



It's Your Turn

A Reflection Guide for Women
Ready to Realign

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Hello

There's a moment - often in midlife - where everything shifts around, and sometimes, goes a little quieter.

The roles you've carried - at work, at home, in relationships - begin to reshape themselves. The rhythm of life changes. The demands aren't the same.

And yet inside... something is stirring.

This guide isn't about reinvention.

It's about realignment.

It's a place to pause and ask honest questions.

Not to quick-fix, but to hear yourself again.

There is no rush. There is no pressure.

But there is space - for what matters now.

Let's begin. In your time.

5 Reflection Prompts

1. What have I outgrown - even if it still looks "fine"?

Not everything that fits your life still fits your values.

2. Where am I saying "I'm fine" - but quietly longing for more?

This is where truth begins.

3. What have I put to one side - that might be ready to return?

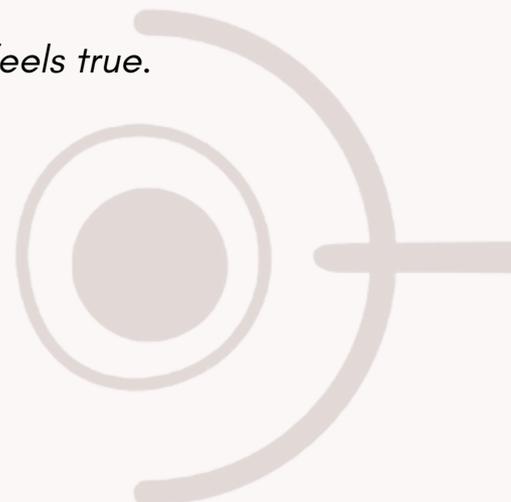
Old desires. Past strengths. Parts of you that still belong.

4. What belief about myself feels most outdated now?

We often live by stories that no longer match who we've become.

5. What do I want my next chapter to feel like?

Not what it should be. Not what's expected. Just what feels true.



Quiet Truths

- * You don't need to reinvent yourself – just realign.
- * It's not too late. But it is your turn.
- * You don't need a plan to start. You need space.
- * Your life is allowed to centre you now.
- * Just because you've carried it doesn't mean you still have to.

*“One who knows
themselves, knows what
is right for them.”*



Vision Glimpse

If your next chapter felt exactly right, it might feel like...

- * Calm
- * Connection
- * Courage
- * Clarity
- * Joy
- * Freedom
- * Energy
- * Ease

*Which of these do
you want more of?*



Reflections

This Chapter is yours

This chapter doesn't have to look like anyone else's.
It doesn't need to be tidy. Or explainable.

It just needs to feel true. For you.

There's something profoundly freeing about arriving here -
not at the start of life, but at the start of your midlife life.
One where your choices, your voice, and your desires take their
rightful place.

This isn't about reinvention.

It's about release.

It's about choosing with intention - not obligation.

It's about creating a life that feels fulfilling, liberating, and quietly
powerful - on your terms.

Whatever comes next: May it feel like yours.

Best wishes,

Remi

And so...

*“I felt lost for a while -
but it was only because
I’d outgrown the life I was
living, and needed the
space to figure it all out.”*



If something stirred in you as you read - we'll be guiding a group of women through a deeper experience in March 2026:

1:1 coaching, a one-day immersive, and supported follow-up integration of insights and learns.

Want to know more? Email me at remi@thethirdchapter.co.uk and I will send you the details.

