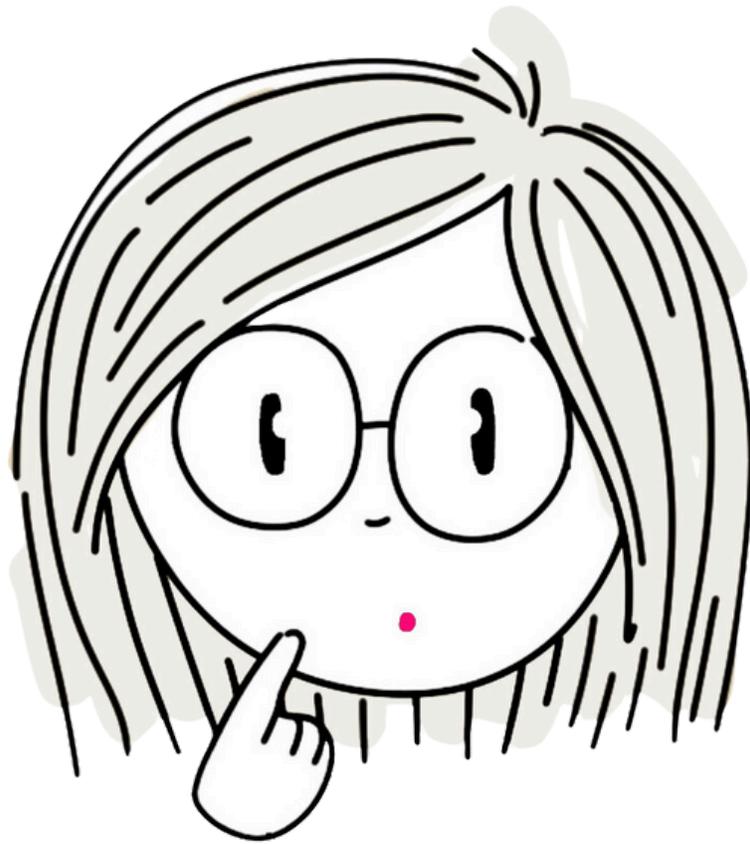


FEEL STUCK? JUMPSTART YOUR LIFE IN THREE STEPS

The Midlife Women Edition!



This guide helps you:

- Clarify your true desires and stop the confusion.
- Learn a powerful technique to attract your desires.
- Recognise the universe's support in your growth.



“

How on earth,
have I ended up
here in my
LIFE?

Feeling like everyone else is living a better life? Meanwhile, you're stuck in the loop of work, sleep, repeat!

Not exactly the life you had in mind!

Your friends are busy with their perfect lives, perhaps this leaves you feeling a tad bit lonely. It used to be you who was everyone's go-to, but now? Not so much!

Life didn't quite unfold as you hoped and planned. Here you are, hitting that midlife milestone, navigating menopause, and feeling a bit frumpy, dumpy, and lumpy. Laughter seems like a distant memory these days.

But don't worry! How about we kickstart this second act with a bang?

Picture a life brimming with new friendships, new adventures, fresh goals to chase, and no longer stuck and wounded from your past.

Let's jumpstart your life!



“

Are you ready to
create a future
that's brighter than
the pain of your
PAST?

What if shifting from the pain of your past to a brighter future only takes THREE steps? And by following these steps, imagine gaining powerful certainty on:

- What you truly want, instead of what you've been told to want.
- To make better choices to improve your mental, emotional health.
- Know what aspirations to pursue, so you're growing in the right direction?

Imagine having clarity and direction to create the brighter future you really want. All this, by following THREE steps.

Say goodbye to the monotonous feeling of life on repeat of wandering in confusion, feeling lost and stuck. No more sitting on the sidelines while others appear to bask in the joy of their fabulous lives!

When you embrace these transformative steps, expect a delightful change within. You might notice more smiles, giggles, a spring in your step and an aura that radiates beauty and confidence!

And the best part? It won't go unnoticed!

THE THREE STEPS

1

The Miracle Question

Here, you discover a miracle question which will help reveal your true aspirations. The clarity you gain here breaks the cycle of drifting aimlessly in life and to pave the way for a purposeful future.

2

Vision Crafting

Here you master the art of vision crafting and embodying your desires. Ignite your creative powers and infuse them with your vibrant energy. This step ensures your desires stay in focus, boosting your motivation and mental wellness.

3

Action Prods

Once you've clarified your aspirations and energised your desires, it's time to recognise the cues prompting you to elevate your self-worth to align with the manifestation you seek.

STEP ONE - THE MIRACLE QUESTION

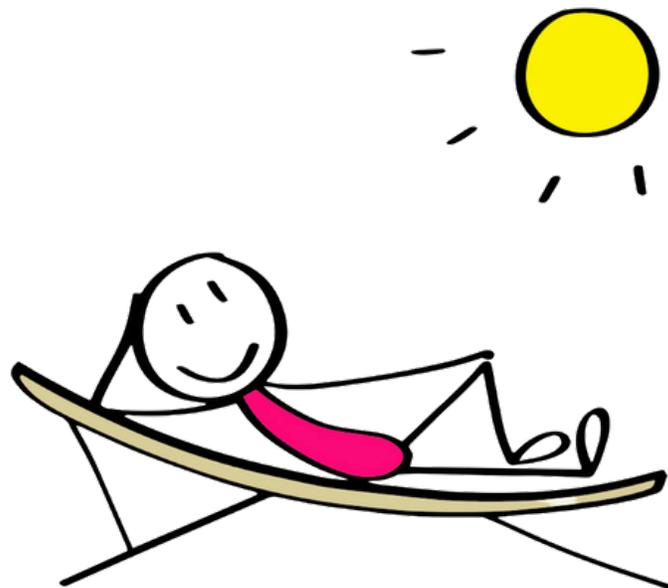
There is a never a better time than right now, to unravel the mystery of what **truly lights you up**. When you crystallise your desires and hold them close, the universe aligns to make your desires a reality.

Let's start with the miracle question, a catalyst for driving significant changes across various aspects of your life. This transformative process begins internally, highlighting the importance of **defining the person you aspire to become**.

To get the best from this step, I would suggest you reflect on the question and prompts over the period of a week.

We are trying to uncover what you truly want as opposed to what you 'think' you should want. Allow yourself time for the magic to happen, which is for your heart to speak and for the lightbulb ideas to flow through you. You will know it's coming from your heart when the idea kinda lights you up.

Now, onto the miracle question!



WHO DO YOU ASPIRE TO BECOME?

It all starts with who do you aspire to become? To help you, here are some prompts for you to reflect upon:



What experiences do you want?
How do you want to feel each day.
What does wealth and abundance look like to you?



What does your mental and emotional health look like?
What do you want your physical health to be like?
In what ways do you want to nurture your spiritual growth?



What kind of impact do you aim to leave on the world?
How do you wish to ignite inspiration in others?
What really matters to you in life?



How can you have more fun and I mean FUN?
What do you want more of in your life?
What do you want less of in your life?

STEP TWO - VISION CRAFTING

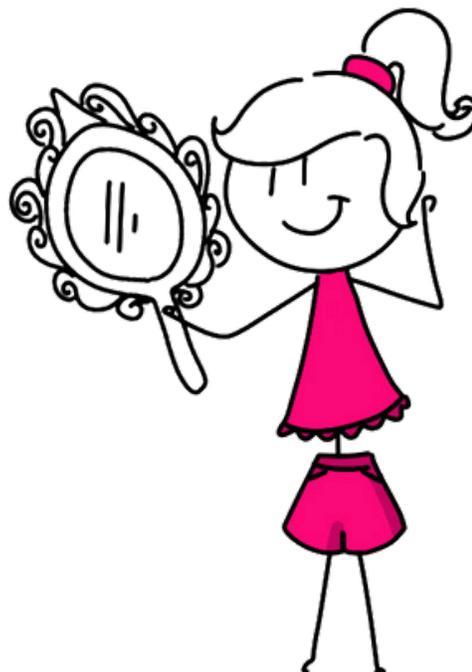
You are now clearer about your personal desires and life desires, placing you years ahead of many people in terms of self-awareness and vision.

This step focuses on transcending your list of desires by transforming them into a vivid image of your ideal self through the power of imagination, a technique known as "living in the end."

Allow me to elaborate...

Living in the end involves imagining yourself, in your mind, as embodying the qualities of the person you aspire to become, as if you are living this reality right now.

This visualisation technique not only maintains focus on your desires but also encourages the emergence of transformative opportunities. This technique can also be used to elevate your mood, energy, and vibration, making it a versatile tool for mental wellness and manifestation.



STEP TWO – VISION CRAFTING

Living in the end! Here's how to do it.

1

Start to dream and create a film in your mind of you living your life as the person you aspire to be. Living a wonderful and meaningful life.

2

Add in as many vivid details as you can and infuse with positive emotions. This will really enhance your ability to manifest your desires into reality.

3

Have faith in the potential for your desires to become reality, even if the 'how' is unclear. Trusting this process unlocks inner power to bring your aspirations to life.

4

Visualise your movie on the screen of your mind, daily for 5-10 minutes. The deeper you engage in this visualisation and live as if it's already true, the more you'll observe exciting transformations unfold!

STEP THREE - ACTION PRODS

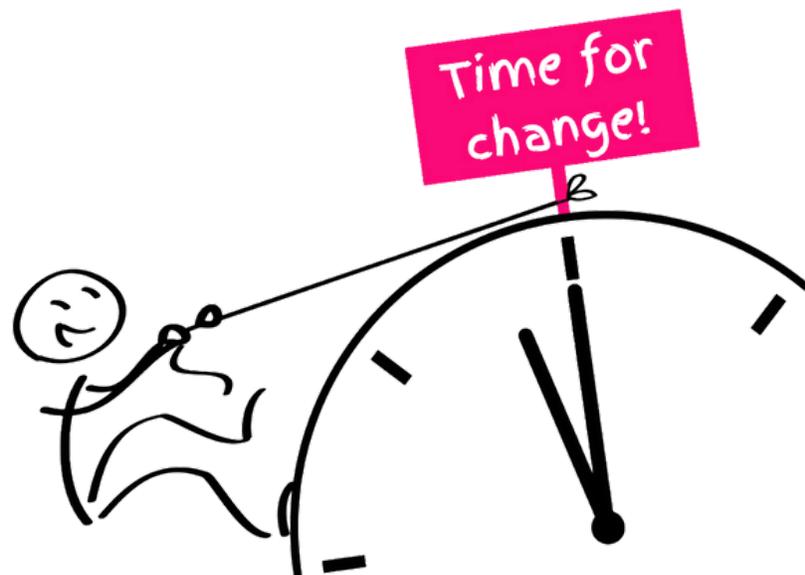
Once you clarify and visualise your desires, the universe prods you to align your self-worth with what you aim to attract. When you're wanting to call in your hearts desires, it always requires a higher level of self-worth than you currently have, otherwise, you wouldn't be in pursuit of it.

The universe will begin to send you a prod to help show you exactly where you need to raise your self-worth in order to align with your desires and the person you aspire to be. Prods can come as an opportunities or triggers.

The universe only sends prods that you can succeed in - guaranteed!

The universe will simply continue to send you more prods until you start responding to them from a place of valuing yourself and believing in yourself (higher self-worth).

The universe aims to empower you, not diminish you're worth or settle for less than you deserve. You are inherently worthy, and the universe encourages you to elevate your self-worth to align with your desires.



STEP THREE - ACTION PRODS

Here are some example of prods.

Opportunities are prods in the form of a situation, a person, or experience that asks if we're going to settle for the old unworthy way of doing things you've exhibited in the past. Usually because you don't trust that something better will come. Examples:

- A job offer that asks you to settle for less pay when you know you deserve more.
- Being invited to a family event you feel like you should go to but you really don't want to.

Triggers are prods in disguise that create an emotional reaction which serves to show you what needs to be ungraded, changed and healed within yourself. Prods invite you to look at the underlying cause – “Will you keep repeating this pattern? Or will you heal the underlying emotion and show up differently this time?” Examples:

- Your mother calls and unloads her emotions on you without inquiring about your well-being. This triggers anger within you, yet you choose not to address it with her.
- A colleague is rude to you. You don't stand up for yourself, but you feel really personally upset about it later. This reminds you of a dynamic you have with your sibling.

“

Look out for action prods and be willing to take action, even if it feels out of your comfort zone, it's proof things are happening!

happening!

A B O U T

Meet Wendie, a Psychotherapist and EMDR Practitioner with 25+ years of know how, empowering women to transcend their past and shape extraordinary futures.

Wendie also possesses a unique talent for connecting with a client's inner child, a vital aspect in the transformation process. She lovingly refers to herself as an "inner child rescuer."

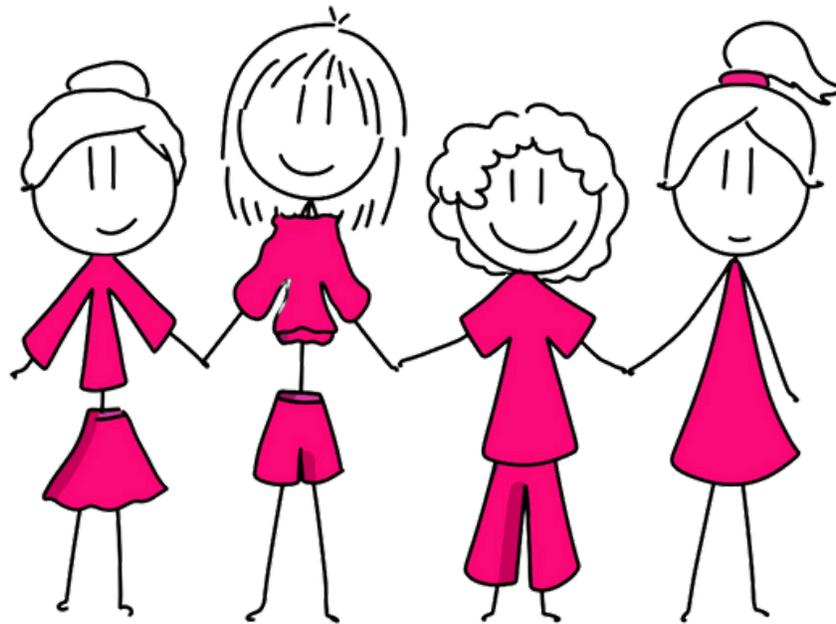
Wendie has faced anxiety, depression, low self-esteem, shyness, and many relationship struggles! Her most difficult challenge was the death of Alexx, her only child, who died age 24. This happened when Wendie was 48 years old at the onset of menopause!

Wendie knows what is needed to start afresh in midlife, to be able to love and live life fully! Outside of work, you'll catch Wendie creating silly stick figure drawings where her inner child thrives in secret delight.



COME AND SAY HELLO!

I hope this was useful. Let me know how you're getting along with the steps. Drop me a message via email or on my socials, or better still come and join my Facebook group! See details below.



The Group For Fabulous Midlife Women

WHO MANIFEST & BLOSSOM

Join my exclusive Facebook group to connect with like-minded women who are learning to manifest, blossom, and create 'out of the ordinary' futures.

[CLICK HERE](#)

Socials →   