GUIDE FOR WOMEN IN MIDLIFE TRANSITION

FOR THE WOMAN WHO LOOKS FINE...
BUT KNOWS SOMETHING INSIDE IS SHIFTING

A 7-Day Stabilization Guide for the Woman in Midlife Who Feels Unsteady but Still Shows Up

~ Midlife Reset Coach Desiree Jordan ~



A personal welcome from your Midlife Reset Coach

Hey there!

You're not being dramatic, fragile and you're not "losing it".
You are likely navigating an identity shift your nervous system felt before
your mind could even name it.

This guide is not about reinventing your life. It's about stabilizing yourself
inside of it. Midlife transitions rarely begin with big announcements.
They begin quietly...

With a separation.

A betrayal.

Hormonal shifts that rewrite your internal rhythm.

An empty house.

A role that no longer fits who you are today.

Then suddenly you're functioning, but slightly unsteady. So, this guide is
for that space. Not the breakdown, the reinvention or a crisis. It's the
private in-between. For the woman who is still high-capacity... but knows
you cannot keep powering through yourself anymore.

Do this guide slowly. You don't need more information. You need
steadiness. Let's begin!

— Desiree



Why You Feel Wobbly (and Why It Makes Sense) ^{01.}

When identity shifts, the nervous system destabilizes before logic catches up.

You may notice:

- Irritation that feels disproportionate
- Fatigue that rest doesn't fix
- Decision paralysis
- A quiet grief you can't fully explain
- A subtle loss of confidence

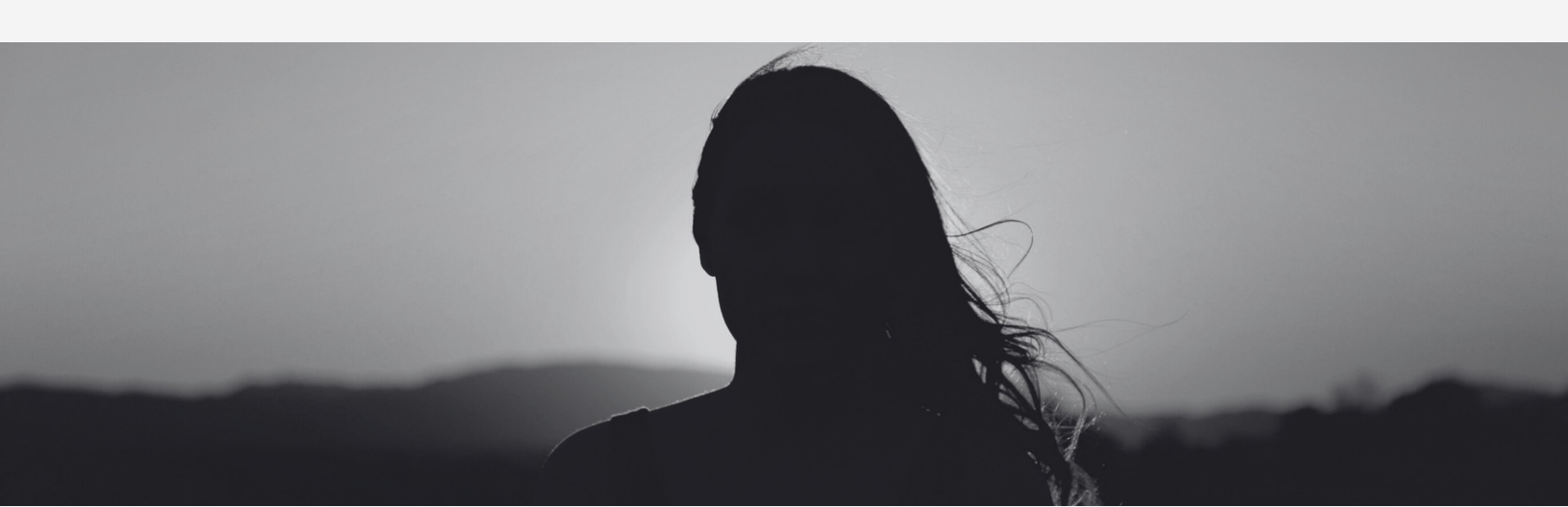
This isn't weakness. It's what happens when the version of you that carried a role of wife, mother of young children, achiever, fixer, strong one, begins to change.

Your body asks:

"Who are we now?"

Stabilization must happen before you consider "reinvention". If you try to "figure it out" too quickly, you'll make decisions from survival instead of clarity.

This week is about grounding first.



Reset Practice #1

02.

Name the Identity That Ended

Not the logistics.

"The kids left."

"The marriage changed."

"My job shifted."

Name the identity.

"I was the needed one."

"I was the steady one."

"I was the desirable one."

"I was the glue."

Write this sentence:

"The version of me that is ending is the woman who_____."

Then write:

"What I miss about her is_____."

Then:

"What I don't want to carry forward anymore is_____."

Identity grief is real grief.

You cannot stabilize what you refuse to name.



03.

Reset Practice #2

Ask the Right Question

Instead of:

“What is wrong with me lately?”

Ask:

“What part of me is trying to feel safe right now?”

Then answer gently.

Is it:

- The part that’s afraid of abandonment?
- The part that’s afraid of becoming irrelevant?
- The part that’s afraid of being alone?
- The part that’s afraid of being too much?

Safety comes before growth and moving forward.

When you respond to the correct part, the nervous system softens.

Clarity returns after safety...not before.



04.

Reset Practice #3

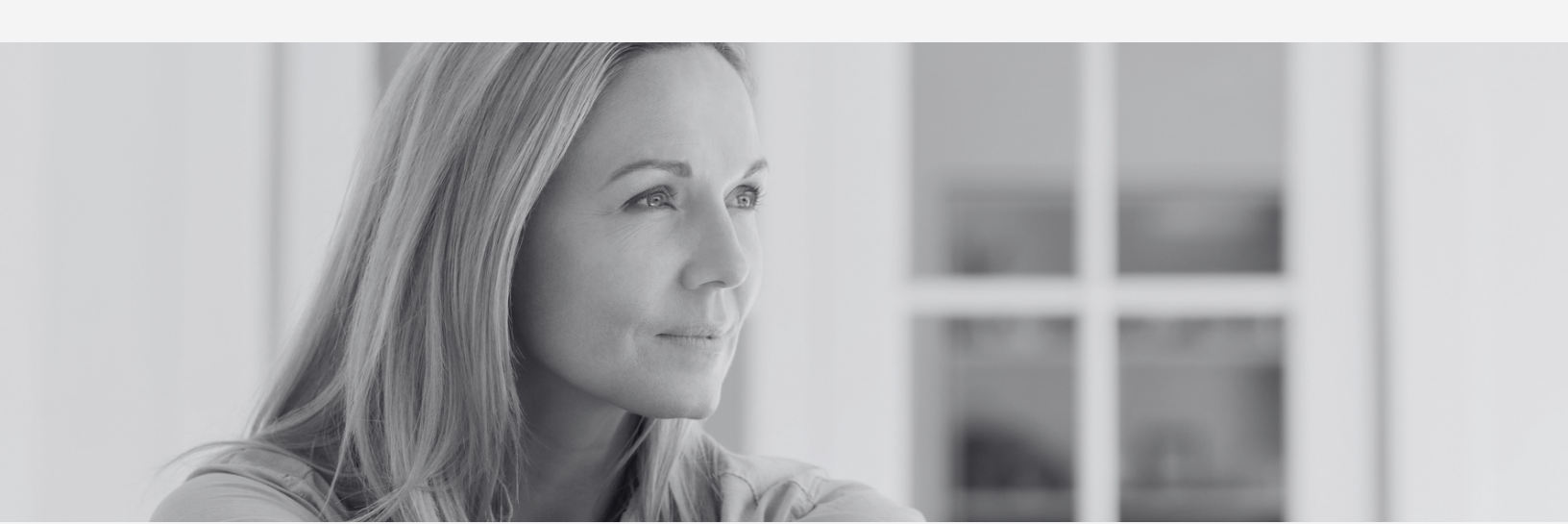
One Tiny, Real Boundary

Stabilization is built through choosing micro-agency steps.

Choose one:

- "I need to think about that before I answer."
- "I'm not available for that this week."
- "That doesn't work for me."
- "I'm going to pause this conversation for now."

Do not overhaul your life. Make one real decision that protects your energy. You can practice doing any of these to build stability.



The 7-Day Steady Rhythm

05.

This is a grounding rhythm that is proven to bring steady adjustments.

Day 1 — Name the identity shift.

Day 2 — Take 10 minutes completely alone. No phone (or distractions).

Day 3 — Practice one boundary sentence out loud.

Day 4 — Journal: "What part of me needs reassurance?"

Day 5 — Move your body slowly (walk, stretch, not punishment exercise).

Day 6 — Say "no" once kindly and clearly.

Day 7 — Write: "The woman I am becoming feels like _____."

No urgency.

No pressure.

Just stabilization.



An Invitation Into What Comes Next...

If you notice:

- You are making major decisions from panic
- You feel chronically dysregulated (restless, feeling off, body shifts)
- You cannot access your inner voice at all
- You are carrying betrayal, grief, or relational trauma alone

This is not something you “figure out harder.”

This is where guided support matters.

The work I do inside The Reclaim & Reset Method™ is designed specifically for high-capacity women in midlife transition who want steadiness before a complete reinvention (Hint: a reinvention isn't necessary).

This isn't performative growth. This is grounded, nervous system aware rebuilding. If you're ready for support, the link in my bio is your next step.

If you're not ready yet, continue using this Steady Reset for a week. Stability first.

— Desiree
Midlife Reset Studio

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

Inquire to Work Together:

[REQUEST AN INQUIRY CALL HERE](#)