



A Blueprint for Your Joyful and Meaningful Act 3

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Welcome!

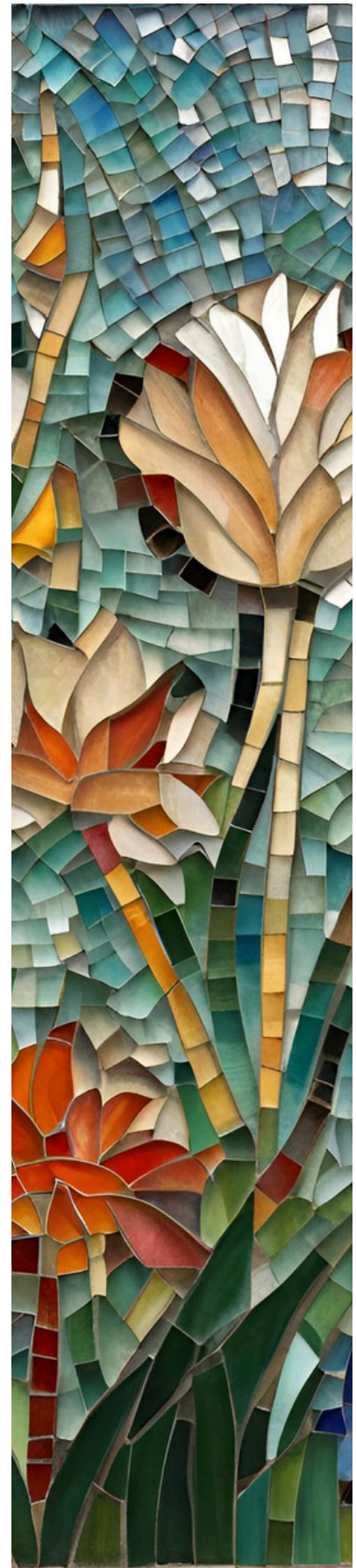
My name is Melinda and, in addition to being a life coach, I am a mosaic artist. Mosaics are a wonderful metaphor for life. The colors represent feelings and experiences. The grout, which keeps things in order, symbolizes the values that ground and hold our lives together.

Just like a mosaic, our lives are made up of elements that create a unique picture.

If this is resonating with you, perhaps you are curious and about what comes next for you. At the deepest level, you want your life to be a beautiful mosaic—an Act3 that brings joy and reflects your most cherished ideals and values.



Melinda





What is the Act3 Approach? What is your Act3 going to look like?

Act3 refers to a time in life when you can feel more free to pursue your passions. A time when you may not have the same responsibilities and constraints you had when you were younger.

It is a time when you get to...

- Acknowledge your values
- Seek joy
- Define how you want to live your life

In the following pages, I share with you my **3-step blueprint** to a joyful and meaningful Act3. The blueprint provides a guide to looking at all the parts of your life to create your own beautiful mosaic.

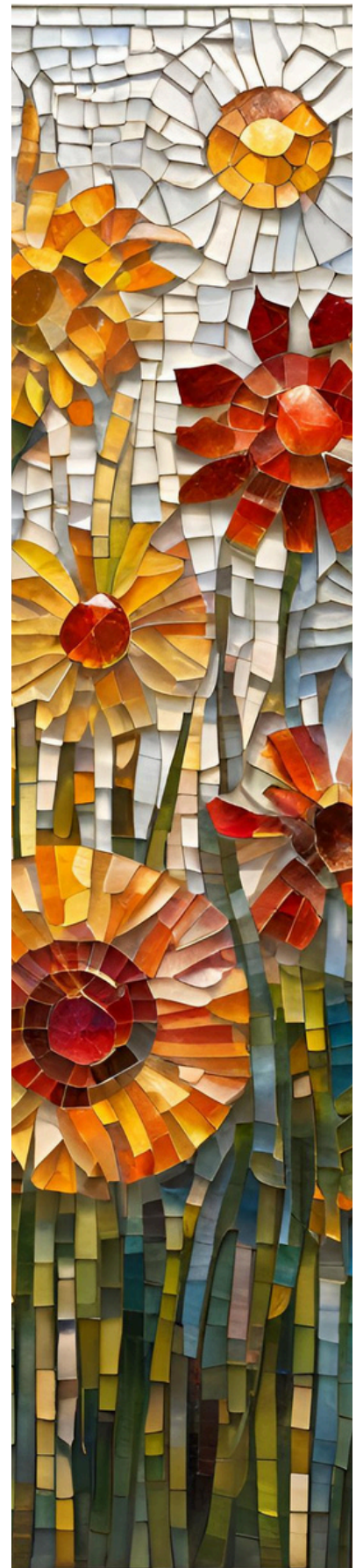
There are three steps in this process:

- Preparing the foundation
- Assembling your “tiles”
- Creating your Act3 masterpiece

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People may call what happens at midlife "a crisis" But it's not. It's an unraveling... a time when you feel a desperate pull to live the life you want to live. Not the one you're supposed to live. The unraveling is a time when you are challenged by the universe to let go of who you think you are supposed to be And to embrace who you are...

- BRENE BROWN
RESEARCHER AND STORYTELLER



01

The Foundation: Taking time to reflect on your life

Women who have lived full lives inevitably face transitions. These may include retirement, becoming empty nesters, losing a life partner or health changes. Or, even if none of these overt life changes are occurring, this time of life can offer a rich opportunity for self-discovery.

In creating a mosaic, the first step is identifying the elements you want to include. Will it be colorful, subdued, or mixed media? A key first step in creating a joyful, meaningful Act3 is to identify the elements you want to include in your life mosaic.

Take this moment to consider this question... ***“How do I feel about my life now?”*** This first step is to clarify what matters to you, such as how you feel about yourself, your relationships, career, and hobbies. How do you feel now, in the life you are living?



This kind of reflection involves examining choices you have made in your life (if you are like me, some better than others, I am sure!). It takes a little digging around as you think about your life. This can be a bit anxiety provoking so being kind, curious, and thoughtful will allow you to take the time necessary to identify where you are deriving happiness and meaning, as well as areas where you seek more fulfillment.

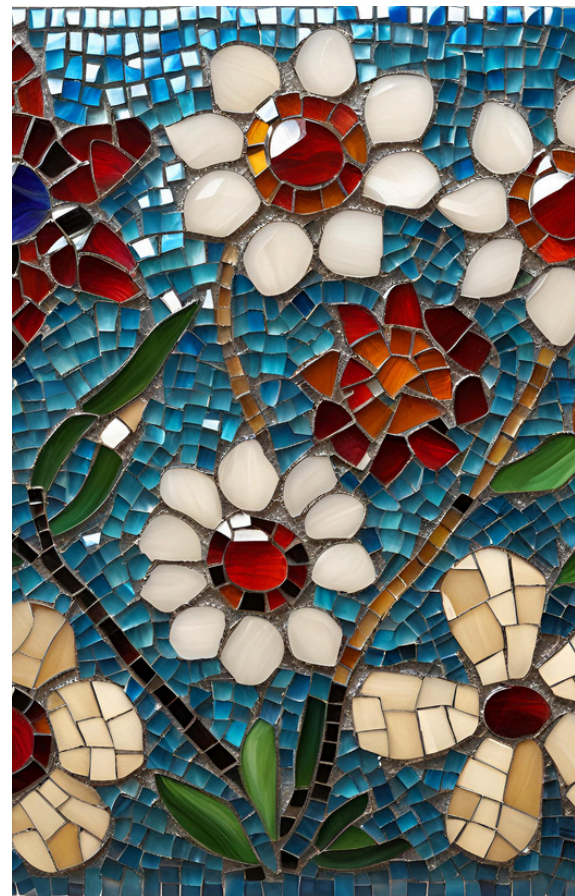
EMMA

For example, Emma has been in the helping profession for years. Her most important value is working with children who need academic support and help. And yet, as she has grown older, she has wondered about the way she is spending her time.

As with so many women in her life stage, she has begun to ask herself if there are other things in life she might value and enjoy.

So she has been seeking clarity around what she might want to do in addition to her work with children.

Because her values and her joy are centered on her work, she doesn't have to give up these key pieces of her mosaic.



Her questions center around other elements she might want to incorporate into her Act3 life mosaic...

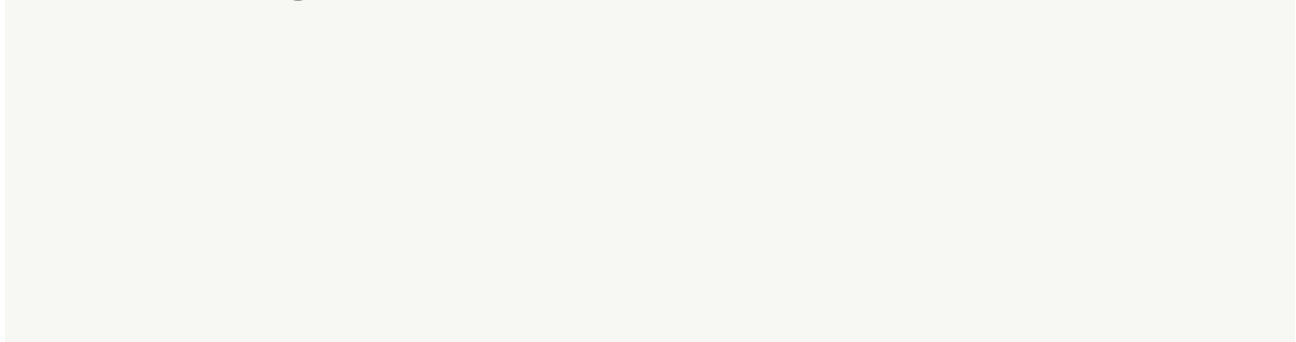
- Is gardening a mosaic tile, being closer to nature?
- Does travel add color and texture to her life?
- Does time with friends ground her, the way grout holds tile in place?

All these are important areas for her to look at as she creates the Act 3 that honors her values and identifies the things that give her joy.

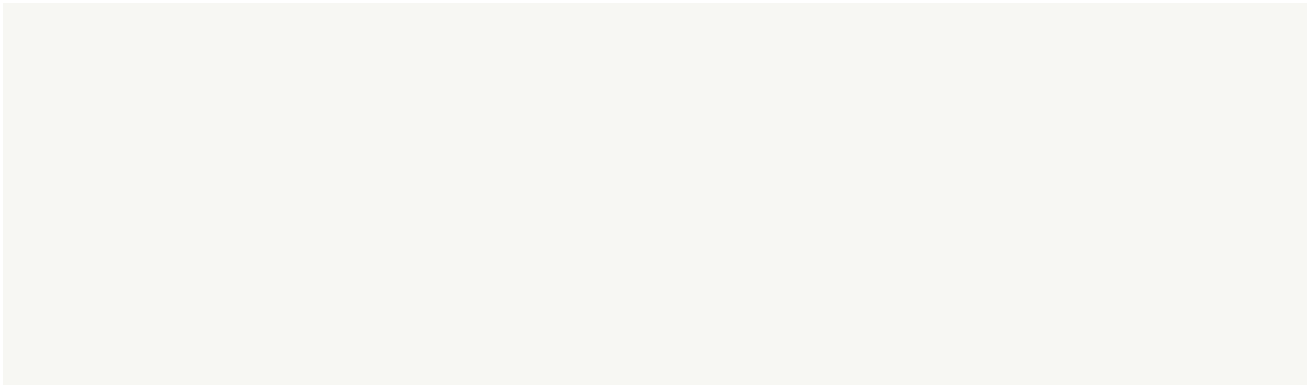


TAKE SOME TIME TO THINK OVER SOME OF THESE IDEAS

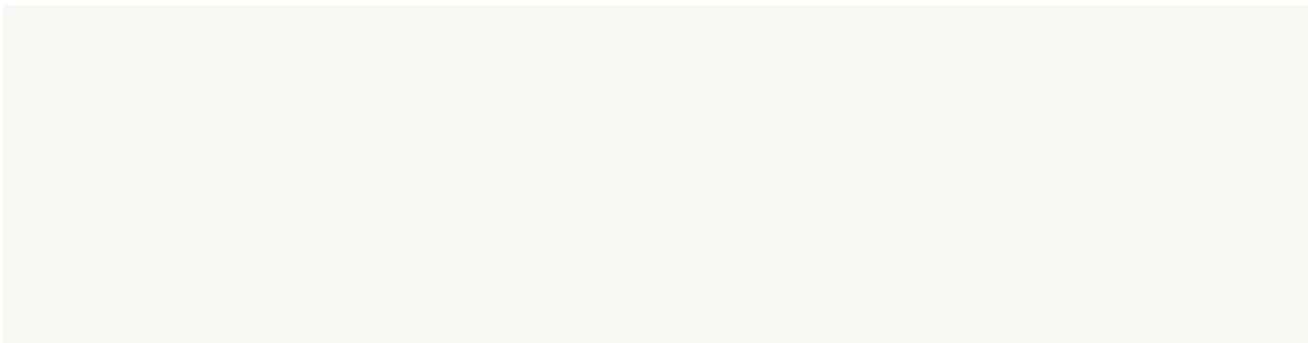
Top of mind, what areas of your life are giving you satisfaction and joy right now. These are areas you won't want to change.



What other areas in life may be less satisfying? They won't necessarily need to be removed from your life, but maybe some adjusting is in order?



What areas of your life do you want to change completely?



02

Assembling your tiles for creation



In the language of mosaic, this is the stage where you look at the tiles of your life and determine how to lay them out.

You decide which colors or shapes to highlight and what to use as the background. You are seeking the right balance to create your joyful Act3 mosaic.

This is where you dream. You imagine. You explore your strengths and support systems while identifying and minimizing the obstacles that may exist. This is where you examine the pushes and pulls of your life, what propels you forward or holds you back.

You are deciding how you want to infuse the elements you are looking for into the parts of your life that you are already satisfied with.

Mapping out your Act3 Life. What do you want to try? How will you go about it?

Emma

Emma is a good example. She has had to explore some of her core beliefs. She has always believed that working with children defines her. She has had to take some time to determine if she can still hold that belief while looking at other sources of joy and meaning.



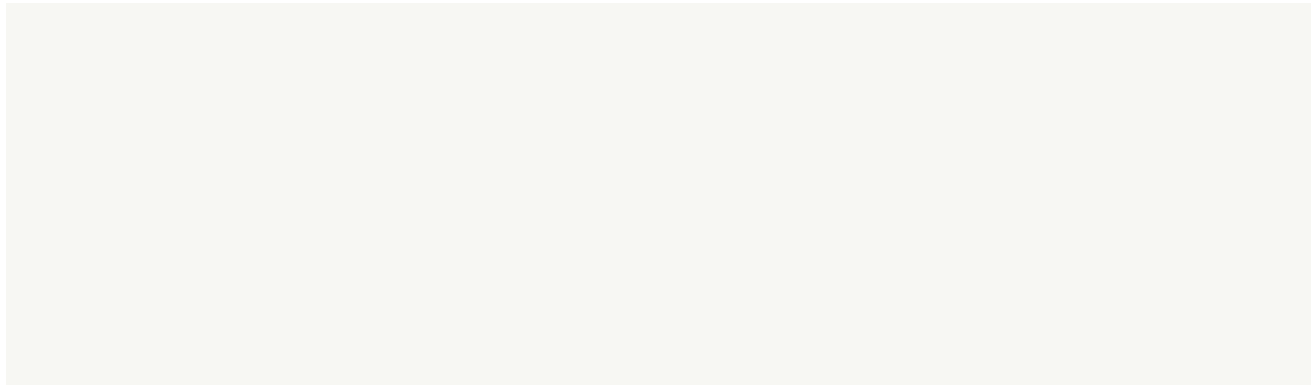
Could other beliefs coexist with her view of herself as someone who gives back? She had been raised to believe that people who garden or travel or just sit to read a book are self-indulgent. At this point in her life, she is wondering if that is the truth for her.

She has held this value for most of her life, but now she can examine it to see if it fits who she is now.

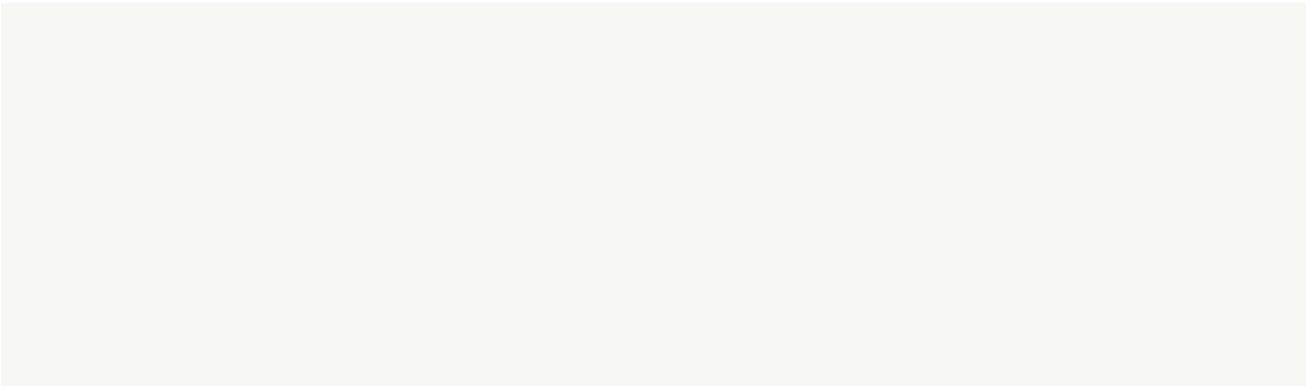


NOW IT IS YOUR TURN TO REFLECT ON THESE IDEAS

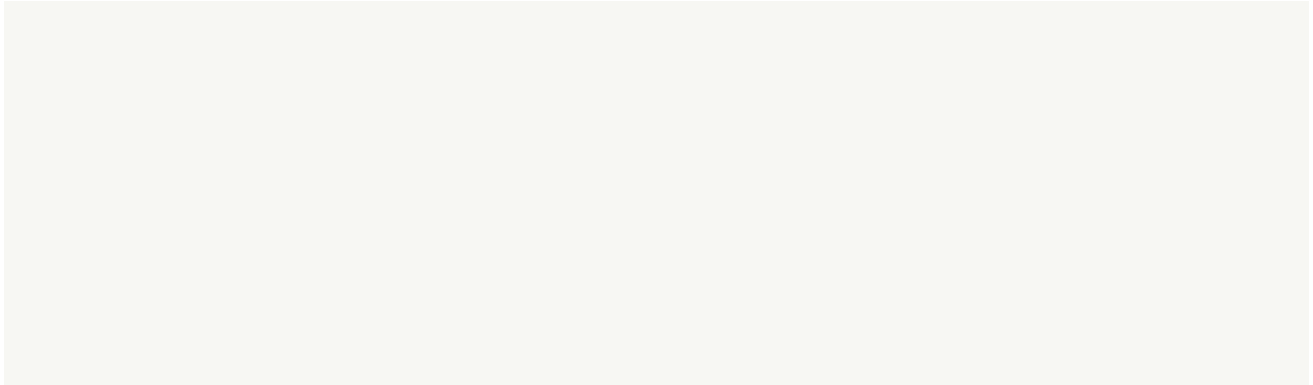
What are some things you are interested in but haven't explored yet? Hobbies? Relationships? What are you curious about?



What (or who) are your sources of support? Who and what will help you on the Act3 creative process?



What obstacles might you encounter as you make changes? What might make change difficult for you?



03 Creating your Act3 Masterpiece:

Building your joyous and meaningful life

Having identified the tiles of your life and thought through how you want to arrange them, you are now ready to take action, creating the work of art, your path, that is your Act3.

I have found that throughout the Creation Stage, it is important to be curious and willing to explore the variety of ways that pieces can fit together



Creatively building your joyous and meaningful life

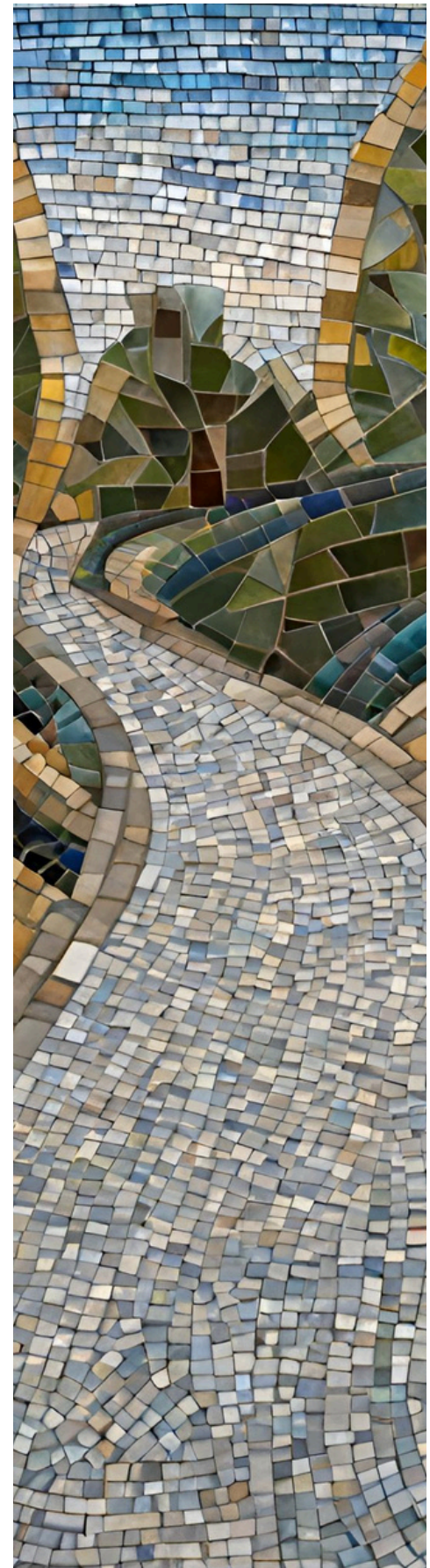
Putting plans in place can offer a sense of progress and achievement, but the key here is to be willing to change and adapt.

There are times when I have a beautiful vision in my head that simply doesn't translate when I lay out the tiles. The beauty of this step is the willingness to continue exploring, refining and tinkering until a new (and often better) vision emerges.

As you try something new (e.g., enroll in a course, learn to meditate, begin a volunteer commitment), you may find it works beautifully for you.

Or it doesn't. And if it doesn't, that's okay.

You get to explore some more. It is all part of creating your Act3.





Emma

Emma was uncomfortable with spending time with herself, so it took her several steps to get started.

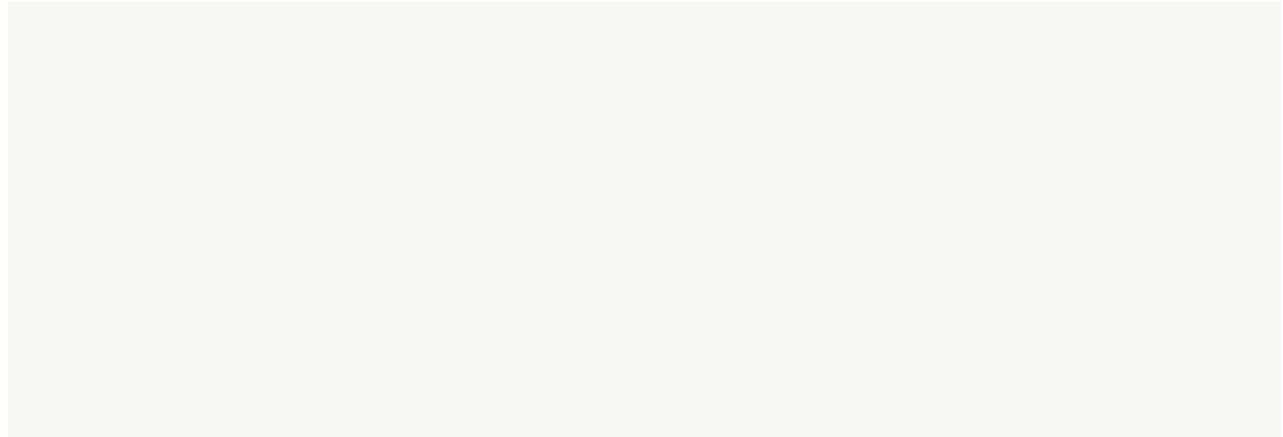
She started by going to a gardening group at the local library. She didn't even have a garden yet! She just didn't know how she was going to feel about doing things that weren't related to helping others. But she loved the group and finally decided to plant a vegetable garden. The agreement she made with herself was to keep half the produce and donate half to the local food bank.

She learned about something she wanted to do, she began slowly and made a plan that matched both her joy and her value of being of service.

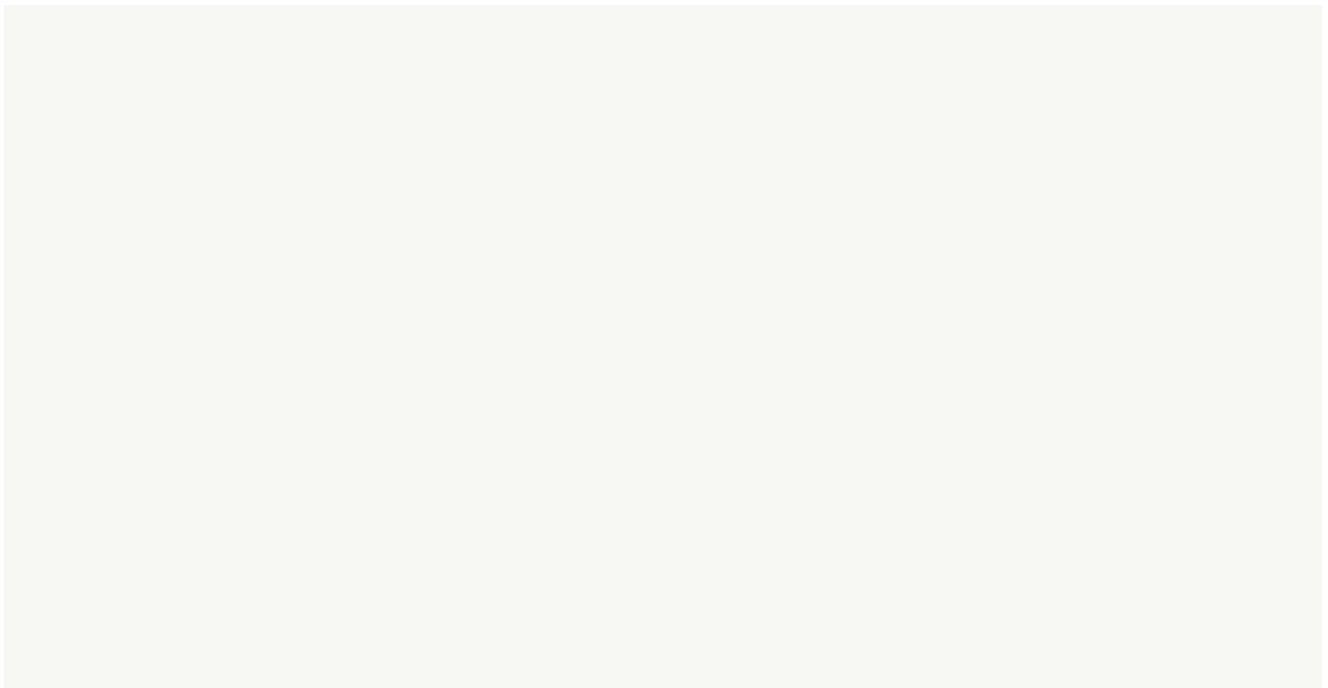
Her next step is to travel, but she is considering a mission trip with her church. She is exploring ways to create more joy in her life while incorporating and honoring her personal ideals and character.

YOU HAVE JUST READ ABOUT EMMA. WHAT DOES THAT MAKE YOU THINK OF? NOW IT IS YOUR TURN

Just daydream a bit, what could be your first step?



Once you take a first step, what might it lead to? Can you imagine the possibilities? If your mind puts up obstacles, like “this wouldn’t work because”, here is a good place to note them because that is part of what we address in this step of the Blueprint.



About Me

I am so interested in how this exercise has been for you because I have been on the same journey you are considering now.



I developed the Act3LifeCoaching program because I've done this work myself and I knew I wanted to help other women do the same.

I have had a few careers. I was a psychologist for several years, working with emotionally challenged children. That was very satisfying, but when I had my own children, that work became too emotionally taxing. So, in my early 40's, I recreated myself into a corporate marketing professional. And that was a good career, too.

But now, with a retired husband and two successfully launched children, I have had the opportunity to explore what I want my own Act3 to look like. I've spent a lot of time thinking about what I value and how I want to show up in my life.

I've reflected on where there are challenges in my life and where I get the most support for this type of growth.

I am a warm and engaging woman who loves to interact with other women who are searching. For me, living a beautiful and meaningful Act3 means to help others do the same.

I'd love to help you make the most of your life based on your values and what's most important to you.

Imagine creating a vision for your Act3 that inspires you AND helps you move towards that vision with a sense of fun, awe, and eagerness.

Imagine living a beautiful mosaic that only you can create.

If you'd like to chat about how we can work together, I invite you to schedule a complimentary Act3 Jumpstart Call at a date and time that works for you.

<https://www.act3lifecoaching.com/jumpstart-call>

Here's to a meaningful and joy-filled Act 3.

I wish you the best, Melinda

