

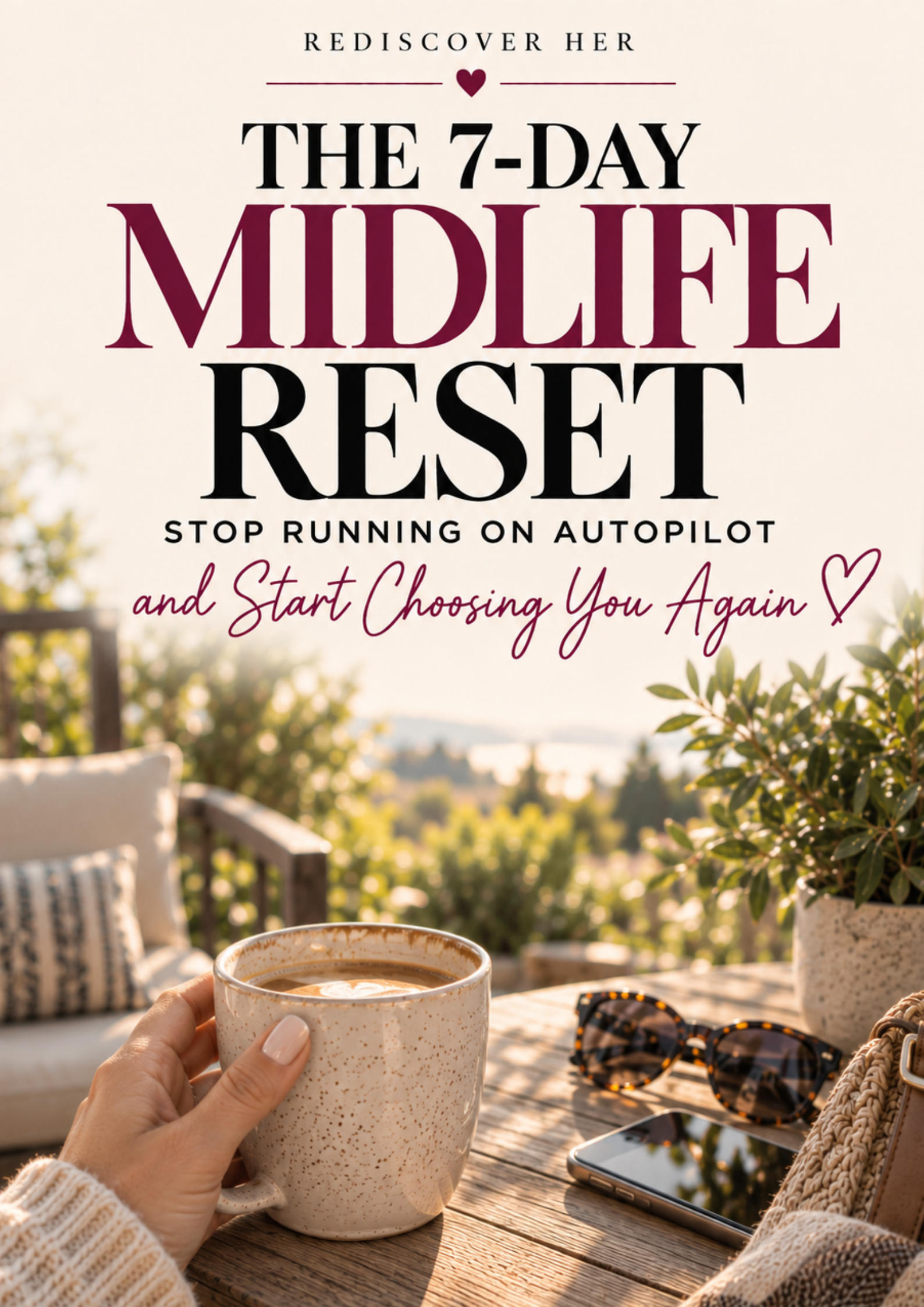
REDISCOVER HER



THE 7-DAY MIDLIFE RESET

STOP RUNNING ON AUTOPILOT

and Start Choosing You Again ♡



Hey Lovely!

Welcome to your Midlife Reset

I totally get it - you've been feeling a little lost lately, a bit stuck, or maybe just wondering "Is this really it?". Somewhere between work, kids, relationships, bills, appointments, washing, groceries, ageing parents, keeping the house running and being the person everyone seems to come to when they need something... life gets bloody busy. Without even realising it, we can become incredibly good at knowing what everybody else needs.

But when was the last time you stopped and asked "What do I need?" or "What do I actually want?"

If your first thought is "Honestly? I have no bloody idea" you're definitely not alone. That's a big part of why I created Rediscover Her. I'm figuring this stuff out too. I'm not here to tell you to quit your job, sell your house, find yourself in Bali or completely reinvent your life by next Tuesday. I just think there comes a point where we realise: Hang on... I get to be part of my life too.

Maybe you want more fun. More freedom. More confidence. More time with your girlfriends. More adventure. More sex. More peace. More purpose. Maybe you don't know what you want yet. That's okay too.

This little reset isn't about having all the answers. It's simply seven days to slow down for a few minutes, pay attention to yourself again and start making a little more room for what you want because wanting more from this chapter doesn't mean you're ungrateful for the life you've built.

It just means you're not finished yet and we might just be getting to the good bit. ♥

Kelly x

HOW THIS RESET WORKS

First things first... don't overthink this. ♥

For the next seven days, I want you to spend just a few minutes a day focusing on someone who probably doesn't make it onto your to-do list nearly often enough.

You.

You don't need a perfectly quiet house, a new journal, an hour to yourself or a life-changing revelation by Day 7.

And please don't save this for that magical Monday when life finally calms down. We both know that Monday doesn't exist. 😊

Each day, we'll do three simple things:

01



THINK

A little thought or reframe to get you looking at something differently.

02



EXPLORE

One simple exercise to help you work out what feels true for *you*.

03



YOUR MOVE

One tiny thing to actually do.

Because it's lovely to think about changing your life... but eventually we've got to get off the bloody couch. 😊

A few rules before we start...



Don't try to give the "right" answer.

Nobody is marking this.



Don't worry if you don't know yet.

"I don't know" is sometimes where the interesting stuff starts.



Don't turn it into homework.

Five honest minutes beats 45 minutes of overthinking.



And don't wait for the perfect time.

Use the messy ten minutes you've actually got.

*Small Steps
Big Shifts*



YOU DON'T HAVE TO CHANGE YOUR WHOLE LIFE THIS WEEK.

We're just going to start paying attention to it.



READY?

Let's get you off autopilot. →

DAY 01

GET OFF AUTOPILOT

When did life become one giant to-do list? ♥

Ever have one of those days where you've been busy from the second you woke up... but by the end of it you're not entirely sure what you actually did? Same. 😊

Life has a sneaky way of filling every available space.

Things to do. People to remember. Messages to answer. Appointments. Work.

Washing. Dinner. That thing you were supposed to book three weeks ago.

And that's before we even get to the approximately 47 tabs open in our heads.

When we're constantly moving from one thing to the next, it's easy to live on autopilot without even realising it. So today we're not fixing anything.

We're just noticing.

MY LIFE RIGHT NOW...



WHAT FILLS MY DAYS?

Where is most of my time actually going?



WHAT FILLS MY HEAD?

What am I constantly thinking, planning or worrying about?



WHAT DRAINS MY ENERGY?

What leaves me feeling depleted, irritated or just... done?

NOW LOOK AT WHAT YOU WROTE.

Don't analyse it to death. Just notice what jumps out.



RIGHT NOW, I WANT LESS...

AND I WANT MORE...



YOUR MOVE

Do ONE thing differently today simply because you want to.

Here are a few ideas...

- ♥ Have your coffee outside
- ♥ Put your favourite music on
- ♥ Leave the washing until tomorrow
- ♥ Take the longer way home
- ♥ Buy the bloody flowers
- ♥ Sit outside for ten minutes
- ♥ Say no to something you don't actually want to do

It doesn't have to be productive.

That's kind of the point.



YOU CAN'T CHANGE WHAT YOU HAVEN'T NOTICED.

Today, you noticed. That's enough. ♥



DAY 02

REMEMBER YOU

Before life got so bloody busy... what did you love?

Remember when you had things you did simply because **you liked doing them?**
Not because they were productive.
Not because somebody needed you to.
Not because they were good for the family.
Just because they made you happy.

Maybe you danced. Read books. Went out with the girls. Played music ridiculously loud. Painted. Travelled. Got dressed up. Went to concerts. Spent Sunday mornings doing absolutely nothing.

Maybe there was a version of you who was more spontaneous. Creative. Social. Adventurous. Playful.

That doesn't mean she disappeared too.



A LITTLE TRIP DOWN MEMORY LANE...



I USED TO LOVE...

What could you happily spend hours doing?



I HAVEN'T DONE THIS IN FOREVER...

Something you keep thinking about but never seem to do anymore.



I MISS THIS VERSION OF ME...

Playful? Adventurous? Social? Creative? Sexy? Carefree? Something else?



I ALWAYS WANTED TO TRY...

What never quite made it off the someday list?



YOU DON'T NEED TO BECOME THE OLD YOU AGAIN.

You get to decide which parts of her come with you.



I'M BRINGING THIS BACK...

What's ONE thing you'd genuinely love to have a little more of again?

What would the 2026 version of that look like?



YOUR MOVE

Bring ONE forgotten thing back today.

Here are a few ideas...

- ♥ Play an album you haven't listened to in years
- ♥ Wear the outfit you've been 'saving'
- ♥ Message the friend who knew the old you
- ♥ Pick up the book
- ♥ Cook something you used to love
- ♥ Dance in the kitchen
- ♥ Look up that class you've been thinking about
- ♥ Book something if you're ready
- ♥ Or simply spend ten minutes doing something you haven't done in far too long

No grand reinvention required.

Just give a little piece of you some airtime again. ♥

YOU'RE NOT TRYING TO FIND THE WOMAN YOU USED TO BE.

You're deciding who gets to come with you. ♥

WHAT THE HELL DO I ACTUALLY WANT?

Funny how such a simple question can be so bloody hard to answer. ♥

Ask most women what everyone around them wants and we could probably give you a fairly detailed list. What the kids want. What our partner wants. What work wants. What needs doing at home. What everyone expects from us.

But ask, **"What do YOU want?"**

...and suddenly it's crickets. Maybe it's been a while since you've even thought about it. And that's okay. You don't need to map out the next twenty years today. Let's make it much easier.

WE'RE GOING TO START WITH TWO VERY SIMPLE QUESTIONS:

What do I want more of? | What do I want less of?



MORE PLEASE

Circle anything that makes you think **YES. THAT.**

- | | |
|----------------------------------|---------------------------------------|
| ☐ Fun | ☐ Friendship |
| ☐ Energy | ☐ Time alone |
| ☐ Adventure | ☐ Purpose |
| ☐ Connection | ☐ Spontaneity |
| ☐ Confidence | ☐ Travel |
| ☐ Money | ☐ Laughter |
| ☐ Freedom | ☐ New experiences |
| ☐ Rest | ☐ Peace |
| ☐ Intimacy | ☐ Something else: |
| ☐ Creativity | _____ |



LESS THANKS

Circle anything you're officially a little bit over.

- | | |
|---------------------------------------|--|
| ☐ Stress | ☐ Saying yes when I mean no |
| ☐ Obligation | ☐ Living for weekends |
| ☐ Guilt | ☐ Doing things out of habit |
| ☐ People pleasing | ☐ Worrying what people think |
| ☐ Overthinking | ☐ Negativity |
| ☐ Drama | ☐ Chaos |
| ☐ Clutter | ☐ Self-criticism |
| ☐ Rushing | ☐ Perfectionism |
| ☐ Comparison | ☐ Something else: |
| ☐ Exhaustion | _____ |

IF I COULD ONLY PICK THREE...

I want more:

1. _____
2. _____
3. _____

I want less:

1. _____
2. _____
3. _____

LET'S TAKE EVERYONE ELSE OUT OF IT FOR A SECOND...

If **nobody else's opinion mattered**, what would you want more of in your life?

Don't give me the sensible answer. ♥



YOUR MOVE

Pick **ONE** of your "MORE" words.

What's one tiny way I could have more of this **THIS WEEK**?

Put it somewhere in your actual calendar. ♥



It doesn't have to be big. It just has to be real.

A small step is still a step forward.

WANTING MORE DOESN'T MEAN YOU'RE UNGRATEFUL.

It means you're paying attention. ♥

A happier you is a brighter everyone

You can care for others and still care for you.

STOP PUTTING YOURSELF LAST

Being a good woman doesn't require saying yes to bloody everything.

For years, many of us have been rewarded for being the reliable one. The helpful one. The easy-going one. The one who remembers everything, sorts everything, keeps everyone happy and says, "Yep, no worries" — even when there are, in fact, quite a few worries. 😊

And somewhere along the way, saying yes can become a habit. Not because we actually want to. Because we feel guilty. Responsible. Expected to. Or because saying no somehow feels harder than just doing the bloody thing ourselves.

But here's something worth remembering:

Choosing yourself isn't the same as abandoning everyone else.

You can love your people, show up for them and still make decisions that work for you too.

Today, we're simply going to notice the difference between wanting to and feeling like you should.



I DO THIS BECAUSE I GENUINELY WANT TO...

The things I choose because they matter to me or I actually enjoy them.



I DO THIS BECAUSE I FEEL LIKE I SHOULD...

The things driven by guilt, expectation, habit or keeping everyone happy.

BEFORE YOU BIN IT COMPLETELY...

Ask yourself: Do I actually have to do this? Or could I...



STOP IT

Maybe it doesn't need doing at all.



SHARE IT

Could someone else take some responsibility?



CHANGE IT

Could I do it less often or differently?



KEEP IT

Yep. Sometimes life's just life.



WHAT AM I ALLOWED TO STOP DOING?

You don't need my permission, by the way. 😊

A small no today can create a much bigger yes tomorrow.



YOUR MOVE

Say one small NO today.

Not to something huge. Just one thing you'd normally agree to because it's easier than saying what you actually want.

Don't write a three-paragraph explanation afterwards.



A simple:

"I can't this time, but thank you for asking."

is a complete sentence.

Notice how it feels.

YOU DON'T HAVE TO EARN YOUR PLACE IN PEOPLE'S LIVES BY MAKING YOURSELF EXHAUSTED.

There's room for you too.

You Matter Too

PUT SOME FUN BACK

When did fun become something we save for "someday"? ♥

At some point, life got very grown-up.
Work. Bills. Appointments. Groceries. Responsibilities.
Plans that need organising three weeks in advance just to have a coffee with a friend. 😊

And fun?
Fun somehow became something we'd get around to later.
When things calm down. When we have more time. When the kids are older. When we have more money. When we feel more confident.
When someone else is free to come with us.

Except... later has a habit of becoming someday.

And I don't know about you, but I'm becoming increasingly suspicious of someday.

You don't need to book a six-week European holiday or completely change your life to start enjoying it more.
Sometimes you just need to ask:

What would make life feel a little more fun again?



*Good Friends
Brighter
Days
Happier
You
♥*

*More
of this
please
♥*

*A
Brighter
Happier
You
♥*

EXPLORE – WHAT LIGHTS YOU UP?



WHAT MAKES ME LAUGH?



WHO BRINGS OUT THE FUN VERSION OF ME?



WHERE DO I FEEL MOST ALIVE?



WHAT DO I KEEP SAYING "ONE DAY" ABOUT?



MY "WHY THE HELL NOT?" LIST

Five things I'd love to do, try, experience or bring back into my life.

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____

Big, small, sensible, ridiculous... it all counts. ♥

FUN DOESN'T HAVE TO BE EARNED.

You don't have to finish everything first.
You don't have to wait until everyone else is happy.
And you definitely don't need a special occasion.

You're allowed to enjoy an ordinary Tuesday. ♥



YOUR MOVE

Choose ONE thing from your Why The Hell Not? List.
Not the easiest one. Not the most sensible one.
Choose the one that gives you that little
"Ooooh... I'd actually love to do that."

I'm choosing: _____

I'm doing it on: ____ / ____ / ____

PUT IT IN THE CALENDAR.

Text the friend. Make the booking. Buy the ticket.
Look up the class. Make the reservation. Block the afternoon.
Do whatever turns "one day" into an actual day. ♥

YOUR LIFE ISN'T SOMETHING YOU HAVE TO FINISH BEFORE YOU'RE ALLOWED TO ENJOY IT.

Go put something good on the calendar. ♥

*A
happier
you
is always
a good
idea ♥*

YOUR PEOPLE

Life's better with the people who let you be completely, ridiculously yourself. ♡

Something funny happens as we get older.

We can have hundreds of contacts in our phones, group chats going off all day and people around us constantly... and still realise we haven't actually spent enough time with the people who make us feel most like ourselves.

Life gets busy. Friendships change. Kids grow up. People move. Relationships shift. We change too.

And sometimes the people we love most become the people we're forever saying, "We REALLY need to catch up!" to. For the seventh time this year. 😊

But the people around us matter. And today isn't about deciding who's "good" or "bad". **It's simply about noticing who you want more of in this next chapter.**



EXPLORE - MY PEOPLE



MORE OF THIS

People I want to spend more time with...



I WANT TO NURTURE THIS

A relationship I don't want to take for granted...



I'VE BEEN MEANING TO...

Someone I've been saying I'll call/text/catch up with...



A LITTLE MORE SPACE

A person or situation where I'd feel better with a little more breathing room...

THE PEOPLE WHO BRING OUT...

Complete whichever ones make you smile.

My funniest self: _____

My most honest self: _____

My adventurous self: _____

My completely unfiltered self: _____

My "we probably shouldn't..." self: _____



FRIENDSHIP DOESN'T HAVE TO BE PERFECT TO MATTER.

Some friends are everyday friends.
Some are once-a-month friends.
Some live across the country and you can go six months without talking, then pick up exactly where you left off.
Some are there for a season.
Some somehow make it through every version of you.

Different doesn't always mean distant. ♡



YOUR MOVE

Send the text. Make the plan.

Think of the person whose name kept popping into your head while you did this page.

Don't say, "We should catch up soon!"

Say, "Are you free for coffee next Saturday?" or "Dinner Thursday night?"

I'm reaching out to: _____

The plan: _____

Pick a bloody date. ♡



MAKE MORE TIME FOR THE PEOPLE WHO MAKE LIFE FEEL GOOD.

And be one of those people for yourself too. ♡



MEET HER

She's not a whole new woman. She's you - with a little more room to be herself. ♡

Over the last six days, you've probably noticed a few things. Things you're tired of. Things you miss. Things you want more of. People you want closer. Things you've been saying "one day" about. And maybe even a few things you're ready to stop doing just because everyone expects you to.

None of that means you need to wake up tomorrow and completely reinvent your life. Actually, I'd rather you didn't. 😊

Because the woman you're becoming isn't some perfect future version of you who has everything figured out. She's still you. She'll still have responsibilities. Bad moods. Washing. Bills. Days where she can't be bothered. People who occasionally drive her up the bloody wall.

But maybe... she listens to herself a little more. She chooses herself a little more often. And she's stopped waiting for some magical "someday" to start enjoying her life.

Today, I want you to meet her.

EXPLORE - ONE YEAR FROM NOW...

Close your eyes for a second. Imagine it's one year from today. Not everything has changed. But all those little choices you've started making? They've added up. Now answer these quickly. Don't overthink them.



HOW DOES SHE FEEL?

Not what does she own or achieve.
How does she actually feel in her life?



HOW DOES SHE SPEND MORE OF HER TIME?



WHO DOES SHE SPEND IT WITH?



WHAT HAS SHE STOPPED TOLERATING?



WHAT DOES SHE DO JUST FOR HER?



WHAT IS SHE EXCITED ABOUT?



WHAT DID SHE FINALLY START?



WHAT DID SHE FINALLY STOP?

THE WOMAN I'M BECOMING...



She is more: _____
She is less: _____
She makes time for: _____
She no longer apologises for: _____
And she feels like... _____



HERE'S THE GOOD NEWS...

You don't have to wait a year to become her. She's not waiting somewhere in the future for you to finally get your shit together. Every time you choose something you want... Say no when you mean no... Make the plan... Call the friend... Try the thing... Give yourself some room...

you're already becoming her.

One choice at a time. ♡



YOUR MOVE

Choose ONE thing you're taking with you from this Reset. Not seven things. Just one.

From now on, I'm going to... _____

Make it small enough that you'll actually bloody do it. 😊

SHE WAS NEVER GONE.

You just started choosing her again. ♡





YOUR 7-DAY RESET

MY NEXT CHAPTER

Let's keep the bits that mattered. ♥

*Same Woman.
Brighter Chapters. ♥*

Okay lovely, before you close this and get on with your day, take a quick look back through the last seven days.

What made you stop and think?

What kept coming up?

What do you genuinely want to do something about?

You don't need to take everything with you.

Just keep what feels like yours. ♥



I WANT TO FEEL...



I WANT MORE...



I WANT LESS...



I'M READY TO STOP...



I WANT TO START...



I WANT TO MAKE MORE TIME FOR...



ONE THING I'M CHOOSING FOR MYSELF...

BEFORE YOU MOVE ON...

☐

Put something good in the calendar.

☐

Do one thing that makes your "more" actually happen.

☐

Come back to this page in 30 days.



YOU DON'T NEED TO REINVENT YOUR ENTIRE LIFE.

You don't need all the answers.

You don't need a perfect plan.

You start by making one small choice that moves you closer to a life that feels like yours.

One choice.

Then another.

Then another.

That's how you Rediscover Her. ♥





FROM ME TO YOU

One last thing, lovely...

If there's one thing I hope you take from these seven days, it's this:

**THERE IS NOTHING WRONG
WITH WANTING MORE.**

More fun. More freedom. More time for yourself. More adventure. More connection.
More of the things that make you feel like *you*.

I created Rediscover Her because

I'm living this chapter too.

I'm a wife. A mum. I've worked for most of my adult life. I've spent years juggling work, family, bills, responsibilities and being the person who just gets on with what needs to be done.

And then I reached this stage of life and started asking myself some different questions.

Who am I now?

What do I actually want?

And what do I want the next chapter of my life to feel like?

I don't have it all figured out. Not even close. 😊

And I'm not here to tell you how to live your life.

Rediscover Her is really about figuring this shit out *together*.
Making more room for ourselves. Having more fun. Saying no sometimes. Changing our minds.
Trying things. Calling the girls. Booking the trip. Wearing the outfit.
And remembering that our lives are happening now — not someday.

So whatever came up for you during this Reset, don't feel like you need to change everything tomorrow.
Just start with one thing.

AND DON'T FORGET ABOUT HER AGAIN.

She's worth making room for.

Kelly x 

*A kinder,
brighter, bolder
next chapter
is always possible.*



SAME
WOMAN.
BRIGHTER
CHAPTERS.

