

EMBRACE THE BEST YOU



IN 2026

Welcome!

Hi, I am Sophia, your midlife coach and mentor.

It can be a true challenge to clear the to-do list, and focus on yourself. I get you because I am a midlife woman too juggling all the things, including perimenopause and riding the waves. I also work with midlife women and they have been asking me for this exact resource and I wanted to share with YOU!

Use this workbook midlife woman, warrior, wonder, to clear out any lingering emotional baggage from the past year, acknowledge yourself for who you have been and what you have done in the past year and embrace who you are becoming and what is important to you in the year to come and what you dream of creating.

You are the dreamer, you are the doer and YOU are the creator of your life

So much love

Sophia



ABOUT ME

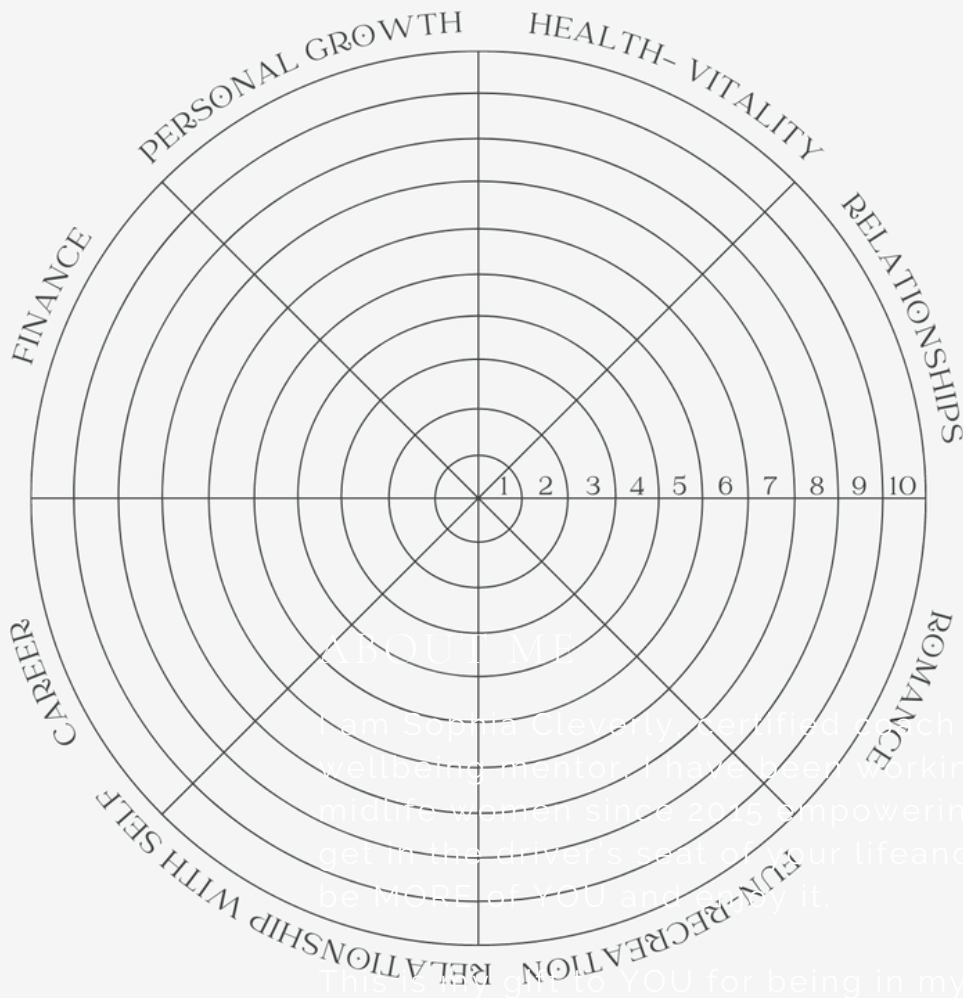
I am Sophia Cleverly, certified coach and wellbeing mentor. I have been working with midlife women since 2015 empowering them to get in the driver's seat of your life and begin to be MORE of YOU and enjoy it.

This is my gift to YOU for being in my tribe. I appreciate you so much!

1. Set your GPS by locating yourself in the here and now first. Use this wheel of life to do that. You can also access it here <https://bit.ly/46yuDTT>

WHEEL OF LIFE

THE WHEEL OF LIFE IS LIKE A COMPASS - IT IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHERE YOU ARE AND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT YOUR SATISFACTION IN THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10. IF YOU WERE DRIVING ON THIS WHEEL WHAT KIND OF A RIDE WOULD YOU BE HAVING? IS IT HOW YOU WANT IT? WHERE CAN YOU MAKE ADJUSTMENTS?



JOURNALING PROMPTS

2. Journaling can help you self reflect, empty your overflowing emotional bucket and clarify what you want “deep down” and are perhaps afraid to admit to yourself or others

Free write, rage on the page, or just get quiet and comfortable and use these reflective prompts.

The prompts on this page clarify where you are now and embrace the darkness, the not knowing...

What am I in the dark about?

Where in my body do I feel this darkness and not knowing?

JOURNALING PROMPTS

3. Embracing the present YOU and your life

What do I see looking at my Wheel?

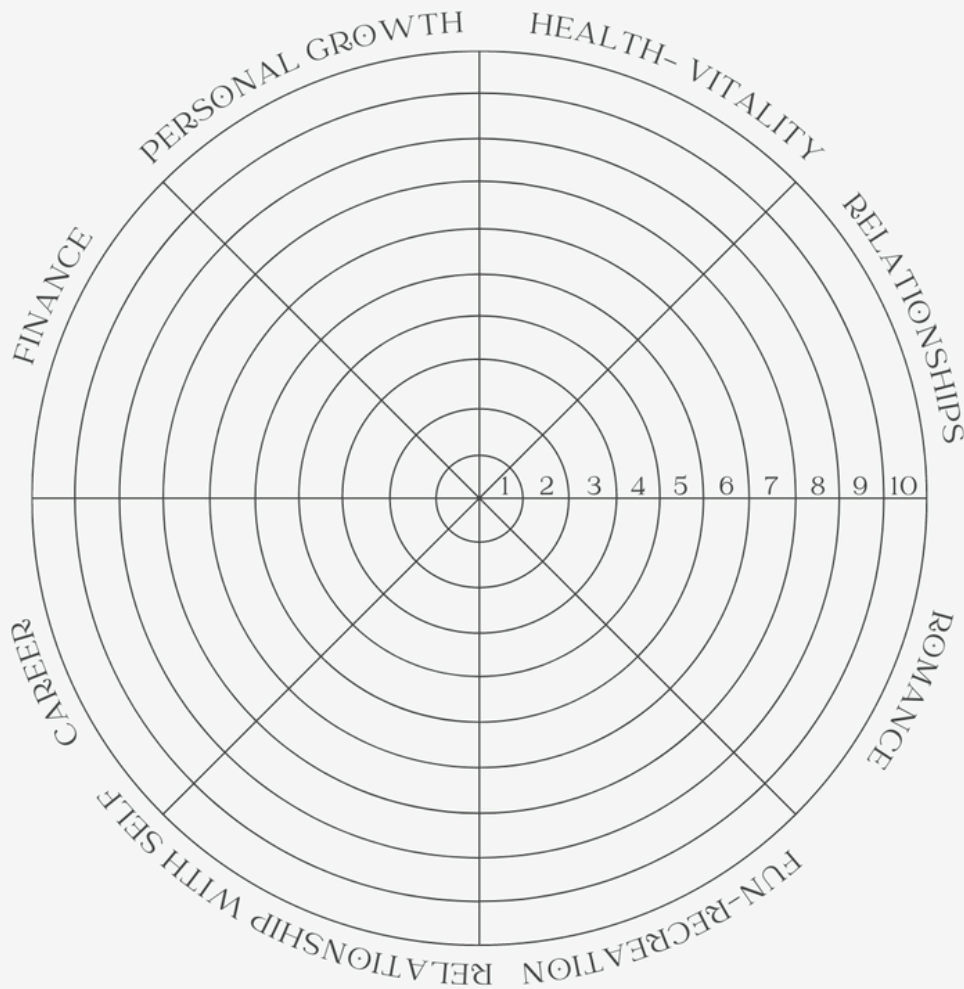
What do I want to acknowledge myself for last year?

What lessons have I learnt?

5. Let yourself dream of the YOU you want to be embracing more of in the next year. What do you want? Don't stop yourself from dreaming - Embrace it

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AND ACCOUNTABILITY

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GROUP COACHING

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EDUCATION COACHING COMMUNITY



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