

Midlife Identity Shift: Self-Analysis Prompts

1. Releasing the Old Self

- What roles or identities have defined me most over the past 20 years? (e.g., caregiver, partner, achiever, peacemaker)
 - Which of those roles feel heavy, outdated, or no longer true for me?
 - If I imagine setting one of these roles down, what emotions come up - grief, relief, fear, freedom?
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2. Relationship Clarity

- Where in my life have I said “yes” when I wanted to say “no”?
 - What behaviors or dynamics am I no longer willing to accept in relationships?
 - Who drains my energy, and who nourishes it?
 - If I trusted my own needs fully, how would I show up differently with others?
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3. Body, Brain, and Boundaries

- How has my body been asking for change (sleep, energy, health, mood)?
- What boundaries does my body need now that I didn’t need before?
- What daily rhythms or rituals actually support my energy - and what drains it?

4. Awakening Clarity

- What am I suddenly seeing more clearly than I ever have before?
 - If I couldn't "unsee" these truths, what action would I need to take?
 - What lies, excuses, or illusions am I finally ready to stop carrying?
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5. Reclaiming Power

- What do I want the second half of my life to *stand for*?
 - What freedoms or desires am I reclaiming now that youth-focused identity is no longer my center?
 - If I lived unapologetically, what would I pursue - big or small?
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6. Integration / The New Self

- What 3 values do I want to guide my next chapter?
 - What 3 rules will protect those values?
 - Imagine yourself 10 years from now, looking back: what advice would she give me about this transition?
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Hello Beautiful Soul,

I hope you've found these prompts meaningful and supportive on your journey. My heartfelt wish is that they help you find clarity, strength, and self-trust.

I'd also love to invite you to join me for a **complimentary live healing session on Zoom**. In a world that often leaves us feeling isolated and disconnected, it's more important than ever to gather, to share, and to remember we are not alone.

Take a gentle pause from your daily routine and step into our healing circle - a space of connection, support, and healing.

You can register here:

<https://hypnosis-training.online/complimentary-healing-session>

With much love,

Guzalia