LIFE AFTER 50

How to Figure Out Your Purpose After 50

14 days to reconnect with yourself again, rediscover what lights you up, and create gentle momentum toward your next chapter.



Michelle Boyle | Zesty Girl

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About Michelle

Hi, I'm Michelle Boyle, the heart behind Zesty Girl.

I'm a mum of four, professional organiser, life and health coach, and long-time business owner.

For years, I was busy caring, working, organising, building businesses and keeping life moving.

Then one day I realised I had become very good at doing life, but I wanted to feel more alive in it again.

That is where Zesty Girl began.

This workbook is for women in midlife who are ready to reconnect with themselves, simplify what no longer fits, and begin creating a calmer, more intentional next chapter.

Not by starting over.

But by coming home to themselves, one small honest step at a time.
I'm so glad you're here.

With love, Michelle xx

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Before We Begin

For a long time, I thought life would calm down “one day.”

After raising children, supporting everyone else, navigating marriage, business, stress, menopause, grief, and simply trying to hold everything together… somewhere along the way I lost parts of myself too.

Maybe you have too.

This workbook is not about becoming somebody new.
It’s about reconnecting with the woman underneath the survival mode.

The woman who still has dreams, interests, creativity, purpose, fun, and life left in her.

You do not need to reinvent your entire life overnight.

You just need movement.

Tiny steps.
Tiny experiments.
Tiny moments of honesty with yourself again.

Over the next 14 days, this workbook will gently guide you through reflections, prompts, and small actions to help you reconnect with yourself.

Messy is okay.
Small steps count.
You are not behind.

And you are absolutely not done yet.

Michelle xx

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How This Works

This workbook is not about perfection.

You do not need to have your whole life figured out before you begin.

Over the next 14 days, you'll move through simple reflections, journal prompts,
tiny actions, and small experiments designed to help you reconnect with yourself again.

Some days will feel exciting.
Some days may feel emotional.
Some days you may only write one sentence.

That still counts.

There is no falling behind here.

Take what helps.
Skip what doesn't.

Come back to pages whenever you need to.

Tiny steps create momentum.
And momentum changes lives.

Your only job:

Stay open to possibility again.

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Your 14-Day Journey

Week 1: Coming Back To Yourself

Day 1: How Do You Feel Right Now?
Day 2: What's Draining Your Energy?
Day 3: Let's Dream A Little
Day 4: My Black Uniform Story
Day 5: Your Purpose In This Next Chapter
Day 6: Your Values Lead The Way
Day 7: Your Ideal Day In Your Next Chapter

Week 2: The Zesty Life Edit

Day 8: Editing My Environment
Day 9: Editing My Time & Energy
Day 10: Editing My Health & Body
Day 11: Editing My Joy & Self-Expression
Day 12: Editing My Purpose & Growth
Day 13: Returning To Myself
Day 14: You Were Never Starting Over

Move gently. There is no falling behind here

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DAY 1

How Do You Feel Right Now?

For many women, life becomes so busy and survival-focused that they stop checking in with themselves honestly.

Today is simply about noticing where you are right now without judgement.

What feels heavy in my life right now?

What feels missing?

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What am I craving more of emotionally?

What am I pretending is “fine” when it really isn’t?

Tiny Zesty Step

Take 10 quiet minutes today without distraction.

No fixing.
No solving.
Just noticing.

What did I notice?

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DAY 2

Many women become so used to pushing through exhaustion that they stop noticing what's actually draining them.

Today is about paying attention to the people, habits, environments, and responsibilities that leave you feeling depleted.
Awareness creates change.

What Drains My Energy?

PHYSICALLY

What leaves me feeling tired, flat, or depleted?

MENTALLY

What overwhelms my mind or creates stress?

EMOTIONALLY

What situations, people, or patterns leave me emotionally drained?

LATELY

What has been weighing on me most in this season of life?

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Michelle's Reflection

There have been seasons in my life where I became so focused on coping, helping everyone else, and simply getting through the day that I stopped noticing how exhausted I really was.

Not just physically.
Emotionally too.



I ignored the little signs for a long time because I thought being "busy" just came with this stage of life.

But eventually I realised something important: just because I was functioning, didn't mean I was thriving.

Tiny Zesty Step

Notice one thing today that drains your energy unnecessarily.
You do not need to fix it overnight.
Just notice it honestly.

What did I notice today?

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DAY 3

Let’s Dream a Little...



"Dreams are the quiet whispers leading you toward who you can become."

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My 101 Possibilities List

Your possibilities list could include:
travel, hobbies, confidence, style, friendships, learning, adventure, business, wellness, creativity and more...

POSSIBILITIES I'D LOVE TO EXPLORE...

Tiny Zesty Step

Start your 101 Possibilities List somewhere that feels easy and exciting for you.

Your phone.
A notebook.
Pinterest.
A journal.
Voice notes.

There are no rules here. Just start collecting possibilities again.

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DAY 4

My Black Uniform Story

Honouring who I was while making room for who I'm becoming



For years I worked inside busy family homes helping overwhelmed mums organise their lives.

My "uniform" became black pants and polo shirts. Practical. Professional. Easy to move in. That version of me needed that wardrobe.

But over time my work and life began changing, and I slowly realised I was still dressing for a version of myself I was growing beyond.

Not because there was anything wrong with her.

But because I hadn't fully allowed myself to evolve yet.

Sometimes we hold onto old identities because they feel familiar and safe.

- The corporate suits from a job we left years ago.
- The photos from another season of life.
- The gifts we never really liked but still feel guilty letting go of.

Sometimes we struggle to step into who we are becoming because so much of us is still attached to who we once were.

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I Used To... But Now...

Sometimes growth is not about becoming someone completely different.

Sometimes it's about allowing yourself to evolve.

You can honour who you were while still making space for who you are becoming.

I Used To:	But Now I'm Looking To:

For example:

I used to prioritise everyone else first...

But now I'm learning to make space for myself too.

*I **used to think this stage of life was about slowing down...***

But now I'm feeling curious about what's still possible for me.

I used to dress for practicality and survival...

But now I want to reconnect with creativity and self-expression again.

Tiny Zesty Step

I am becoming a woman who...

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DAY 5

Your Purpose In This Next Chapter

Some women feel very clear about their purpose moving forward.

Others feel stuck, disconnected, or unsure what even lights them up anymore.

And sometimes losing connection with purpose can slowly lead to:

- low motivation
- numbness
- feeling flat
- procrastination
- lack of direction
-

Where are YOU right now? Your Purpose Check-In

1 ☐ Completely lost

2 ☐ Disconnected

3 ☐ Unsure

4 ☐ Curious but unclear

5 ☐ Starting to reconnect

6 ☐ Motivated again

7 ☐ Clear and excited



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What I've Learned About Purpose

I don't think purpose is always one giant thing we magically discover.

I think purpose often leaves clues through:

- what energises us
- what we naturally care about
- what people come to us for
- what keeps pulling at our heart
- what makes us feel most alive

And maybe purpose changes throughout life too.

Some people discover it early.

Others only reconnect with it once life finally quietens enough to hear themselves again.

Gentle reflection:

Think back to a time when you felt happy, joyful, calm, or most like yourself.
What do you notice about that season?
What part of it could you gently bring back into your life now?

Small pieces count.

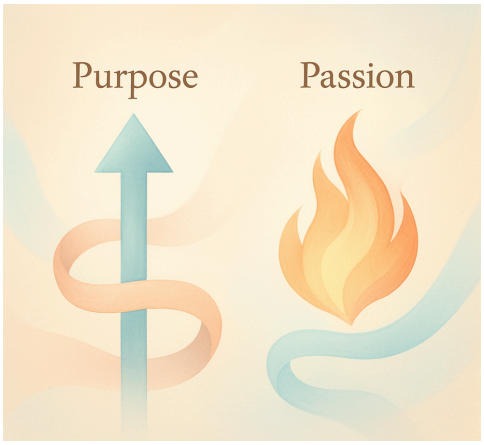
You do not have to recreate the whole season to reconnect with what mattered.



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Purpose Vs Passion

Sometimes growth is not about becoming someone completely different.
Sometimes it's about allowing yourself to evolve.
You can honour who you were while still making space for who you are becoming.



Purpose and passion are not always the same thing.

Passion is often what lights us up.

Purpose is how we use our gifts, experiences, wisdom, and energy in a meaningful way.

Purpose does not always have to be:

a business
a career
something huge

Sometimes purpose is:

creating
helping
mentoring
learning
reconnecting
living more fully
becoming more present
sharing your gifts
finally becoming yourself again

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Clues to my Purpose...

Sometimes purpose is easier to recognise through patterns, interests, energy, and curiosity than through pressure or perfection.

What do people naturally come to me for?

What topics could I talk about for hours?

What activities make me lose track of time?

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“Maybe this next chapter is not about becoming someone new... Maybe it’s about reconnecting with the woman you’ve always been underneath it all.”

Tiny Zesty Step

Pay attention today to what naturally gives you energy, curiosity, or excitement.

Purpose often leaves clues before it becomes clear.

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DAY 6

Your Values Lead the Way



What Really Matters To Me Now?

As we move through different seasons of life, our values often change too. What mattered at 25 may not matter at 50+.
Sometimes feeling disconnected comes from living out of alignment with what truly matters to us now.

"Sometimes feeling lost is really just a sign that you've drifted too far from what matters most to you."

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My Values Checklist

Circle the values that matter most to you in this season of life.
Then place a ★ next to your top 5.

- peace
- family
- freedom
- creativity
- stability
- adventure
- simplicity
- health
- connection
- growth
- fun
- honesty
- purpose
- calm
- spirituality
- flexibility
- contribution
- presence
- joy
- learning
- confidence
- balance
- kindness
- courage
- independence
- authenticity
- laughter
- wellness
- friendship
- mindfulness
- security
- self-expression
- curiosity
- love
- community
- rest
- inspiration
- discipline
- happiness
- resilience

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Where My Values Are Calling Me Back

Where am I living out of alignment with what matters to me now?

What value have I been neglecting lately?

What small choice would honour one of my top values this week?

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My Top 5 Values

1. Value _____
Why does this matter to me now?

2. Value _____
Why does this matter to me now?

3. Value _____
Why does this matter to me now?

4. Value _____
Why does this matter to me now?

5. Value _____
Why does this matter to me now?

Tiny Zesty Check-In

Look at your top 5 values and gently ask yourself:
Does my current life reflect what matters most to me right now?

No judgement.
No pressure.
Just awareness.

Sometimes feeling disconnected is simply a sign that parts of our life are no longer aligned with what we truly value anymore.

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DAY 7

Your Ideal Day In Your Next Chapter

Over the past week, you've spent time reconnecting with yourself again.

Your energy.
Your dreams.
Your purpose.
Your values.

The parts of yourself that may have been quietly waiting underneath survival mode.

Now let's have some fun.
No pressure.
No limitations.
No need to know "how."
Just imagine.

Describe your ideal day in this next chapter of life.



What time do you wake up?
How do you feel?
What are you wearing?
What does your home feel like?
How do you spend your time?
Who are you surrounded by?
What brings you joy?
What feels different about your life?
What version of yourself wakes up in this future?

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My Ideal Day In This Next Chapter...

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My Ideal Day In This Next Chapter Continued...

Tiny Zesty Check-In

What part of this dream life feels most important to me?

Sometimes we need to see and feel the life we want
before we feel ready to start creating it.

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DAY 8

Before We Begin The Zesty Life Edit...

Over the past week you've taken time to pause, reflect, reconnect, and dream again.

That alone matters more than you probably realise.

Awareness creates change.

And often the smallest shifts begin long before we see big results.

You do not need to have everything figured out right now.

You are simply becoming more aware of the life you want...

and the woman you are becoming.



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The Zesty Life Edit

Step 1: Editing My Environment



Our environment affects us more than we realise.

The things surrounding us every day...

our home...
our wardrobe...
our routines...
our spaces...
either support the life we want...
or quietly pull us away from it.
This is not about perfection.

It's about creating an environment that better supports the woman you are becoming.

Take a Moment to Reflect...

What areas of my environment currently feel heavy, stressful, chaotic, or draining?

What areas already feel calm, supportive, or aligned?

Does my environment reflect who I am now... or who I used to be?

What small edits would make daily life feel lighter?

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I Could Not Let Go...

For years I helped other women organise their homes and simplify their lives.

I could walk into someone else's home and immediately see what was not working, what systems were needed, and how to create more calm and function for their family.

But behind the scenes, I struggled to fully help myself.

Not with organising.

With letting go.

In many ways, I realised I had become an emotional holder of the past.

I could move things out of my everyday space… but I could not fully release them emotionally.

Twelve years of schoolwork from four children.

School books.

- Art.
- Photos.
- CDs.
- Tiny toys.
- Cute baby blankets.
- Games.
- Memories from every stage of life.



I held onto so much of it.
Part of it was emotional.
But part of it was also how I was raised.

I grew up being careful with money and taught that everything had value, purpose, or could one day be useful again.

Throwing things away often felt wasteful. ***Letting go sometimes felt irresponsible.***

Over time I realised something important. Sometimes we cannot *fully live in the present* or create space for the future while we are still emotionally gripping so tightly to the past.

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What Am I Still Holding Onto?

Sometimes we hold onto things for practical reasons.

Sometimes we hold onto things emotionally.

And sometimes the things surrounding us are quietly connected to:

- old identities
- guilt
- memories
- fear
- comfort
- responsibility
- seasons of life we are struggling to let go of

What things do I keep “just in case” but never actually use?

What items feel emotionally difficult to let go of?

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What areas of my home still reflect an old version of me?

What feels heavy every time I look at it?

What am I keeping out of guilt rather than love or usefulness?

What would I like my environment to feel like moving forward?

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Tiny Zesty Step

You do not need to let go of everything.

But maybe there is one small thing you are ready to release in honour of the woman you are becoming.

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DAY 9

The Zesty Life Edit

Step 2: Editing My Time & Energy

Many women spend years responding to everyone else's needs without ever stopping to ask:

"Is this how I actually want to spend my time and energy?"

Over time we can become so used to rushing, giving, fixing, organising, helping and carrying everything that exhaustion starts to feel normal.



But your time matters too. Your energy matters too.

And the way you spend both quietly shapes the life you are living.

Things That Quietly Drain Me	Where My Time Disappears	What Feels Mentally Heavy
What I Need Less Of	Things I Keep Saying Yes To	What Feels Out Of Alignment

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What Gives Me Energy Again?

Tiny Things That Bring Me Back To Life

- sunlight
- music
- movement
- ocean
- flowers
- dancing
- laughing
- quiet mornings
- fresh sheets
- getting dressed properly
- creativity
- nature
- coffee alone
- op shopping
- reading
- exercise
- candles
- simplifying a space



Tiny Zesty Step

What have I been craving more of lately?

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DAY 10

The Zesty Life Edit

Step 3: Health & Body

Many women spend years pushing through exhaustion, stress, hormonal changes, rushing, poor sleep, overstimulation, and burnout without ever truly slowing down to support themselves properly.

Over time survival mode can become so normal...

that we stop noticing how disconnected we have become from our own body.

But your body matters too.

This next chapter is not about perfection.

It's about learning to support yourself more gently.








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Gentle Reflection...

Sometimes we become so used to pushing through life...

that we stop noticing what our body has quietly been trying to tell us.

Exhaustion.
Tension.
Stress.
Overstimulation.
Burnout.
Disconnection.

This page is not about judgement.

It is simply about listening more honestly to what
you may need in this next chapter of life.

What currently leaves me feeling physically exhausted?

What habits help me feel calmer or more energised?

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Where do I ignore my body's signals?

What does my body need more of lately?

What am I ignoring that my body has been trying to tell me?

What does "feeling well" actually look like for me in this next chapter of life?

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Things That Help Me Feel Better

Things That Support My Wellbeing

- stretching
- sleep
- sunlight
- protein
- walking
- fresh air
- less scrolling
- water
- quiet mornings
- vitamins
- movement
- gym
- dancing
- meal prep
- reducing stress
- saying no
- slowing down
- time outside
- less clutter
- more laughter
- other...



Tiny Zesty Step

My 4 Non-Negotiables In This Season

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DAY 11

The Zesty Life Edit

Step 4: Editing My Joy & Self-Expression

Somewhere along the way many women stop prioritising joy, creativity, style, fun, self-expression, or the things that once made them feel most like themselves.

Not because they stopped mattering.

But because life became busy.
Practical.
Responsible.
Focused on everyone else.

Over time we can slowly disconnect from the parts of ourselves that once felt playful, expressive, curious, creative, or alive.

This next chapter is about gently reconnecting with those parts again.



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My JOY Checklist

Things That Make Me Feel More Like Me

Circle the things that make you feel most like YOU
in this season of life. Then place a ★ next to your top 5.

- fresh flowers
- ocean swims
- op shopping
- singing loudly
- brunch with friends
- candles
- sunshine
- getting dressed up
- quiet mornings
- journalling
- rearranging a room
- reading magazines
- long walks
- pilates
- gardening
- painting nails
- skincare
- movie nights
- baking
- beach days
- trying new styles
- being playful
- reconnecting with old hobbies
- less rushing
- feeling feminine
- waking up slowly
- feeling strong
- laughing until I cry
- praying
- podcasts
- coffee dates
- learning something new
- watching sunsets
- road trips
- hosting people
- deep conversations
- slowing down
- laughter
- making things beautiful
- collecting inspiring ideas
- visiting markets
- live music
- spontaneous adventures
- fresh sheets
- creating routines
- swimming
- stretching
- romanticising everyday life
- exploring new cafes
- decorating spaces
- photography walks
- dancing in the kitchen
- writing ideas down
- making home feel cosy
- wearing colour
- dancing
- music
- fashion
- colour
- creativity
- decorating
- nature
- travel
- laughing
- trying new things
- movement
- cooking
- art
- beauty
- photography
- writing
- adventure
- styling outfits
- being spontaneous
- vision boards
- picnics
- self-care nights
- creative projects
- feeling inspired
- feeling free
- more presence
- meaningful work
- hugs
- meditation

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Let's talk about who you could become, just for fun and to help decide what really matters to you right now...

She Wears...

She Says Yes To...

She No Longer Apologises For...

She Feels...

She Prioritises...

She Enjoys...

She Protects...

She Is Learning To...



Tiny Zesty Step

What would she do differently this week?

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DAY 12

The Zesty Life Edit

Step 5: Editing My Purpose & Growth

Growth does not always mean completely reinventing your life.

Sometimes it simply means allowing yourself to:

- evolve
- explore
- try new things
- reconnect with old dreams
- learn
- grow beyond old roles and identities

Many women spend years focused on survival, responsibility, work, family, or caring for everyone else.

And somewhere along the way... their own growth quietly gets placed on hold.

But this next chapter matters too.

Things I'd Love To Explore More

Ideas could include: hobbies, courses, creativity, travel, fitness, business ideas, volunteering, style, spirituality, writing, learning, side projects, confidence, friendships, public speaking, dancing, social groups, wellness, leadership, mentoring...

What keeps quietly calling me?



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In This Next Chapter I Am Allowed To...



I Am Still Allowed To...

- start over
- try new things
- change my mind
- evolve
- rest
- learn
- become more visible
- want more from life
- take up space
- be playful
- pursue new dreams
- grow at any age

Tiny Zesty Step

What do I want life to feel like now?

Not perfect.
Not busy.
Not impressive.
Just honest.

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DAY 13

Returning To Myself

This next chapter does not need to be perfect.

And it does not need to look like anyone else's.

This is not about fixing yourself.

It is about becoming more intentional about:

what matters most
what supports you
what brings you peace
what makes you feel alive

Without overthinking, finish these sentences...

- I want my life to feel...
- I want more...
- I want less...
- I want to wake up feeling...
- I want this next chapter to be about...



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What Is Changing In Me?

What have I realised about myself?

What do I want less of?

What do I want more of?

What feels most important now?

What part of myself am I reconnecting with?

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My Next Chapter

How Do I Want Life To Feel?

What I Want More Room For

How I Want My Days To Look

The Woman I Am Becoming

What I Am No Longer Available For

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Tiny Intentional Shifts Checklist

Choose one tiny shift for each area.
No pressure. No perfect answers.
Just notice what feels ready to change.

one thing to release	
one thing to protect	
one thing to explore	
one thing to start saying yes to	
one thing to simplify	
one thing to prioritise	

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Tiny Intentional Shifts Checklist

Tiny Zesty Step

Before you finish today, choose one tiny action that helps you return to yourself. Not a full life overhaul.

Just one small signal that says,
“I still matter here.”

It could be: putting music on, sitting outside for 5 minutes, wearing something that feels like you, saying no to one thing, clearing one small space, writing one honest sentence, or doing something simply because it brings you joy.

What tiny action will you choose today?

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DAY 14

You Were Never Starting Over

Over the past 14 days you have slowed down long enough to reflect on:

- what matters
- what drains you
- what supports you
- what no longer fits
- and the woman you are becoming in this next chapter of life



The woman I am becoming does not need to rush.

She only needs to keep listening.

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We're Not Too Old

For a long time, I thought certain parts of life were behind me.

Confidence.
Fun.
Trying new things.
Feeling visible.
Starting over.

I thought those things belonged to younger versions of ourselves.
But maybe this next chapter is not about becoming someone completely new.
Maybe it is about finally becoming more fully ourselves.
You do not need to reinvent yourself overnight.

Small intentional shifts can quietly change everything.

Maybe you are allowed to:

rest, evolve, change your mind, simplify
want more, dream again, take up space
feel joy, express joy.

become more YOU again

Maybe you are not too old.
Maybe you are not too late.
Maybe you are not behind.

At 55, I am still learning. Still evolving. Still trying new things. Still growing.
Still becoming. And maybe that's the whole point.

This next chapter gets to be yours too.
Love,
Michelle xx

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Your Next Zesty Step

Returning To Myself

You have just spent 14 days noticing, remembering, simplifying and reconnecting with yourself. You do not need to rush into a completely new life.

Choose one small step that feels supportive now.

My next gentle step is:

- ☐ Create one calmer space in my home
- ☐ Protect one small pocket of time each week
- ☐ Move my body in a way that feels kind
- ☐ Revisit something I used to love
- ☐ Say no to something that drains me
- ☐ Say yes to something that feels like me
- ☐ Keep writing, noticing and listening
- ☐ Other: _____



One thing I will do this week is:

_____

One thing I want to remember is:

_____

Small shifts count. Your next chapter does not need to be rushed.

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Want your LIFE AFTER 50 🍋 experience
to come to life beyond these pages?

You're warmly invited to join me inside the optional Group + Video Walkthrough experience, where I'll share encouragement, gentle motivation, personal stories and video check-ins as you work through the workbook over 14 days in your own way.

Your invitation and next steps have been emailed directly to you 💛

For more support, coaching and ways to work with me, visit:
Zesty Girl Website

Questions? Email me at zestygirllife@gmail.com

With love,
Michelle xx

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Let’s Dream a Little…



“It’s never too late to become more fully yourself.”

Your next chapter starts now 🍋

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