

60-Minute Midlife Mindset Reset: Ignite Your Confidence and Clarity



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Hey Friend!,

You're about to embark on a transformative journey that will refresh your perspective, boost your confidence, and reignite your spark – all in just one power-packed hour!

This guide is designed for busy, vibrant women like you who are ready to shake off self-doubt and step boldly into the second half of life. In the next 60 minutes, you'll:

- Flood your mind with gratitude, instantly lifting your mood**
- Shatter limiting beliefs that have been holding you back**
- Craft a vivid vision of your best self to guide your future**

No lengthy commitments, no complex strategies – just simple, powerful exercises that deliver immediate results.

Are you ready to reset your mindset and rediscover your moxie?

Let's dive in and make the next hour the beginning of your midlife renaissance!

With warmth and excitement,



Midlife Mindset Coach

P.S. Remember, this is your time. Find a quiet space, silence your phone, and give yourself permission to focus entirely on YOU for the next 60 minutes. You deserve this!

What's Inside:

- 1. Gratitude Blast (20 minutes)**
- 2. Limiting Belief Buster (25 minutes)**
- 3. Your Best Self Visualization (15 minutes)**

Let's turn the page and transform your mindset!



minute

Mindset Reset

Limiting Belief Buster (25 minutes) Identify top 3 limiting beliefs

Limiting beliefs are thoughts or ideas that we hold about ourselves, others, or the world that restrict our potential and hold us back from achieving our goals or living our best lives. These beliefs often operate subconsciously and can significantly impact our actions and decisions. Here's a simple example of a limiting belief: "I'm not good enough to apply for that promotion."

Quick Win Exercise: "Gratitude Blast" (20 minutes)

Rapid-fire listing of 50 things you're grateful for:

On a separate sheet of paper, or in your journal list 50 things you are grateful for including the big and small things in your life. Reflect on how this shifts your perspective.

Visualization: "Your Best Self" (15 minutes)

Visualizing and writing out your ideal day is a powerful exercise to help clarify your goals and align your actions with your desires. Here's a guided prompt to help you create a vivid picture of your perfect day:

Take a deep breath and close your eyes. Imagine waking up on your ideal day. As you walk through this day in your mind, consider the following questions and jot down your answers:

What time do you wake up? How do you feel?
What does your morning routine look like?
Where are you? Describe your surroundings.
What kind of work or activities do you engage in?
Who do you interact with throughout the day?
How do you nourish your body and mind?
What do you do for relaxation and enjoyment?
How do you end your day? What's your evening routine?