



Midlife
Morning
Magic

The 7-Day Audio Reset Workbook

*A gentle, screen-free reset for women in midlife who are ready to feel calmer, clearer
and more connected.*

Movement | Mindset | Magic

Created for Sexagenarian by Kym Vincenti

www.sexagenarian.co.uk

START HERE

Welcome, lovely

This is a soft place to begin again.

This workbook is a gentle companion to the Midlife Morning Magic 7-Day Audio Reset. It is not about fixing yourself, forcing a perfect routine or becoming someone shinier.

It is about beginning the day with a few quiet minutes of attention: a breath, a prompt, a small ritual, and a chance to listen to the woman you are now.

There is no falling behind. There is only returning.

Your invitation

For the next seven days, give yourself ten quiet minutes. Listen to the daily audio, write what feels true, and let this be simple.

A note on enoughness

You do not need a perfect morning, home, body or mood. Come as you are.

YOUR RHYTHM

How to use this reset

Keep it simple. Keep it kind.

- Choose a gentle time of day if that feels supportive.
- Listen to the daily audio before or during journaling.
- Write without editing yourself. One sentence is enough.
- Use the scales to notice patterns, not to judge yourself.
- Return to the Whisper Release Ritual whenever you feel emotionally full.

Suggested 10-minute rhythm

1 minute: arrive and breathe

5 minutes: listen to the daily audio

3 minutes: journal your first honest thoughts

1 minute: choose one tiny action for the day

Important note

This workbook is for reflection and general wellbeing only. It is not medical, nutritional, psychological or therapeutic advice. If you have health concerns, eating concerns, pain, trauma responses or symptoms that worry you, please seek support from a qualified professional.

CHECK IN

Your starting point

Before we begin, gently notice where you are.

My energy today feels

Flat	1	2	3	4	5	Bright
------	---	---	---	---	---	--------

My emotional load feels

Heavy	1	2	3	4	5	Light
-------	---	---	---	---	---	-------

My connection to myself feels

Distant	1	2	3	4	5	Close
---------	---	---	---	---	---	-------

What have I been carrying lately?

What would I love to feel more of this week?

What do I give myself permission to do imperfectly?

MAKE IT YOURS

My gentle morning rhythm

Design a version that actually fits your life.

Choose your reset space

This could be a chair by the window, your bed, a kitchen table, a quiet corner or your car before the day begins. The place does not need to be beautiful. It only needs to hold you for a few minutes.

The place I will use for my reset is...

The kindest time of day for me to do this is...

The promise I am making to myself is...

DAILY PRACTICE

Day 1: Calm

Stop pushing. Start listening.

Before you begin

Listen to the Day 1 audio before you write. Today is about lessening the pressure to have it all together.

How do I feel this morning?

Tense	1	2	3	4	5	Calm
-------	---	---	---	---	---	------

Where am I being too hard on myself?

Tiny action for today

Lower one expectation today. Let something be good enough.

Words to carry with you

I can begin gently. I do not have to force the next chapter.

JOURNAL SPACE

Day 1 Reflection

A few minutes to notice what shifted.

What would lessen if I stopped trying to prove anything today?

Where in my body do I notice tension, holding or tightness?

What would a kinder pace look like for the rest of today?

A NOTE TO MYSELF BEFORE I MOVE ON

DAILY PRACTICE

Day 2: Breathe

Let the breath make space.

Before you begin

Listen to the Day 2 audio and let your breath be ordinary. You are not trying to perform calm. You are practising return.

How do I feel this morning?

Tense	1	2	3	4	5	Calm
-------	---	---	---	---	---	------

What would feel easier if I gave myself permission to pause?

Tiny action for today

Pause three times today and take one slow breath before you respond.

Words to carry with you

My breath is a doorway back to myself.

JOURNAL SPACE

Day 2 Reflection

A few minutes to notice what shifted.

What thoughts keep rushing me?

What happens in my body when I take three slow breaths?

What is one thing that can wait?

A NOTE TO MYSELF BEFORE I MOVE ON

DAILY PRACTICE

Day 3: Release

Put down what is no longer yours to carry.

Before you begin

Listen to the Day 3 audio, then use your pen as a release valve. You do not have to write beautifully. You only have to tell the truth.

How do I feel this morning?

Tense	1	2	3	4	5	Calm
-------	---	---	---	---	---	------

What am I carrying that is no longer mine to hold?

Tiny action for today

Choose one small thing you can stop carrying today, even if only for an hour.

Words to carry with you

I am allowed to release what is heavy.

JOURNAL SPACE

Day 3 Reflection

A few minutes to notice what shifted.

What have I been pretending does not affect me?

What feeling needs a safe place to land?

What would I like to hand back, put down or forgive myself for?

A NOTE TO MYSELF BEFORE I MOVE ON

DAILY PRACTICE

Day 4: Reconnect

Come back into conversation with your body.

Before you begin

Listen to the Day 4 audio with one hand on your heart or belly if that feels comfortable. Today is about listening to the body without judgement.

How do I feel this morning?

Tense	1	2	3	4	5	Soft
-------	---	---	---	---	---	------

What is my body trying to tell me today?

Tiny action for today

Offer your body one kind response today: water, rest, movement, food, warmth or fresh air.

Words to carry with you

My body is not the enemy. My body is speaking.

JOURNAL SPACE

Day 4 Reflection

A few minutes to notice what shifted.

Where do I feel most alive, tired, tight or tender?

What has my body been asking for that I keep ignoring?

What would it mean to treat my body as a wise companion?

A NOTE TO MYSELF BEFORE I MOVE ON

DAILY PRACTICE

Day 5: Nourish

Choose support instead of punishment.

Before you begin

Listen to the Day 5 audio before you think about food, energy or routine. This is a day for nourishment, not restriction.

How do I feel this morning?

Tense	1	2	3	4	5	Soft
-------	---	---	---	---	---	------

What would feel truly nourishing today?

Tiny action for today

Add one supportive thing today. Do not remove, restrict or punish. Simply add care.

Words to carry with you

I can nourish myself without shame.

JOURNAL SPACE

Day 5 Reflection

A few minutes to notice what shifted.

When do I tend to ignore my hunger, thirst, tiredness or need for comfort?

What foods, rhythms or moments usually support my energy?

Where could I choose care over criticism?

A NOTE TO MYSELF BEFORE I MOVE ON

DAILY PRACTICE

Day 6: Listen

Let your inner wisdom speak first.

Before you begin

Listen to the Day 6 audio and give yourself a quiet question. Try not to rush the answer. Let it arrive in its own language.

How do I feel this morning?

Tense	1	2	3	4	5	Soft
-------	---	---	---	---	---	------

What part of me have I been ignoring?

Tiny action for today

Before asking anyone else, ask yourself: what do I know?

Words to carry with you

There is wisdom in me that has been waiting for quiet.

JOURNAL SPACE

Day 6 Reflection

A few minutes to notice what shifted.

What do I already know, even if I have not acted on it yet?

What advice would my wiser self give me today?

What truth feels gentle but clear?

A NOTE TO MYSELF BEFORE I MOVE ON

DAILY PRACTICE

Day 7: Rise

Step into the next chapter softly.

Before you begin

Listen to the Day 7 audio as a closing and a beginning. Today is not an ending. It is a doorway.

How do I feel this morning?

Tense	1	2	3	4	5	Soft
-------	---	---	---	---	---	------

Who am I becoming now?

Tiny action for today

Choose one visible act of becoming today: wear it, say it, write it, book it or begin it.

Words to carry with you

I am not disappearing. I am becoming.

JOURNAL SPACE

Day 7 Reflection

A few minutes to notice what shifted.

What have I remembered about myself this week?

What am I ready to stop apologising for?

What is the next tiny step into my next chapter?

A NOTE TO MYSELF BEFORE I MOVE ON

RELEASE

The Whisper Release Ritual

A quiet ritual for what you are ready to put down.

When to use this ritual

Use this page when you feel emotionally full, stuck, resentful, sad, angry or simply tired of carrying something alone. This is a private release. You do not need to make it neat, nice or logical.

The thing I am ready to whisper out of my body is...

What I have not said out loud is...

When I put this down, I make space for...

RELEASE

Whisper Release Closing

Close the ritual softly.

A simple closing script

Place one hand on your heart and one hand on your belly. Take three slow breaths. Say quietly: I release what is no longer mine to carry. I return to myself with compassion. I am allowed to begin again.

After this ritual, my body feels...

One kind thing I will do for myself today is...

Optional private action

Tear out a rough note, fold it, shred it, burn it safely, bury it, or place it somewhere symbolic. The action matters less than the intention: I am no longer holding this in the same way.

COMPLETION

Seven-day completion reflection

Notice the evidence of your return.

My energy now feels

Flat	1	2	3	4	5	Bright
------	---	---	---	---	---	--------

My emotional load now feels

Heavy	1	2	3	4	5	Light
-------	---	---	---	---	---	-------

The biggest thing I noticed this week was...

The practice that helped me most was...

The version of me I am becoming feels...

NEXT STEP

What comes next?

Your next gentle step with Sexagenarian.

1. Midlife Energy and Food Trigger Diary

A practical 7-day diary to help you notice how food, sleep, stress, movement, mood and energy are connected. This is not a diet tool. It is a self-awareness tool for women who want to understand their patterns with kindness.

2. The No-Diet Nourish Map

A simple, supportive guide to help you build nourishing meals, easy weekly rhythms and kind food choices without restriction, shame or midlife body panic.

3. The Whisper Wall Release Ritual Kit

A deeper release kit with prompts, ritual cards and private emotional clearing pages for the things you are ready to let go of but may not be ready to say out loud.

The next support I feel most drawn to is...

Stay connected

For more movement, mindset and magic for women in midlife, visit www.sexagenarian.co.uk or follow Kym Vincenti on Instagram.

NOTES

Notes and whispers

Use this page for anything that wants to be heard.
