

LMMA JOURNAL

EMOTIONAL  
CLARITY  
UNDERSTANDING  
WHAT YOU'RE REALLY  
FEELING

A SUMMER  
SOLSTICE  
REFLECTION ON  
LIGHT, GROWTH,  
AND EMOTIONAL  
HONESTY

N° 25 - JUN / 2026

SONIA RODRIGUES

Healing, self-worth, and the journey back to yourself

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Emotional Clarity



# A word from the Editor

SOME EMOTIONS ARE EASY TO RECOGNIZE.  
JOY. EXCITEMENT. GRATITUDE.  
BUT OTHERS ARE HARDER TO NAME.

The heaviness you feel at the end of the day that is more than tiredness.  
The irritation that appears over small things when something deeper is asking for attention.

The sense that something feels “off,” even when life looks fine from the outside.

Many women move through midlife carrying emotions they have never fully processed because life required them to keep moving. There were children to raise, relationships to maintain, bills to pay, careers to navigate, expectations to meet, and people depending on them.

So instead of slowing down long enough to ask, What am I really feeling?, many learned to push through, stay busy, or dismiss their emotions altogether.

But emotions do not disappear simply because we ignore them. They often show up in other ways – burnout, resentment, anxiety, disconnection, people pleasing, emotional exhaustion, or the quiet feeling that you no longer recognize yourself the way you once did.

This month inside **LM Magazine**, we are exploring *Emotional Clarity*. Not as another thing to “master,” but as an invitation to become more honest with yourself.

Because emotional clarity is not about becoming perfectly healed or endlessly self aware. It is about learning to recognize what your mind, body, and heart may have been trying to tell you for a very long time.

Inside this issue, you will find thoughtful conversations around emotional wellbeing, identity, healing, business, boundaries, nervous system support, and personal growth from contributors who understand that transformation does not begin with pretending everything is fine. It begins with awareness.

You do not need to judge every emotion you have.  
You do not need to explain every feeling away.  
And you certainly do not need to carry everything silently.

Sometimes clarity begins the moment we finally admit:  
“This is what I’ve really been feeling.”

*Sara*

Editor - LM Magazine

“FEELINGS ARE NOT PROBLEMS TO SOLVE. THEY ARE SIGNALS ASKING TO BE UNDERSTOOD.”

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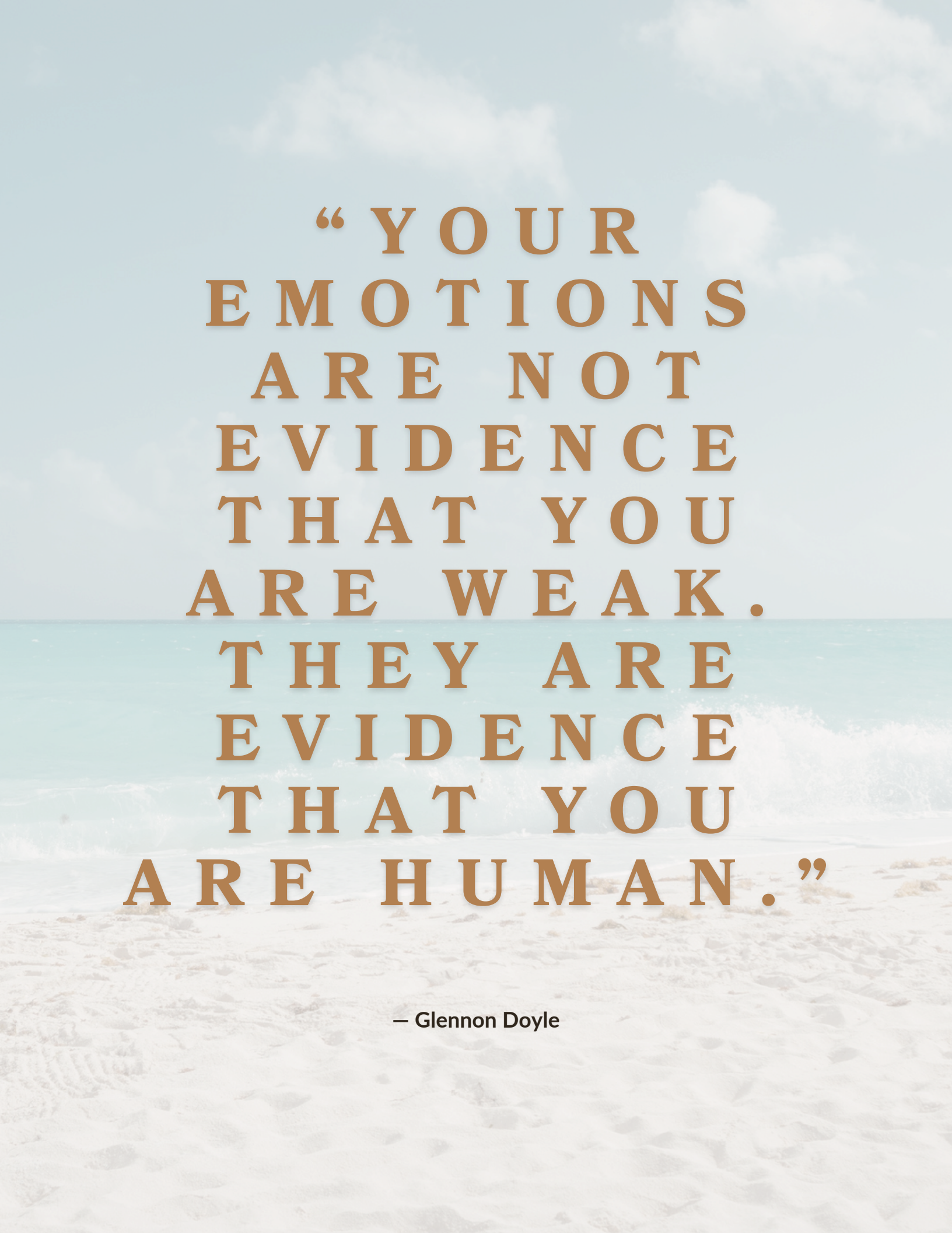
# JUNE 2026




MON	TUE	WED	THU	FRI	SAT	SUN
1 Global Day of Parents	2	3	4	5 World Environment Day	6	7
8 World Oceans Day	9	10	11	12	13	14
15	16	17	18	19	20 World Refugee Day	21 Summer Solstice Int Yoga Day
22	23	24	25	26	27 Micro, Small & Medium-sized Enterprises Day	28
29	30	1	2	3	4	5

\*Men's  Awareness Month

YOU'RE  
wonderful

A background image of a beach with waves crashing on the shore and footprints in the sand. The text is overlaid in a bold, brown, serif font.

**“ YOUR  
EMOTIONS  
ARE NOT  
EVIDENCE  
THAT YOU  
ARE WEAK.  
THEY ARE  
EVIDENCE  
THAT YOU  
ARE HUMAN.”**

– Glennon Doyle



**Angie Bergen**

Angie is an Empowerment Coach and the creator of the BOLD Next Chapter™ framework.

She helps women over 50 release old conditioning and step into a more confident, fulfilling, and purposeful season of life.

Through coaching, journals, courses, and holistic support, Angie guides women through reinvention, self-discovery, and personal growth with compassion and clarity.

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Sara Troy is a podcaster, coach, author, and the founder of the Self Discovery Wisdom Podcast Network. Through her long-form conversations and global platform, she creates space for meaningful discussions around personal growth, healing, purpose, wellness, and self-discovery. As the owner and host of multiple podcast and media platforms, Sara is passionate about amplifying voices that inspire transformation and deeper understanding. Her work reaches audiences across audio, video, and social media channels, connecting people through authentic storytelling, wisdom, and conversation.

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**Felicia Jones**

Felicia is a Nutritionist and Stress Management Trainer and founder of Stress Less Living a practice that supports busy professional women to reduce stress, restore their health and live well.

She has worked in public and private health for over 15 years, as well as being a Supervisor for Nutritional Therapists. She is also a professional speaker, writer and a regular guest on the Mental Health Matters 360 broadcast and the Foyht wellbeing magazine podcast.

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After building, scaling and successfully exiting multiple businesses across real estate, SaaS, and coaching, he now focuses on helping high performers simplify their model, increase leverage, and build businesses that align with their life.

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**connect with Lauren**

**BLOG**

**PODCAST**

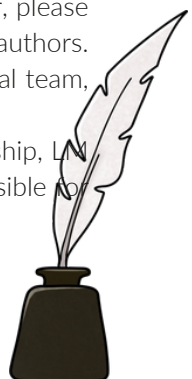
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**SUMMIT**

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## An Invitation for You!

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*Life Mastery Circle* is a community for Women in midlife who are navigating change and pursuing *growth with intention*.

- Daily Co-working Sessions
- Low content publishing Lab
- The 12-Week Life Mastery Planning Method
- Mentorship - Group Coaching
- Community

*Full Access. No Obligation. Just an invitation to experience the Circle.*

## Join Here

*For Women choosing themselves, one chapter at a time.*

# Emotional Clarity

## UNDERSTANDING WHAT YOU'RE REALLY FEELING

There comes a point in midlife when many women stop asking, "What should I do next?" and begin asking a much more difficult question: "What am I actually feeling?"

Not what they should be feeling, not what sounds reasonable, and not the version they have learned to say automatically when someone asks how they are doing.

But what they are really carrying underneath the routines, responsibilities, and expectations they have learned to manage so well over the years.

For many women, emotional confusion in midlife does not arrive in a dramatic way. It does not always appear as a breakdown or a crisis. Sometimes it shows up as constant irritation, mental exhaustion, lack of motivation, emotional numbness, resentment, indecision, or the strange sensation of being disconnected from a life that technically looks "fine" from the outside.

And because midlife women are often highly capable, deeply responsible,

and used to functioning regardless of how they feel, they frequently misinterpret emotional signals as personal failures.

Exhaustion becomes laziness.

Overwhelm becomes incompetence.

The desire for something more becomes guilt.

Instead of asking, "What is this emotion trying to tell me?" many women immediately move into self-correction mode and a LOT of "shoulds."



I should be more grateful.

I should be more productive.

I should have figured this out by now.

I should stop overthinking.

I should just get on with it.

But emotional clarity comes from becoming honest enough to examine it without immediately judging ourselves for having the feeling in the first place.

One of the reasons emotional clarity becomes so important in midlife is because many women reach this season carrying decades of emotional momentum. Years of adapting, caregiving, pleasing, performing, surviving, building families, supporting partners, raising children, navigating careers, or simply trying to hold life together can create a habit of emotional postponement.

They become efficient, reliable, dependable, and strong, but, strength without emotional awareness eventually becomes heavy.

And this is where midlife can feel disorienting, because the coping strategies that once helped someone survive no longer feel sustainable. A woman who spent years putting everyone else first may suddenly feel resentment she cannot explain. A woman who once thrived under pressure may now feel emotionally exhausted by responsibilities she used to handle easily. Another may feel guilty for wanting more from life despite having many things she once hoped for.

This is often the deeper emotional experience underneath midlife overwhelm: not simply “too much to do,” but too many unresolved internal conflicts happening at the same time.



Part of her wants rest.

Part of her wants reinvention.

Part of her wants stability.

Part of her wants freedom.

Part of her wants to stay loyal to the life she built.

Part of her wonders who she might become if she finally stopped abandoning herself.

That tension can create enormous mental noise.

That tension can create enormous mental noise. And interestingly, many women do not realize how much emotional exhaustion comes from unmade decisions.

When we continuously delay difficult conversations, postpone necessary changes, ignore resentment, avoid grief, or stay emotionally suspended between who we were and who we are becoming, the nervous system remains in a constant state of internal friction. Even small decisions begin to feel overwhelming because emotionally, there is already too much being carried at once.

This is why emotional clarity matters so deeply. Not because every feeling must immediately be solved, but because understanding what we feel changes the way we respond to ourselves.

*A woman who understands she is exhausted stops calling herself lazy.*

*A woman who recognizes she is grieving a previous version of herself stops assuming she has failed.*

*A woman who realizes her overwhelm is connected to chronic indecision may begin simplifying her life instead of criticizing her capacity.*

*And a woman who admits she wants more from life may finally stop apologizing for her own aliveness.*

Wanting more does not make someone selfish or ungrateful. It makes them human.

Midlife often awakens questions that were easier to ignore in earlier decades:

- Do I still want this life?
- What do I need now?
- What matters to me beyond responsibility?
- What have I outgrown?
- What would feel true for me moving forward?



These are emotionally complex questions because they seldom come with immediate answers. They ask for reflection, honesty, and sometimes the willingness to disappoint old versions of ourselves.

Emotional clarity is not about becoming emotionally perfect. It is about becoming emotionally honest.

Honesty can feel uncomfortable at first, especially for women who were praised their entire lives for being easygoing, selfless, accommodating, or endlessly capable.

Sometimes emotional clarity begins with admitting:

*I am tired in a way sleep is not fixing.*

*I am overwhelmed because I keep avoiding decisions.*

*I do not actually want what I thought I wanted anymore.*

*I need support.*

*I miss myself.*

*I want a different kind of life.*

These realizations are not signs of failure. In many ways, they are signs of awakening.

There is also something important to understand about emotions in midlife: many feelings that appear “suddenly” have often been waiting underneath the surface for years. Midlife simply removes enough distractions, or urgency for those emotions to finally become visible.

Children grow up.

Careers change.

Relationships evolve.

Bodies change.

Energy shifts.

Identity begins rearranging itself.

And in that rearrangement, many women finally hear themselves clearly

for the first time in decades.

This didn't happen because life became easier, but because the internal voice became harder to ignore.

This is why emotional clarity deserves gentleness instead of judgment.



Not every emotion needs immediate action.

Not every feeling needs to become a life overhaul.

Sometimes understanding yourself more deeply is already the beginning of change.

Sometimes the most powerful thing a woman can do is stop arguing with her own emotional reality long enough to listen to what it may be trying to say.

Because underneath irritation there may be grief.

Underneath exhaustion there may be years of overextension.

Underneath numbness there may be disconnection.

Underneath guilt there may be a longing for expansion that no longer wants to stay hidden.

And perhaps one of the most freeing realizations in midlife is this: *emotional clarity is not about becoming someone*

*new. It is often about returning to the parts of yourself that became buried beneath survival, responsibility, and expectation.*

The goal is not to become less emotional.

The goal is to become more aware, more compassionate, and more truthful with yourself.

Not so you can fix every feeling immediately, but so you can stop carrying emotions that were never meant to be ignored forever.

## LIFE MASTERY LOUNGE PODCAST



### ***How to Achieve Lasting Change: 3 Steps to Clarity, Confidence, and Control | Rebecca Babcock***

On this episode of the Life Mastery Lounge Podcast, Sara sits down with Rebecca Babcock for a thoughtful conversation about clarity, confidence, and creating lasting change in midlife. Together, they explore the emotional patterns that keep women feeling stuck, the importance of rebuilding self trust, and why real transformation begins with understanding ourselves before trying to change everything around us.

[Watch or listen YouTube](#)

[Listen on Spotify](#)



# YOU'RE NOT FALLING APART YOU'RE FALLING INTO WHO YOU WERE ALWAYS MEANT TO BE



by Angie Bergen

There's a moment that so many women hit in midlife.

Maybe it comes after a divorce, a health scare, a job loss, the kids growing up, your parents passing, or just a regular Tuesday when life suddenly feels heavier than it should.

And you find yourself thinking...

## **What is happening to me?**

The version of you who kept everything together, took care of everyone, and just kept going suddenly doesn't feel like you anymore.

It can feel scary.

It can feel confusing.

It can feel like you're losing yourself.

But maybe you're not falling apart.

Maybe you're waking up.

## **The Story We Were Told About Midlife**

Somewhere along the way, women were handed a story about getting older.



Slow down.

Step back.

Be grateful.

Don't want too much.

Don't dream too big.

I don't believe that story anymore.

I believe midlife can be one of the most powerful times in a woman's life.

Ancient traditions spoke of three stages in a woman's life: the Maiden, the Mother, and the Wise Woman.

And the Wise Woman is not the woman whose story is ending.

She is the woman who finally sees clearly.

She has lived enough to know what matters.  
She has survived enough to trust herself.  
She has carried enough to know what she's ready to put down.

That restlessness you feel?  
That quiet knowing that something has to change?  
That feeling of "there has to be more than this"?  
That is not decline.  
That is the Wise Woman waking up inside of you.

### **One Honest Question**

Most of us were taught to push through.  
Stay positive.  
Keep going.  
Be strong.  
Don't need too much.



But emotional clarity starts when you finally get honest with yourself and ask:

### **Who have I been living for?**

Not in a blaming way.  
Just in an honest way.  
Because so many of us have spent years living inside roles.  
The good wife.  
The good mother.  
The dependable employee.  
The strong one.

And before we know it, we look around and wonder where we went.

I know what that feels like.

There was a time in my own life when I realized so much of who I had become was shaped by conditioning. By what I thought I was supposed to be. By what kept the peace. By what made other people comfortable.

Emotional clarity was the moment I stopped asking, "What's wrong with me?"

And started asking, "What is still possible for me?"

That question changed everything.

## You Are Not Too Late

You are not too old.

You are not too late.

You are not broken.

You are not behind.

Maybe this next chapter is not about becoming someone completely new.

Maybe it's about removing the fear, old stories, and conditioning that have been covering up who you've been all along.

Your next chapter doesn't have to start with a perfect plan.

It can start with one honest moment.

One deep breath.

One small decision.

One little bit of grace.

You are not falling apart, sweet friend.

You are falling into the woman you were always meant to be.

*About*


Angie Bergen is the creator of BOLD Next Chapter™ – a coaching framework helping midlife women release who they were conditioned to be so they can create the next chapter they were meant to live. Learn more at [www.WellnessSOULutions.com](http://www.WellnessSOULutions.com)

connect with Angie:

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WELCOME TO YOUR CIRCLE 

# Welcome Home, Beautiful!

*You belong here.*

This is your space to reset, refocus,  
and rebuild a life you love.  
Start where you are, use what you have,  
and trust the process.  
We're so glad you're here.

 Sara



# 7 SIGNS YOU'RE EMOTIONALLY OVERWHELMED

(NOT LAZY, BROKEN, OR "TOO SENSITIVE")

There is a particular kind of exhaustion many midlife women experience that is difficult to explain because from the outside, they still appear functional.

They are answering messages, showing up for people, going to work, running households, supporting families, managing responsibilities, and continuing to carry the invisible emotional labor that so often falls onto women without anyone fully noticing it.

But internally, something feels heavier than it used to.

*Simple tasks feel difficult to begin.*

*Decisions feel mentally exhausting.*

*Rest does not feel restorative.*

*Motivation comes and goes unpredictably.*

And even though they are constantly thinking, planning, and worrying, they often end the day feeling as though they accomplished very little.

Many women immediately interpret this experience as laziness, lack of discipline, or failure to "get it together," especially in a culture that

constantly praises productivity and self-optimization. But emotional overwhelm does not always look dramatic. Sometimes it looks like procrastination, avoidance, irritability, indecision, or emotional numbness.

And in midlife, emotional overwhelm often increases because women are not only managing present responsibilities, but also processing identity shifts, changing relationships, caregiving pressures, financial concerns, aging parents, hormonal changes, evolving ambitions, the growing awareness that time feels more meaningful than it once did, and many more.

The good news is that emotional clarity can begin with recognition. When you understand what is actually happening internally, you stop fighting yourself and start responding with more awareness and compassion.

Here are seven signs you may be emotionally overwhelmed, not lazy, broken, or "too sensitive."

## 1. YOU FEEL EXHAUSTED EVEN WHEN YOU HAVE RESTED

One of the clearest signs of emotional overwhelm is the feeling of being deeply tired in a way sleep alone does not fix.

This happens because emotional exhaustion is not only physical. It is cognitive and emotional. Your mind may be carrying unresolved decisions, chronic worry, resentment, emotional suppression, or constant mental vigilance. Even when your body pauses, your nervous system may still feel “on.”

Many midlife women are not only tired from what they are doing but also from their emotional burden.

## 2. SMALL DECISIONS FEEL STRANGELY DIFFICULT

You know you need to make a decision, but instead of choosing, you delay, overthink, research endlessly, or mentally revisit the same possibilities over and over again.

Emotional overwhelm often creates decision fatigue because every unresolved choice consumes emotional energy. When too many decisions remain open at

## IF THIS MAGAZINE FOUND YOU, IT WASN'T BY ACCIDENT.

**LM Magazine** was created for everyday midlife women navigating change – quietly, thoughtfully, and in their own time.

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the same time, even simple tasks can begin to feel mentally heavy.

This is why clarity often comes after a decision is made, not before. Movement reduces emotional friction.

### **3. YOU KEEP CALLING YOURSELF LAZY, BUT YOU RARELY STOP THINKING**

Truly lazy people are generally not lying awake at night worrying about everything they are not doing.

Many overwhelmed women spend enormous amounts of mental energy planning, analyzing, anticipating problems, managing emotions, or carrying responsibilities that only she seems to see.

The issue is not always lack of effort. Sometimes the nervous system is overloaded.

What looks like procrastination from the outside may actually be emotional saturation.

### **4. YOU FEEL IRRITATED MORE OFTEN THAN YOU USED TO**

Irritation is often treated as a personality flaw, but emotionally it can function as a signal.

Sometimes irritation is grief that has not been acknowledged.

Sometimes it is resentment after years of overgiving.

Sometimes it is exhaustion from carrying too much for too long.

Sometimes it is the frustration of abandoning your own needs repeatedly.

Many women were taught to suppress “negative” emotions, so those emotions often emerge sideways through impatience, withdrawal, cynicism, or emotional shutdown.

The emotion itself is not the problem. Ignoring it for years often is.

### **5. YOU FEEL GUILTY FOR WANTING MORE**

This is one of the most common emotional experiences for women in midlife, particularly women who have spent decades being responsible, dependable, and focused on everyone else’s wellbeing.

A woman may love her family and still want more space for herself, she may appreciate her life and still feel unfulfilled, and she may very well feel grateful and restless at the same time.

These *emotional contradictions* are part of being human.

Wanting growth, creativity, freedom, meaning, rest, reinvention, or deeper connection does not make someone selfish. It often means a part of them is asking to be acknowledged instead of continually postponed.

## **6. YOU STRUGGLE TO IDENTIFY WHAT YOU ACTUALLY FEEL**

Many women are highly skilled at explaining circumstances while feeling disconnected from their emotional reality.

They can describe schedules, obligations, and responsibilities in detail, but when asked, "What are you feeling?" they freeze.

This happens, not because they are incapable of emotional depth, but because they have spent years prioritizing function over self-awareness.

Emotional clarity takes practice. Sometimes it begins by noticing physical sensations, recurring thoughts, emotional patterns, or the moments that create disproportionate emotional reactions.

Awareness develops slowly and honestly.

## **7. YOU KEEP WAITING TO FEEL CERTAIN BEFORE TAKING ACTION**

Many midlife women believe they must feel completely clear, confident, or emotionally ready before making changes. But emotional clarity doesn't come like that, all at once.

More often, clarity develops through small decisions and honest reflection. You do not need to have your entire future figured out to take one aligned step forward, and you do not need certainty to begin listening to yourself more honestly.

Sometimes emotional overwhelm softens the moment a woman stops fighting her own experience and starts responding to herself with curiosity instead of criticism.

## SO WHAT HELPS?

Emotional overwhelm is not solved through perfection, hyper-productivity, or pretending everything is fine. Most women do not need harsher self-discipline. They need emotional honesty, simpler priorities, better boundaries, more support, and permission to stop carrying every responsibility alone.

A few helpful starting points:

- Make fewer decisions at the same time.
- Stop treating exhaustion like a character flaw.
- Notice recurring emotional patterns instead of dismissing them.
- Reduce mental clutter where possible.
- Allow yourself to want something different without immediate guilt.
- Spend less time judging your emotions and more time understanding them.

Midlife is often portrayed as a crisis, but for many women it is actually an awakening. It is the season where emotional patterns become harder to ignore and self-abandonment becomes more painful than honesty.

And perhaps that is not something to fear.

*Perhaps it is the beginning of finally hearing yourself clearly.*

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A guide to start planning in  
12-Weeks



# EMOTIONAL CLARITY

## Understanding What You're Really Feeling



*by Felicia Jones*

The body is a wonderful thing. It not only has the ability to self-regulate through the autonomic nervous system, but it also alerts us to danger and to times when things are not going well. Understanding the body's mechanisms is useful, but grasping what it is expressing can be life-changing.

Many therapeutic writers cite how emotions can get trapped in the body, or held onto. This may happen when we have not learned how to process and release. Sadly, this can then manifest as illness.

Gabor Mate cautions us to; "Learn to read symptoms not only as problems to be overcome but as messages to be heeded."

So what is your body telling you?

Headaches can be a sign of low or high blood pressure, blood sugar imbalance, strain or tension. Louise Hay however, considered a wider view point and surmised that it could possibly be; 'a sign of invalidating the self and self-criticism'.

As a practitioner, I learned very early on in my training that Irritable Bowel Syndrome (IBS) is as much about the head as the gut. Anxiety, nervousness, fear and stress can often impact peristalsis, the gentle wave that moves food through our digestive system. When it halts, it can leave us with clenched abdominal pain that intimates something far worse than a nervous gut.

**So, how can we use this knowledge?**

It can be challenging to have step one in the process of change or recovery, to be working with a practitioner. Past experience may have even created an unconscious barrier that initially challenges this.

If this is the case, then one of the easiest things you can do, is to write. To journal how you're feeling and what arises when you feel. There's no need to share or even re-read your work, but simply getting the details onto the page can make a huge difference.

Over time you may find that your thoughts are centred around certain

themes; the pain you've experienced, the acute loss, a lack of self-esteem or overwhelming fear. You have an opportunity to release these emotions, to come down from high anxiety to a place of peace, stillness and even clarity and by continuing this gentle process, to support self-regulation.

This can also be a good place to start working with a therapist or practitioner. They can support you in delving deeper or finding tools that you can keep coming back to if things go awry.

## About

Felicia is a Nutritionist and Stress Management Trainer and founder of Stress Less Living <https://www.stresslessliving.co.uk> a practice that supports busy professional women to reduce stress, restore their health and live well.

She has worked in public and private health for over 15 years, as well as being a Supervisor for Nutritional Therapists. She is also a professional speaker, writer and a regular guest on the Mental Health Matters 360 broadcast and the Foyht wellbeing magazine podcast.

**But how does understanding how we feel, help us to move nearer to understanding ourselves?**

Learning, developing and growing can all be beautiful but equally painful events. If you, like me, have periods when you doubt your abilities, or are thrown into a tailspin by a random comment, then simply understanding our pain points can support us from being plagued by them. It's not only about building resilience but also recognising who we are and embracing that in healthy ways.



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*you don't need another course.  
you need connection.*

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# SUNNY SIDE OF THE STREET



by Sara Troy

We have all known the darkness, a place of fear, uncertainty, cold, and isolation. What truly matters is not that we entered it, but how we choose to emerge. Something always calls us toward the light, urging us to step forward. I believe in the “Sunny Side of the Street,” where those still lost in the shadows can see the light ahead, beckoning them out. And when they cross into that light, they find others waiting with love, support, wisdom, and tools to guide them on their journey forward.

I believe in Free Will. Whatever has caused us to step into the darkness, whether fear, pain, or the weight of circumstance, it is only through Free Will that we can choose to rise and leave it behind. No one can walk that path for us; the choice must come from within. Yet when we decide to step forward, to cross into the Sunny Side of the Street, we discover the light has always been waiting. There, we are not alone. We find the loving support, the wisdom, and the tools we need to continue our journey with strength, courage, and hope.

Part of our darkness is learning to see the light not as a judgment, but as an invitation, to leave the pain behind and step into healing. Yet the darkness itself has a purpose. It gives us space to reflect on how we arrived there, to recognize that it is not always our fault, and to understand that even this is a life lesson. In walking through it, we become more resilient, more insightful, more attuned to our inner voice, and stronger and more courageous than we ever believed possible.

It becomes our story to share, what we have learned, how it inspires others, and a celebration of how truly *flawsome* we are when we piece our shattered selves back together with self-love.

The danger lies in staying too long in the darkness of despair, blind to the light that beckons and unwilling to take the steps toward it. We cannot wait for someone to rescue us, for those on the Sunny Side of the

Street are already waiting with open arms. They cannot walk the path for us, but the moment we choose to step forward, their care, wisdom, and love are there to receive us.

I was in the darkness for over eight years. Apathy was setting in, and I knew that if I didn't step into the light, my soul would wither. At first, the light felt blinding, and the shadows seemed to chase me. But over time, I grew accustomed to its warmth and began to see the shadows not as threats, but as contours that gave the light its shape.

*About*

Sara Troy is a podcaster, coach, author, and the founder of the Self Discovery Wisdom Podcast Network. Through her long-form conversations and global platform, she creates space for meaningful discussions around personal growth, healing, purpose, wellness, and self-discovery. As the owner and host of multiple podcast and media platforms, Sara is passionate about amplifying voices that inspire transformation and deeper understanding. Her work reaches audiences across audio, video, and social media channels, connecting people through authentic storytelling, wisdom, and conversation.

**Connect with Sara: [Linktr.ee](https://linktr.ee/saratroy)**

Now, when I enter the darkness, it is no longer with fear but with peace and reflection. Since I have discovered that I am the light I seek, and in that darkness, I can now see with clarity what I am truly meant to understand.

Step beyond the shadows, for the Sunny Side of the Street shines with love, wisdom, and strength, ready to walk beside you, but alas, it is you that must walk it, and understand that we are never alone, there is always someone there to guide us on our way of self discovery.

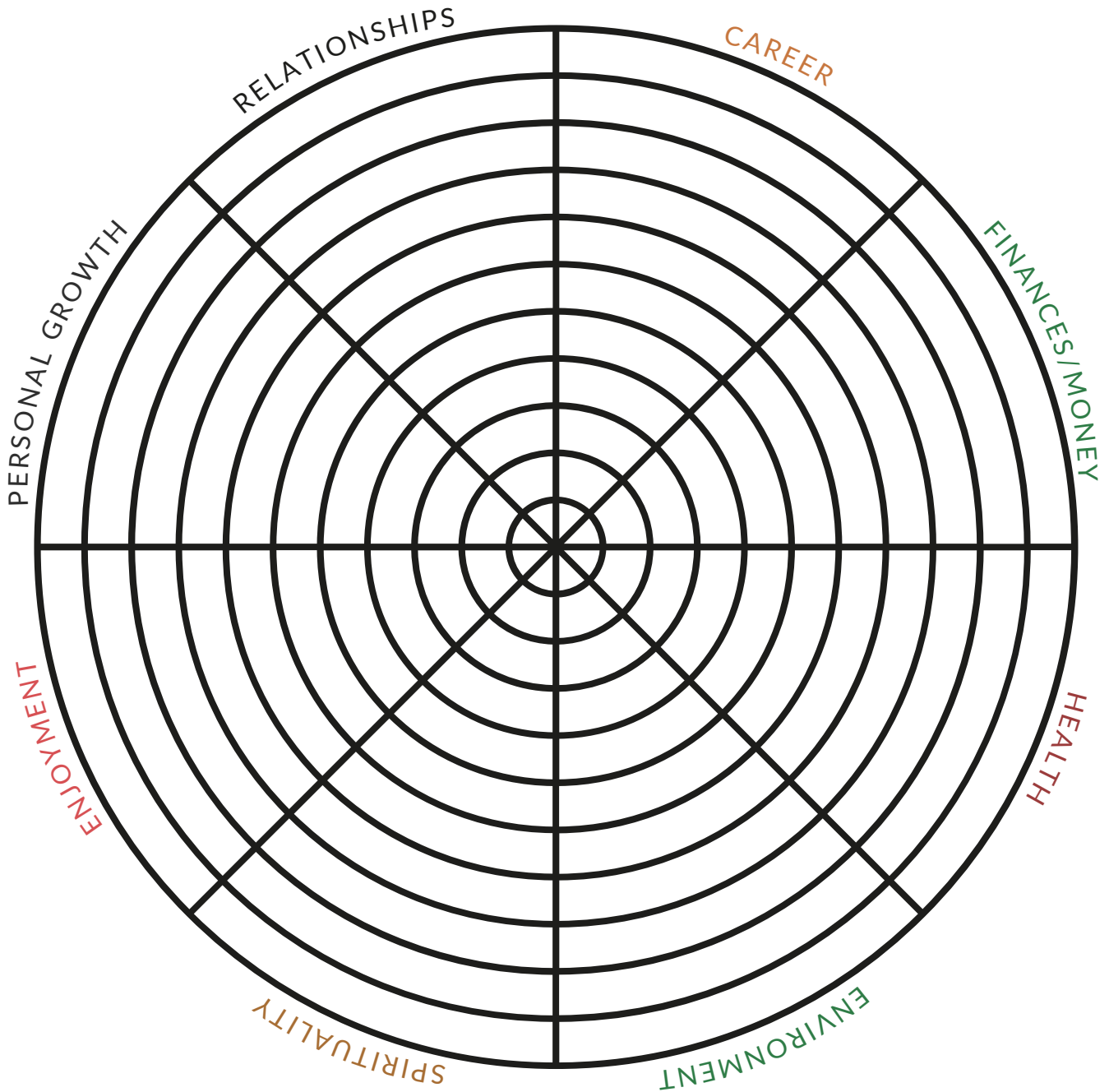
*Sara*

[LISTEN TO SARA FERNANDES AS A GUEST ON THE SELF DISCOVERY WISDOM PODCAST](#)



# THE LIFE MASTERY COMPASS

## *Emotional Clarity*



Consider how satisfied you are in each area on a scale from 1 (very dissatisfied - inner circle) to 10 (fully satisfied - outer circle). Place a dot in the middle of the corresponding line on the wheel to note your score.

# THE LIFE MASTERY COMPASS

## APPROACH TO

### *Emotional Clarity*

Emotional clarity becomes much easier when we pause long enough to notice where we truly are, not just where we think we “should” be.

This month’s Life Mastery Compass is an opportunity to gently reflect on the different areas of your life and check in with how you are really feeling emotionally, mentally, physically, and personally.

Instead of judging yourself or focusing on perfection, use this as a moment of honest awareness, because clarity often begins with simply noticing what may need more care, attention, support, or space in this season of life.



Mary Farias with her horse, Ben  
Economy Creator Magnet Mind  
Development

## YOUR ECONOMY SHOULD BE SHAPED LIKE YOU.

A YOU-shaped economy is built from:

- Your Interests
- Your Talents
- Your Experiences

This is the work I do every day — in life, in business,  
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If you’re ready to see where your economy is strong...  
and where it needs structure:

Join me for the Monthly Economy Creators Workshop

**Register here:**

[www.magnetminddevelopment.com/economy](http://www.magnetminddevelopment.com/economy)



# MARY'S MINDSHIFT MOMENTS



## Productivity Begins Within:

Why True Productivity Requires Self-Leadership, *by Mary Farias*  
Discipline, and Internal Structure

When most people think about productivity, they think about planners, calendars, time management apps, morning routines, or trying to “get more done.”

But true productivity is not primarily about managing time. As Earl Nightingale has said, “no one manages time. Time cannot be managed. We can manage activities.”

That means productivity is about managing yourself.

One of the biggest realizations I’ve had while building what I now call a YOU-shaped economy is that productivity is not simply the result of motivation, inspiration, or external systems. Sustainable productivity is the result of internal leadership.

In other words: before you can effectively lead your economy, your business, your goals, your projects, or your visibility, you must first learn to lead yourself.

Inside the Economy Creators

Framework, the very first step is:

## **Lead Yourself.**

This is where productivity truly begins.

Most people are trying to become productive externally while remaining internally reactive. They consume more information, buy another course, create another to-do list, or wait to “feel ready,” but underneath it all, they are still struggling with inconsistency, distraction, self-doubt, overwhelm, emotional exhaustion, or a lack of clarity.

No amount of productivity tools can compensate for a lack of internal structure.

Discipline is often misunderstood as punishment or rigid control, but real discipline is simply the ability to give yourself a command and follow it, as Bob Proctor teaches. It is the decision to act in harmony with the ideal version of yourself, regardless of whether you feel like it in the moment.

Productivity requires structure because energy needs direction.

Without structure:

- ideas remain scattered
- goals stay abstract
- momentum disappears
- distractions multiply
- and burnout eventually follows

This is why so many people feel busy while simultaneously feeling stuck.

They are moving constantly, but not intentionally.

The truth is that productivity is deeply connected to self-image. We will always act consistently with the identity we hold about ourselves. If someone sees themselves as scattered, inconsi-

stent, overwhelmed, or incapable of following through, they will unconsciously continue reinforcing those patterns.

But when a person begins intentionally rebuilding their self-image, something changes.

They begin:

- showing up differently

- following through
- making decisions more quickly
- organizing their time more intentionally
- creating structure around what matters
- and building trust with themselves

This is why personal development is not separate from productivity – it is the foundation of it.

Inside Magnet Mind Development,

our June focus is Productivity, but not in the traditional sense. Productivity is not about doing more for the sake of being busy. It is about creating movement that is aligned, intentional, and connected to the life and economy

WITHOUT STRUCTURE:  
 IDEAS REMAIN  
 SCATTERED  
 GOALS STAY ABSTRACT  
 MOMENTUM  
 DISAPPEARS  
 DISTRACTIONS  
 MULTIPLY  
 AND BURNOUT  
 EVENTUALLY FOLLOWS

you are intentionally building.

For me personally, productivity shifted dramatically when I stopped building my life around only what I did and began building it around who I was becoming.

For years, my identity and economy revolved almost entirely around

gymnastics. I was productive, but I was also reactive, overextended, and deeply tied to one external structure. Looking back, I realized I had built an economy around something instead of someone – myself.

That realization changed everything. Now, I approach productivity differently. Instead of constantly asking, “What do I need to get done?”

I ask, “Who do I need to BE in order to build and sustain the economy and life I desire?”

That shift creates a completely different relationship with discipline, structure, visibility, and action.

When your internal foundation strengthens:

- productivity becomes more natural

## About

Mary Farias is the creator of Magnet Mind Development and a certified Bob Proctor consultant. Passionate about mindset and self-image scripting, Mary helps people reprogram the way they think so they can create the life they truly want.

Connect with Mary:

[FreeMagnetMindCommunity](#)

[Self-Image Workshop Registration](#)

[www.magnetminddevelopment.com](http://www.magnetminddevelopment.com)

[LinkedIn](#)

[YouTube](#)

- decisions become clearer
- consistency becomes easier
- and movement becomes more intentional

Productivity is not simply about output.

It is about alignment between your identity, your actions, your goals, and the economy you are intentionally creating.

Because ultimately, the greatest economies are not built through scattered effort.

They are built through intentional self-leadership.

Lead Yourself → Lead Your Economy → Lead Others

Mary

Founder, Magnet Mind Development & IrisBlu Publishing



# STOP BEING THE HERO.

*The one positioning mistake that's costing coaches clients – and the shift that changes everything.*



by

Adam Roach

I want to ask you something. And I want you to sit with it for a second before you answer.

***In the story of your coaching business – who's the hero?***

If your answer is you – your journey, your transformation, your climb out of whatever chapter came before this one – I want to tell you something with all the respect in the world: that's the invisible mistake. And it's costing you clients every single day.

I know because I made the same mistake. For years.

## **The Four Characters in Every Story**

Donald Miller wrote a book called *Hero on a Mission*. If you haven't read it, put it on your list immediately. But here's the concept that stopped me cold when I first encountered it.

Every story – every movie, every book, every human journey – has four characters playing out at all times.

**The Victim** – the person who is stuck and not willing to change.

They've accepted their hole as home.

**The Villain** – the force that keeps the victim down, reinforcing the belief that change isn't possible.

**The Hero** – and here's where it gets interesting – is actually a victim who is willing to transform. The hero starts in the hole. The hero is your client.

**The Guide** – the one who shows up with wisdom and a path to help the hero get out. That's you. That's your role.

Now here's the question that will either unlock something for you or sting a little. Probably both.

***Which character have you been playing in your own content, your conversations, your social media, your brand?***

## **Why We Default to Hero Language**

I spent over a decade in the Keller Williams world. Three franchises. Rooms full of people looking to me for direction. And I thought my job was to be the most capable, most inspiring, most everything person in

the room. I led with my story. My wins. My vision. I used what I now call hero language constantly – "You can do this." "I believe in you." "Come on, keep going."

That language isn't wrong. But here's what I didn't understand then: there has never been a successful movie with two heroes. The moment I positioned myself as the hero of the story, I took that role away from the very people I was trying to serve. They became spectators in my story instead of the star of their own.

When I stepped into building I Love Coaching Co. and started working with coaches across the country, I saw the same pattern playing out everywhere. Talented, deeply qualified women and men – people with real stories and real results – leading with themselves instead of their clients. And wondering why the clients weren't coming.

### **The Hole in the Ground**

Here's the visual I use when I teach this inside my community. I want you to picture it.

You're walking through the woods. And you come upon a hole – twenty feet deep. You look down and inside that hole you see three people: the victim who doesn't want to move, the villain keeping them stuck, and the hero – the one who desperately wants to get out but doesn't know how.

Now – what does a hero standing at the top of that hole say?

*"Come on! You've got this! Just climb out!"*

Now what does a guide say?

*"I can see that hole is cold. I know it's dark down there. I know how scary it feels – because I've been in that exact hole before. And I know*

*exactly how to get you out."*

Then the guide throws down a rope with five knots – specific, clear, step-by-step instructions for getting from the bottom to the top.

**That is the difference between hero language and guide language. One performs. The other serves.**

### **The Three Shifts That Change Everything**

WHEN I STEPPED INTO  
BUILDING I LOVE  
COACHING CO. AND  
STARTED WORKING  
WITH COACHES ACROSS  
THE COUNTRY, I SAW  
THE SAME PATTERN  
PLAYING OUT  
EVERYWHERE.

Making this transition isn't a personality overhaul. It's three specific shifts. Each one builds on the last.

### **Shift 1: Change Your Language**

Guide language has two non-negotiable elements: empathy and competence. Empathy says "I see where you are and I've been there." Competence says "And I know the way out." You need both. Empathy without competence is just commiserating. Competence without empathy is just instruction. Together, they create trust — and trust is what moves people from follower to client.

### **Shift 2: Change Your Positioning**

Your client is not buying you. They're not buying your process. They're not buying the parts or the path. They are buying the payoff — the result at the end of working with you. When you position yourself as the guide, your story becomes the bridge, not the destination. It's proof that the path works, not a trophy you're showing off. That one reframe changes how you show up in every conversation.

### **Shift 3: Change Your Content**

Every piece of content you create — every caption, every email, every video — should answer one question:

does this make my ideal client feel seen, or does it make me look impressive? Those are two completely different goals. When you build content around the inner world of the person you're trying to reach — how they think, what they're afraid of, what they're hoping for — they don't just engage. They come to you.

### **You Were Called to This**

Here's what I know about the woman reading this right now. You have a story. You have lived through something — a career, a loss, a reinvention, a chapter that cost you something real — and on the other side of it, you have something to offer that no certification program can manufacture.

The people you are meant to serve are not looking for a hero to admire. They are in a hole. They are cold and they are stuck and they are looking for someone who has been where they are and knows the way out.

That someone is you. Not as the hero of your own story — but as the guide for theirs.

Step into that role. Lead with empathy and competence. Make your client the center of the story.

**And watch what happens.**

## About

Adam Roach is the founder of [I Love Coaching Co.](#) (ILC), a coaching education community helping coaches build profitable, purpose-driven businesses using the REAL Coach Method™. A former Keller Williams franchise owner and SaaS entrepreneur, Adam now guides coaches through the four phases of building a coaching practice — from first client to scalable business. Learn more at [ilovecoachingco.com](http://ilovecoachingco.com)

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ADAM WAS A GUEST ON THE LIFE MASTERY LOUNGE PODCAST - WHERE HE TALKED ABOUT COACHING AND WHO IS ACTUALLY QUALIFIED TO BE A COACH. [WATCH HERE](#) - [LISTEN HERE](#)



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**Coleen  
Stubbs**

Simplified CEO

*Systems*



“Owning our story  
and loving  
ourselves through  
that process is the  
bravest thing that  
we’ll ever do.”

— Brené Brown

# WISE WOMEN, WISE GUTS

## Hormones, Strength & Muscle in Midlife



by Diana Boskma

The other day, I was carrying something I wouldn't have thought twice about years ago.

A basket, not particularly heavy. But as I lifted it, I noticed it.

A pause.

Not weakness exactly. Not even struggle. Just noticing something felt different, awareness.

My body wasn't doing things on autopilot any more. It was asking to be supported in a way it never had before.

And for a moment, I wondered, is this just part of getting older?

But then something else followed that thought.

What if this isn't loss... but change?

### **When strength begins to feel different**

Many women notice it somewhere in their 40s or 50s.

Muscles feel softer. Recovery takes longer. Strength doesn't come as easily as it once did. And sometimes, there's a quiet frustration that follows:

"I used to be stronger than this."

But the truth is, your body is not simply losing strength.

It's becoming more selective about how strength is built.

### **The hormonal shift beneath it all**

As oestrogen and progesterone begin to change, so does the way your body maintains muscle.

Oestrogen, in particular, plays a role in:

- muscle repair
- inflammation control
- insulin sensitivity
- how efficiently you use protein

As levels shift, your body may:

- break down muscle more easily
- need more support to rebuild it
- become more sensitive to stress and overexertion

This is why pushing harder often stops working, and can even backfire.

### **Muscle is not just about appearance**

In midlife, muscle becomes one of your greatest allies.

It supports:

- blood sugar balance
- metabolic health
- joint stability
- posture

- long-term independence
- even mood and confidence

And here's something many women aren't told:

Your gut plays a role in all of this.

### **The gut-muscle connection**

To build and maintain muscle, your body needs to:

- break down protein efficiently
- absorb amino acids
- regulate inflammation
- balance blood sugar

All of this happens through the digestive system.

If digestion is sluggish or compromised, you may be eating well... but not fully benefiting from it.

A well-supported gut helps ensure that:

- protein is properly digested
- nutrients are absorbed
- inflammation stays in check
- recovery happens more smoothly

This is why strength in midlife is not just built in the gym.

It's built at the table.

### **Feeding strength the traditional way**

Your body doesn't need extreme diets or complicated plans. It needs nourishment that is steady, grounding, and deeply supportive.

Think:

- slow-cooked meats and broths for easily absorbed amino acids
- eggs for complete protein and vital nutrients
- liver and organ meats for minerals and co-factors
- natural fats like butter, ghee, and olive oil to support hormones
- properly prepared vegetables to aid digestion

Eating enough becomes important here. Under-eating is one of the quickest ways to lose strength in midlife.

### **Moving in a way that builds, not depletes**

Strength now responds best to:

- gentle, consistent resistance
- movements that feel supportive, not punishing
- allowing time for recovery

This might look like:

- lifting light weights regularly
- using your own body weight
- carrying, pushing, pulling in everyday life

The goal is not exhaustion.

It's adaptation.

### **A different relationship with strength**

There is something empowering about this stage of life.

You begin to understand that strength is not about force.

It's about cooperation with your body.

You eat to nourish, not to restrict.

You move to build, not to burn.

You rest without guilt.

And slowly, something shifts.

Strength returns, not as intensity, but as steadiness.

### **A wise woman's strength**

If your body feels different, let that be a doorway rather than a disappointment.

*About*

Hi, I'm Diana Boskma of Connecting Life Coaching. I am a holistic life and health coach with a special focus on

You are not meant to train like you did at 25.

You are not meant to ignore your body's signals.

You are meant to work with them.

Support your gut.

Feed your body well.

Move consistently and kindly.

And trust that strength is still very much available to you.

Not as something you've lost.

But as something you are learning to build, more wisely than ever before.

*Diana*

**CONNECT WITH Diana Boskma**

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**Diana Boskma has a gift for you!**

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## **Connecting Life Coaching**

✦ **Struggling with gut issues or low energy?**

I'm Diana, a Life & Health Coach helping women heal from the inside out with traditional foods, microbiome support, and mind-body tools.

Let's rebuild your gut, regain your energy, and restore your joy.

✦ **Gifted conversation to begin.**

[tidycal.com/connectinglifecoaching/coaching-conversation-gift](https://tidycal.com/connectinglifecoaching/coaching-conversation-gift)

✦ **Website**

[www.connecting-life.net](http://www.connecting-life.net)

**Want to learn more?**



**“SOMETIMES  
EXHAUSTION IS NOT  
A SIGN THAT YOU  
ARE FAILING.  
SOMETIMES  
IT IS A SIGN  
THAT YOU  
HAVE BEEN  
STRONG FOR  
TOO LONG.”**

– Sara Fernandes

# MIDLIFE REORIENTATION

## When the Life You Built No Longer Fully Fits



by Lauren Quick

### The Quiet Disorientation Beneath the Surface

There comes a point in many women's lives when the external markers of success no longer quiet the internal questions rising beneath the surface.

From the outside, life may still appear stable and successful. Internally, however, many women begin sensing that the version of themselves they have lived as for decades no longer fully fits.

What once felt purposeful may begin feeling heavy. What once felt clear may now feel uncertain. Many women describe feeling disconnected from themselves without fully understanding why.

This experience is often misunderstood. Women frequently assume something is wrong with them because they feel restless, emotionally unsettled, or uncertain about what they want next. But what if this season is not dysfunction?

What if it is reorientation?

Many women in midlife are not experiencing an identity crisis as much as an identity awakening.

Rather than falling apart, many women are beginning to recognize the ways they adapted themselves for survival, belonging, caregiving, achievement, or stability. Over time, those adaptations can become so practiced that women lose touch with who they are beneath the roles they have carried.

### Standing in Unfamiliar Terrain

“  
Reorientation  
rarely feels  
graceful in  
the beginning.

It often feels  
like standing in  
*unfamiliar* terrain  
without a  
clear map  
forward.



As women move through midlife, many begin noticing what drains them, what no longer aligns, and what they can no longer ignore. They start recognizing how often they have shaped themselves around external expectations while losing connection with their own inner voice. This awareness can be both liberating and unsettling because it requires honesty. It asks women to acknowledge not only what no longer fits, but also how long they may have abandoned parts of themselves in order to maintain stability, approval, connection, or identity.

“

The freedom many women seek after 50 is often not *freedom from* responsibility, but freedom from the pressure to abandon *themselves* in order to be loved, accepted, or valued.



LAUREEN QUICK  
NAVIGATING MIDLIFE

The freedom many women seek after 50 is often not freedom from responsibility, but freedom from the pressure to abandon themselves in order to be loved, accepted, or valued.

This is one reason midlife can feel emotionally intense. The structures that once organized a woman's identity may begin shifting all at once. Children. grow older. Relationships

change. Careers evolve. Parents age. The body changes. Losses accumulate. Priorities become clearer. And underneath all of it, many women begin quietly asking:

Who am I now?

Not who was I expected to be.  
Not who have I needed to be.  
But who am I becoming beneath all of it?

Not who was I expected to be.  
Not who have I needed to be.  
But who am I becoming beneath all of it?

### **The Courage of Reclamation**

This process rarely unfolds in a straight line. Some women initially experience grief. Others feel anger. Some feel relief. Many feel disoriented before they feel clear.

What makes this season so powerful is that it is not primarily about becoming someone new. It is about uncovering what was buried beneath years of expectation, adaptation, and survival.

This is why so many women in midlife begin reevaluating nearly every area of their lives:

their relationships,  
their work,  
their health,  
their pace,  
their values,  
their boundaries,  
their friendships,  
their dreams,  
their relationship  
with themselves.

They are no longer willing to continue living disconnected from what feels true.

Sometimes the most profound shifts happen quietly—through reflection, self-awareness, coura-

ge, and the willingness to listen inwardly.

There is often a misconception that transformation must look dramatic to be meaningful. But many of the deepest changes occur internally long before they become visible externally. A woman may begin speaking differently to herself. She may start honoring her limits. She may stop apologizing for needing rest. She may

begin listening to her intuition instead of overriding it.

These shifts can appear small from the outside while fundamentally altering the direction of a woman's life.

### **The Four Arcs of Reorientation**

What many women are truly seeking during this season is not perfection, certainty, or reinvention for reinvention's sake. They are seeking congruence.

They want their external lives to reflect their internal truth.

This is why understanding, re-

orientation matters.

Many women move through these seasons believing they are failing because they cannot sustain old versions of themselves anymore. In reality, they may simply be standing at a threshold between who they needed to be and who they are now becoming.

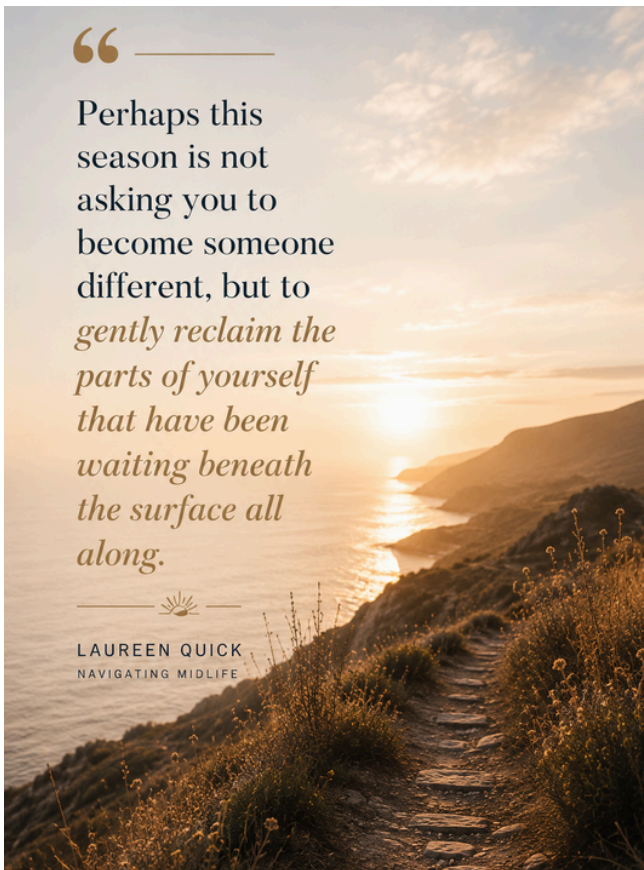
Over time, I began recognizing recurring emotional patterns. many



women experience during major life transitions. These patterns eventually became what I now call the Four Arcs of Reorientation:

- Descent
- Shedding
- Reclaiming
- Radiance

These are not linear or progressive stages, and not every woman moves through them in the same order or intensity. Yet many women find relief in discovering there is language for what they are experiencing. Often, clarity alone softens the anxiety, confusion, and frustration that can arise during seasons of transition.



Perhaps this season is not asking you to become someone different, but to gently reclaim the parts of yourself that have been waiting beneath the surface all along.

And maybe that is the deeper invitation of midlife.

Not to abandon yourself once again in pursuit of who you think you should become—but to finally begin living in relationship with who you already are.

### **A Few Gentle Next Steps**

Here are a few supportive paths forward if this spoke to you.

- The Next Chapter Summit

This July, Laureen Quick will host The Next Chapter Summit: Independence After 50 — a virtual gathering exploring identity, reinvention, relationships, grief, and becoming after 50.

Learn more and register at: <https://mailchi.mp/b777c8544c8c/h9qfjnes37>

- Where Are You Standing? A Gentle Guide to the Four Arcs of Reorientation

If this article resonated with you, you may not need more advice. You may simply need a clearer understanding of where you are standing right now. I created a free reflective guide called:

*Where Are You Standing?  
A Gentle Guide to the Four Arcs of  
Reorientation*

Inside, you'll explore the emotional terrain many women navigate during seasons of identity shift, reinvention, uncertainty, and becoming — and gently locate yourself within the arc you may be living in right now.

Download the free guide here:  
<https://mailchi.mp/fce3c2c2f9c8/7y8f11gmpl>

- Finding Your Inner Bearings Session

A gentle one-on-one conversation designed to help you reconnect with your inner bearings during seasons of change and transition.

<https://calendly.com/laureenquick/finding-your-inner-bearings>

- Stay Connected

Your Next Chapter Blog

<https://laureenquick.substack.com>

Unscripted & Unstoppable Podcast  
<https://laureenquick.substack.com/s/unscripted-and-unstoppable-conversations>

*About*

Laureen Quick is a navigator, threshold guide, speaker, and writer for women navigating life transitions after 50. Through her coaching, writing, workshops, podcast conversations, and community spaces, she helps women reconnect with themselves during seasons of change, uncertainty, reinvention, and becoming.

Connect with Laureen:

[Unscripted & Unstoppable Podcast](#)

[Next Chapter Summit](#)

[Finding Your Inner Bearings Session](#)

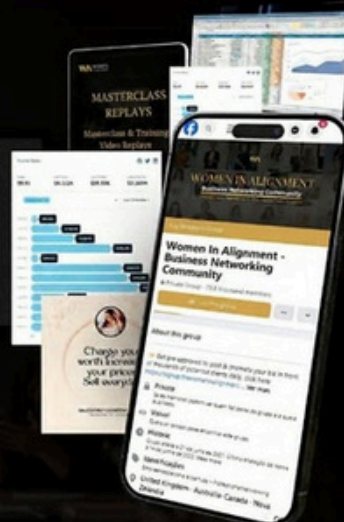
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IN ALIGNMENT

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# The Next Chapter *Summit*

INDEPENDENCE AFTER 50

When the roles shift,  
who are *you* becoming?

A VIRTUAL GATHERING FOR WOMEN NAVIGATING:

- identity shifts
- relationship changes
- empty nesting
- grief
- reinvention
- creativity
- purpose
- becoming

JULY 9–12, 2026

Independence after 50 isn't  
about doing life alone.  
It's about *returning to yourself.*

- ★ Conversations, reflection, and reorientation  
for women stepping into a new chapter of life.



Lauren Quick

NAVIGATOR, COACH & SPEAKER  
FOR WOMEN 50+ —

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Reserve your spot and  
step into what's next.



# THE SUPERFOOD OF THE MONTH IS...

## Salmon

Salmon is one of the most nourishing foods for midlife women because it supports the brain, heart, hormones, and nervous system all at the same time. Rich in omega-3 fatty acids, salmon may help support mood balance, cognitive function, memory, and inflammation reduction, which becomes increasingly important during midlife when many women begin noticing shifts in energy, focus, sleep, and emotional regulation.

In addition, salmon contains several key nutrients that support overall wellbeing:

- Vitamin D, which supports bone health, immune function, and mood regulation. Many women are low in vitamin D without realizing it.
- B vitamins, especially B12, which support energy production, nervous system health, and brain function.
- Selenium, an antioxidant that helps protect cells and supports thyroid health.
- Potassium, which supports heart health and blood pressure balance.

Beyond the nutritional benefits, salmon is satisfying, grounding, and easy to incorporate into everyday meals, making it a simple but powerful way to nourish both body and mind during busy or emotionally demanding seasons of life.



# LEMON HERB SALMON WITH ROASTED VEGETABLES

## Ingredients:

- 2 salmon fillets
- 1 zucchini, sliced
- 1 red bell pepper, chopped
- 1 cup cherry tomatoes
- 1 carrot, chopped
- 1 small red onion, sliced
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Fresh parsley or dill for serving

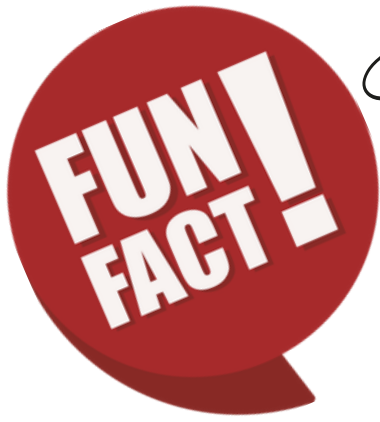


## Preparation:

- Preheat oven to 400°F (200°C).
- Place the vegetables on a baking tray and drizzle with 1 tablespoon olive oil. Season with salt, pepper, and oregano.
- In a small bowl, mix the remaining olive oil, lemon juice, and garlic.
- Place the salmon fillets on the tray and brush with the lemon herb mixture.
- Roast for 18–20 minutes, until the salmon is cooked through and the vegetables are tender.
- Top with fresh parsley or dill before serving.

### **Why we love it:**

This meal is rich in omega-3s, protein, vitamins, and fiber, making it a nourishing option for supporting energy, brain health, and emotional wellbeing while still feeling simple and realistic for everyday life.



*Did you know...*

- Your brain processes emotional pain and physical pain in surprisingly similar ways
- Salmon is one of the best natural sources of omega-3 fatty acids
- Wild salmon gets its pink color naturally from antioxidants called carotenoids
- Gentle stretching and mobility exercises can help calm the nervous system because slow movement and deep breathing signal safety
- International Day of Yoga, celebrated on June 21, was officially recognized by the United Nations in 2014

Susan David – The Gift and Power of Emotional Courage



# FUN & GAMES

## Wordsearch

### Emotional Regulation

R E S I L I E N C E Q X P H Y L Q K M V  
 T X D I S V Z P G L H G O B U P F B L X  
 X U K S J S P K Y N W V N I I C Q K R V  
 S B S Q S Y E W Y U I H E I E Q F G Q Q  
 S W A E M E H N C S X D G V P V Y A M R  
 E N C L L Q N T E P S W N J L O P W O U  
 N O B N A F O M A R N E E U X E C S B Z  
 E I W C G N C C L P A D N U O N J O V W  
 R T F O Z N C O O A M W W L O R D M L I  
 A A T I R M I E N Z C E A I U M G J W S  
 W L N B M E V H Y T T X T F S F D T M Y  
 A U P I R O G B T T R A B N L A D J F S  
 L G W I N E Q U P O X O O R M E K N W M  
 Y E S Z S L A B L A O I L L R F S N I O  
 W R S F N I E T L A T S R I J W Q C Z M  
 Q F S O G P O E H O T F F J V B M U U J  
 T L H H E H R Y M M L I X L E Z Z D I I  
 W E H W I V I E V C U G O I E Z B N D G  
 U S H W Y K W E T J R G C N C S F N N A  
 L O R T N O C E S L U P M I W H O M C O

AWARENESS  
 BREATH  
 COPING  
 EMPATHY  
 IMPULSE CONTROL  
 REGULATION  
 RESILIENCE  
 SELF-CONTROL  
 SELF-SOOTHING

BALANCE  
 CALMNESS  
 EMOTIONS  
 GROUNDING  
 MINDFULNESS  
 RELAXATION  
 SELF-AWARENESS  
 SELF-REGULATION



## Sudoku Medium

	6		5				7	3
	4	5	3	2				6
3	7	2					4	5
8					1			7
2	5		4				9	
4	1	6		5			2	8
	3		8					9
5				4	3	7	6	2
7	2	9			5		3	



## Answers

7	2	9	6	1	5	8	3	4
5	8	1	9	4	3	7	2	6
6	3	4	8	7	2	5	1	9
4	1	6	7	5	9	3	2	8
2	5	7	4	3	8	6	9	1
8	9	3	2	6	1	9	5	6
3	7	2	1	8	6	9	4	5
9	4	5	3	2	7	1	8	6
1	6	8	5	9	4	2	7	3

R E S I L I E N C E Q X P H Y L Q K M V  
 T X D I S V Z P G L H G O B U P F B L X  
 X U K S J S P K Y N W V N I I C Q K R V  
 S B S Q S Y E W Y U I H E I E Q F G Q Q  
 S W A E M E H N C S X D G V P V Y A M R  
 E N C L L Q N T E P S W N J L O P W O U  
 N O B N A F O M A R N E E U X E C S B Z  
 E I W C G N C C L P A D N U O N J O V W  
 R T F O Z N C O O A M W W L O R D M L I  
 A A T I R M I E N Z C E A I U M G J W S  
 W L N B M E V H Y T T X T F S F D T M Y  
 A U P I R O G B T T R A B N L A D J F S  
 L G W I N E Q U P O X O O R M E K N W M  
 Y E S Z S L A B L A O I L L R F S N I O  
 W R S F N I E T L A T S R I J W Q C Z M  
 Q F S O G P O E H O T F F J V B M U U J  
 T L H H E H R Y M M L I X L E Z Z D I I  
 W E H W I V I E V C U G O I E Z B N D G  
 U S H W Y K W E T J R G C N C S F N N A  
 L O R T N O C E S L U P M I W H O M C O

YOU AND YOUR... *Money*

## THE JOY, PEACE, AND FUN OF SAVING AND GROWING MONEY

I was honored that Sara asked me to write an article on this subject, as it aligns so nicely with the title of this month's magazine, "Understanding What You Are Really Feeling". That idea is pervasive in the area of how we earn our money, and also how we manage our money. Feelings play a prominent role in the care of handling our finances. So much so, that much of our spending habits fall prey to our feelings, both good and bad. It is imperative that we understand what our feelings mean with respect to the care and preservation of our money.

The first feeling to have is this: " I deserve to build wealth; I am worthy, important, healthy, and valuable. Therefore, it is up to me to earn and preserve wealth." To take it a step further, it is necessary to begin this process immediately. Wealth is not a luxury. Wealth is necessary. Without it, we have almost nothing. In order to be abundant, generous, plentiful, and peaceful, we need income. Then, our money needs to develop its own income! It needs to go to work for us in smart and safe investing. Smart and safe investing creates another stream

of income for us!

Another intruder that sneaks into our feelings is procrastination. Fear creeps in. Well-intentioned people are afraid of making a change. Many people don't realize that wealth is almost always attainable as long as they have income and desire. The common myth facing people is that they believe they are living paycheck to paycheck. That is not necessarily true. With the help of a financial professional, people are able to find money in their budgets that they didn't realize they really have. A second set of eyes helps in the process of seeing a truer picture.

Equally confusing to people is that they don't think saving and investing needs to take place now. IT DOES! Procrastination is one of the three biggest enemies to building wealth. People feel they have plenty of time ahead of them to settle down and begin saving. Again, that feeling can lead them into painful debt, or simply being broke with little to no resources. That can lead to a dark and lean future. Procrastination is one of the most expensive mistakes a person

## YOU AND YOUR... *Money*

can commit.

The way we should “feel” about money should be bright and cheery! If your income isn’t sufficient to “pay yourself first” before you pay the remainder of your expenses, you can look into a side hustle or home-based business. It provides peace of mind that actually leads to joy and excitement. That side hustle alleviates fear and anxiety, advancing you to another “feeling” - EMPOWERMENT! Millionaires are known to have up to seven streams of income. We needn’t go to that extreme, and perhaps being a millionaire isn’t on your bucket list. That’s ok. But you still need plenty of money. God wants us to live abundantly and to be generous. Whatever that looks like to you, get started. Reach out for help. Be honest with your professional, but more importantly, be honest and true to yourself. Those are the most valuable “feelings” to have in this subject. When seeking financial counseling, stick with a licensed professional. Often an uncle or friend, or neighbor might feel compelled to give you advice. Chances are, they don’t have a license, and the advice they received may have been ok for them, but not necessarily right for you. Everyone has his or her own individual goals,

dreams, and needs. Respect yourself by seeking a licensed professional. That is your safe and trusted route.

In my personal situation, I was teaching school, mothering my children, and helping my husband with his painting contracting business. My “feeling” created a knowing that I needed some guidance, but I was at a loss for where to begin. So guess what? I procrastinated! Yes, yours truly! Miraculously, I was blessed with a divine intervention in my early thirties, when a financial professional arrived at my school classroom and taught me the peace, joy, and excitement of saving and investing. A feeling that comes to mind is EXCITEMENT! I was relieved, encouraged, peaceful, hopeful, and renewed. It was life-changing. I had just promoted myself to being a better parent, which helped me to relax about the future, because I finally had a plan that I could commit to, and see the progress and growth I was making all along the way. As a girl who grew up in Wyoming, let’s just say I “took the bull by the horn” and I won!

You can too!

*Valorie Smith*

[www.wealthwithvalor.com](http://www.wealthwithvalor.com)

# FITNESS MOVEMENT OF THE MONTH

## *Stretching & Mobility*

When life feels emotionally heavy, many women carry that tension in their bodies without even realizing it. Tight shoulders, stiff hips, jaw tension, headaches, fatigue, and shallow breathing are often connected not only to physical stress, but also to emotional overload and mental exhaustion.

So, instead of focusing on intense workouts or pressure-filled fitness goals, we are embracing gentle stretching and mobility as a form of support and release. Slow movement can help improve flexibility, posture, circulation, and overall mobility while also creating space to reconnect with yourself and slow down mentally. Even a few minutes of stretching each day can help the body feel more open, grounded, and supported during busy or emotionally demanding seasons of life.

### **Simple Stretches for Emotional & Physical Release**

#### **Neck Rolls**

Slowly roll your head from side to side to release tension held in the neck and shoulders. Move gently and breathe deeply.

#### **Shoulder Rolls**

Lift your shoulders toward your ears and slowly roll them backward several times. This helps release upper-body tightness caused by stress and long hours sitting.

#### **Cat-Cow Stretch**

A gentle spinal movement done on hands and knees that helps improve mobility, posture, and breathing while reducing tension in the back and hips.

#### **Seated Forward Fold**

Sit with legs extended and gently reach toward your feet without forcing the stretch. Helps release tightness in the lower back and hamstrings.

## Hip Circles

Standing or seated, slowly rotate the hips in circles to improve mobility and reduce stiffness, especially helpful during midlife when hips often become tighter.

## Chest Opener Stretch

Clasp your hands behind your back and gently lift your chest to open the front of the body and counteract the effects of stress and poor posture.

## Gentle Spinal Twist

While seated, softly twist the upper body from side to side to improve spinal mobility and release tension through the torso and back.

## Deep Breathing Stretch

Reach both arms overhead while taking a slow deep breath in, then lower the arms while exhaling slowly. Simple, calming, and grounding for the nervous system.



*“Movement does not always have to be intense to be supportive. Sometimes the body simply needs gentleness, breath, and a moment to soften.”*

“

—  
YOU DON'T  
NEED MORE  
TIME. YOU NEED  
CLEARER  
DECISIONS  
ABOUT WHERE  
YOUR ENERGY  
GOES.

— Sara Fernandes

”

# GRACE & GRIT

## Emotional Clarity: When Success No Longer Feels Peaceful

by Coleen Stubbs



There comes a point in midlife when pushing through no longer feels admirable. It feels exhausting. Not because we are weak, but because life has given us enough experience to recognize the emotional cost of constantly bypassing our own needs, desires, intuition, and peace in order to maintain relationships, obligations, expectations, and appearances.

Many women spend years overriding themselves. We do it to avoid disappointing people, to maintain connection, to keep the peace, to prove loyalty, to feel valued, and to hold everything together. Eventually, though, the body, mind, and emotions begin saying, "This not longer works for me." Not from a place of bitterness, but from awareness.

A few years ago, I found myself emotionally collapsed and completely drained after a series of interactions and obligations that, previously, I would have set my feelings aside and pushed through. But this time instead of reacting emotionally, I did something different.

I stepped back and began studying the cause of those feelings in an unattached way. Not from blame or resentment, but from honesty and self-awareness.

I started paying attention to patterns. What situations consistently left me emotionally depleted? Where was I overriding my own peace in order to maintain connection? How long was my recovery period when I overrode my own intuition and sacrificed my peace? What expectations was I continuing to carry simply because I loved the people involved?

Perhaps the hardest realization of all was understanding that constantly bypassing my own emotional truth was hurting me and slowly exhausting me.

That awareness changed everything.

Instead of asking myself, "How do I keep going?" I started taking a far more honest approach:

"This is where I am."

Not where I used to be.

Not where others expected me to be.

Not where the guilt told me I should be.

This is where I am.

From that place, I began making different decisions.

When we get clear on where we are emotionally, it opens the door for deeper introspection into every aspect of our lives. We begin looking more honestly at our relationships, schedules, commitments, expectations, businesses, availability and the emotional cost attached to all of them.

We realize that success built at the expense of our peace no longer feels successful.

This is the point where we stop asking ourselves, “Can I handle this?” and begin asking, “Does this actually work for me?”

That shift is emotional wisdom.

Not every opportunity deserves a yes. Not every relationship deserves unlimited access. Not every expectation deserves sacrifice.

One of the most freeing realizations in midlife is understanding that “That doesn’t work for me” is a complete sentence. Not rejection. Not blame. Not selfishness. Not failure.

Protection that comes from emotional wisdom.

One of the healthiest things we can do when emotional exhaustion hits is pause long enough to observe it honestly instead of immediately reacting to it. Pause. Ask yourself: What pattern keeps repeating here? What facts am I ignoring because I want a different outcome? Where am I overriding myself to maintain connection? Where would I find peace in this situation?

Emotional clarity begins simply by telling yourself the truth. *Coleen*

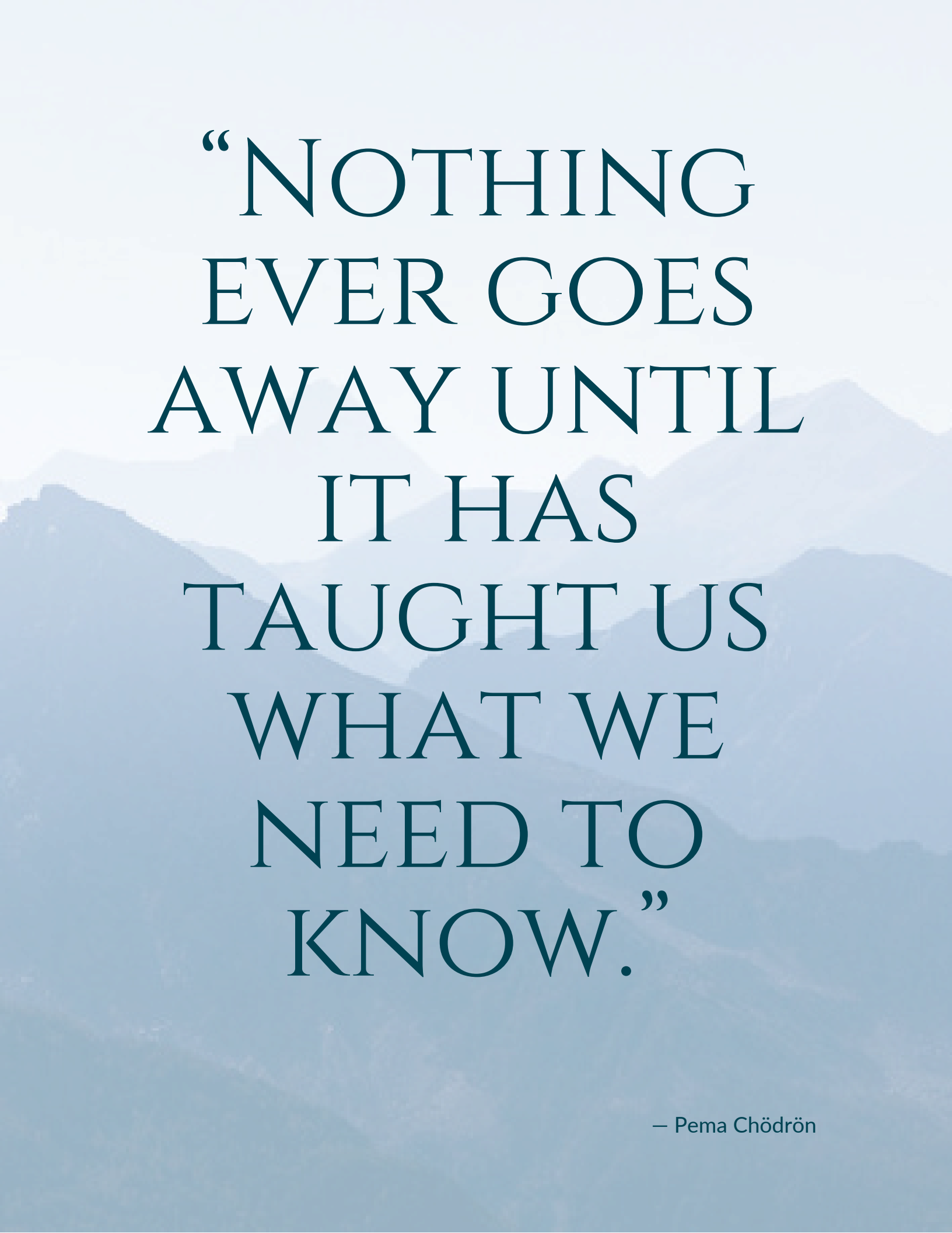
Each month in this column, I'm committed to bringing you high-impact insights and game-changing opportunities that deliver real value to entrepreneurs who are serious about growth. No fluff—just strategies, systems, and resources that move the needle.

**Coleen** is the founder of **Simplified CEO Systems**, helping midlife women entrepreneurs build customized CRM systems that scale. Connect at [simplifiedceosystems.com](https://simplifiedceosystems.com).

<https://www.linkedin.com/in/coleen-stubbs-simplified-ceo-systems/>

connect with Coleen:





“NOTHING  
EVER GOES  
AWAY UNTIL  
IT HAS  
TAUGHT US  
WHAT WE  
NEED TO  
KNOW.”

– Pema Chödrön

# THE JOURNEY BACK TO YOURSELF

## A conversation with Sonia Rodrigues on healing, emotional wellness, and rebuilding life from the inside out.

June's cover feature shines a light on a woman whose work is rooted in healing, compassion, and helping others rediscover their sense of self. With more than two decades of experience in the mental health field, Sonia Rodrigues has dedicated her career to supporting individuals and communities through trauma, transition, emotional exhaustion, and personal transformation.



As a licensed psychotherapist, speaker, and Senior Director at Rutgers University Behavioral Health Care, Sonia leads impactful school and community-based programs focused on expanding access to compassionate, trauma-informed care for youth and families. Through her private practice, Transition to Wellness, she helps individuals move beyond survival mode and reconnect with lives that feel grounded, empowered, and aligned with who they truly are.

Sonia is also a Managing Partner of She Wins Women's Network, where she creates supportive spaces for women to grow personally and professionally through connection, encouragement, and community.

Grounded in advanced training in Clinical, Counseling, and Forensic Psychology, Sonia brings both expertise and humanity to every conversation. In this special

feature with LM Magazine, she shares thoughtful insights on emotional wellness, healing, self-worth, and what it really means to rebuild your life from the inside out.

As more women navigate emotional exhaustion, life transitions, and the pressure of holding everything together, Sonia's perspective offers both compassion and clarity. We sat down with her to talk about healing, self-worth, emotional wellness, and the journey back to yourself.

***Hi Sonia! You've spent more than 20 years helping people heal and rebuild their lives.***

***What first drew you toward this work?***

What first drew me toward this work was a deep desire to help people feel seen, supported, and empowered during some of the most difficult moments of their lives. I've always been deeply moved by human resilience and the incredible capacity people have to heal, rebuild, and rediscover themselves even after pain or trauma. Over the years, both professionally and personally, I came to understand that healing is not just about surviving difficult experiences, it's about



reclaiming your voice, your worth, and reclaiming your voice, your worth, and your ability to create a life that feels aligned and meaningful. That realization continues to fuel the work I do every day.

***Was there a moment in your own life that deeply shaped how you view healing, resilience, or***

***emotional wellbeing?***

Absolutely. There were several moments in my life that profoundly shaped how I understand healing, resilience, and emotional wellbeing, particularly experiences that forced me to rebuild parts of myself while still showing up for

others professionally and personally. Going through painful life transitions taught me that healing is not linear and that strength does not always look like having it all together. Sometimes strength looks like allowing yourself to be honest about your pain, asking for support, setting boundaries, and choosing yourself even when it feels uncomfortable.

Those experiences gave me a much deeper level of empathy and authenticity in the work I do. They reinforced my belief that healing is not about becoming a completely different person, but about reconnecting with who you were before life taught you to shrink, silence yourself, or settle for less than you deserve.

**Many women in midlife feel emotionally exhausted, even when life looks “fine” from the outside. Why do you think so many women carry silent emotional weight?**

I think many women in midlife have spent years being everything for everyone else while slowly disconnecting from themselves in the process. From the outside, their lives may appear stable or successful, but internally many are carrying unprocessed grief, chronic stress, disappointment, emotional loneliness,



caregiving responsibilities, relationship wounds, and the pressure to keep functioning no matter how overwhelmed they feel.

Women are often taught to prioritize everyone else's needs before their own, so they become incredibly skilled at holding it all together while silently struggling underneath. At some point, the emotional weight of constantly performing, nurturing, sacrificing, and suppressing their own needs catches up to them. I believe midlife becomes a powerful invitation for many women to finally ask them-

selves, “What do I need, who am I now, and what parts of myself have I abandoned along the way?”

***Your work often speaks about helping people reclaim their worth. What does “self-worth” really mean to you beyond confidence or self-esteem?***

To me, self-worth is so much deeper than confidence or self-esteem. It’s the deep belief that you are inherently worthy of love, respect, peace, and healthy relationships without needing to constantly prove yourself, overextend yourself, or earn your value through what you do for others.

I think many women have been conditioned to tie their worth to caregiving, achievement, or how much they can tolerate in relationships, and over time they slowly lose connection with themselves. Reclaiming self-worth is about reconnecting with who you are, honoring your needs, setting healthier boundaries, and no longer staying in situations that leave you feeling emotionally unseen, depleted, or undervalued.

***In your experience, what are some signs that a woman has disconnected from herself emotionally?***

In my experience, one of the biggest signs is when a woman becomes so focused on meeting everyone else’s

needs that she no longer knows what she truly feels, wants, or needs herself. She may appear highly functioning on the outside, but internally she feels emotionally exhausted, disconnected, unfulfilled, or numb. Often, she has learned to silence her intuition, minimize her own pain, tolerate unhealthy dynamics, or stay in situations that no longer align with her values because she has spent so much time prioritizing peace, stability, or the needs of others.



I also see it show up as chronic self-abandonment. Difficulty setting boundaries, guilt around rest, constantly overgiving, people pleasing, or seeking validation outside of herself. Many women don't even realize how disconnected they've become until they finally slow down long enough to recognize that they haven't felt truly connected to themselves in a very long time.

***Why do so many women struggle to prioritize their own healing without guilt?***

I think many women struggle to prioritize their healing without guilt because they were conditioned to believe that their value is tied to how much they give, sacrifice, nurture, or hold together for everyone else. From a young age, many women are praised for being selfless, accommodating, and strong, so choosing themselves can feel unfamiliar or even selfish, especially if they've spent years putting their own needs at the bottom of the list.

What I often remind women is that healing is not selfish, it's necessary. When a woman is emotionally depleted, disconnected, or constantly operating from survival mode, it impacts every area of her life, including her relationships, health, pa-

renting, work, and sense of self. Prioritizing healing is not abandoning others, it's learning to stop abandoning yourself. And the more emotionally healthy and regulated a woman becomes, the more authentically she can show up for the people she loves without losing herself in the process.

*“out of  
difficulties  
grow  
miracles”*  
*- jean de la Bruyere*

***What would you say to the woman who feels like she has spent years taking care of everyone else but no longer knows what she needs herself?***

I would tell her that losing yourself does not happen all at once. It happens slowly, through years of putting everyone else's needs, emotions, and expectations ahead of your own. Many women become so focused on surviving, caregiving,

fixing, and holding everything together that they stop checking in with themselves entirely. Over time, they no longer recognize what they enjoy, what they need, or even who they are outside of the roles they've been carrying.

The good news is that this disconnection is not permanent. You are not starting from nothing. You are reconnecting with parts of yourself that have been neglected for far too long.

Healing begins with giving yourself permission to matter again. Not just as a mother, partner, professional, or caregiver, but as a woman and human being deserving of care, rest, joy, and fulfillment. Sometimes the first step is simply slowing down enough to ask yourself honest questions like: What makes me feel alive? What drains me? What do I need more of? What have I been tolerating for too long?

You do not need to reinvent your entire life overnight. Small moments of self-connection practiced consistently can begin rebuilding self-trust and emotional safety. The journey back to yourself is not selfish. It is necessary. And often, it becomes the beginning of the most authentic and empowered chapter of a woman's life.



***You help people navigate trauma and major life transitions. How can women begin healing without feeling overwhelmed by the process?***

One of the biggest misconceptions about healing is that people believe they have to fix everything all at once. When women are already emotionally exhausted, overwhelmed, or coming out of survival mode, the idea of "healing" can feel incredibly heavy. I often remind women that healing is not a race and it is not about becoming a completely different person overnight. It is about creating safety, stability, and compassion for yourself one step at a time.

The nervous system heals best through consistency, not pressure. That means starting small. Sometimes healing begins with getting enough rest, setting one healthy boundary, spending time with supportive people, journaling for ten minutes, going for a walk, or learning to sit with your emotions instead of suppressing them. Small intentional actions create momentum and help rebuild self-trust over time.

I also encourage women to stop viewing healing as something linear. There will be moments of growth and moments where old wounds resurface. That does not mean you are failing. Often, it means your mind and body finally feel safe enough to process what has been carried for so long.

Most importantly, women need to understand that they do not have to heal alone. Support matters. Whether that comes through therapy, coaching, community, friendships, or safe relationships, healing accelerates when women feel seen, supported, and emotionally safe. The goal is not perfection. The goal is to reconnect with yourself in a way that allows you to feel grounded, empowered, and fully present inside your own life again.

***Are there small daily practices that genuinely help regulate the nervous system and create emotional safety?***

Yes, absolutely. One of the most important things women need to understand is that the nervous system responds more to consistency than intensity. Small daily practices, when done regularly, can create profound shifts in emotional regulation, self-awareness, and overall well-being over time.



Simple practices like slowing down your breathing, spending a few quiet moments in the morning before reaching for your phone, getting outside in nature, moving your body gently, journaling, practicing gratitude, listening to calming music, or creating moments of stillness throughout the day can all help signal safety to the nervous system. Boundaries are also a form of nervous system care. Learning to say no, reducing exposure to emotionally draining environments, and surrounding yourself with safe and supportive people matters deeply.

I also encourage women to pay attention to how they speak to themselves. Many women live with an incredibly critical inner voice that keeps their nervous system in a constant state of tension and self-protection. Learning to slow down, regulate, and offer yourself compassion instead of constant pressure has been one of the hardest things I have personally had to learn, but also one of the most powerful. Self-compassion, rest, and emotional validation are not luxuries. They are essential parts of healing.

The goal is not to eliminate stress completely because that is not realistic. The goal is to help the mind and body feel safe enough to spend less time in survival mode and more time feeling present, connected, and emotionally aligned.



***What are some common emotional patterns you see in women going through reinvention, divorce, empty nesting, burnout, or career changes?***

One of the most common patterns I see in women navigating major life transitions is the feeling of losing connection with themselves. Whether it is divorce, burnout, empty nesting, career shifts, or reinvention after years of caregiving, many women reach a point where they realize they have spent so much time meeting the needs of others that they no longer know what they truly want, need, or deserve for themselves.

I also see a tremendous amount of guilt, self-doubt, and fear around change. Many women struggle with the belief that choosing themselves means they are selfish, failing, or disappointing others. They often remain stuck in overfunctioning, overgiving, perfectionism, or people-pleasing patterns because those behaviors once helped them feel safe, needed, or valued.

Another common emotional experience is grief. Even when change is necessary or healthy, there is often grief attached to the loss of identity, relationships, routines, expectations, or the version of life they thought they would have. At the same time,

there is usually a deep desire for more peace, authenticity, fulfillment, and emotional connection.

What I often remind women is that reinvention is not about becoming someone entirely new. It is about reconnecting with the parts of yourself that may have been buried beneath survival mode, responsibility, burnout, or pain. These transitions can feel incredibly uncomfortable, but they also hold the potential for profound growth, healing, and transformation.

**How can women learn to trust themselves again after difficult experiences or long periods of self-doubt?**

Women begin rebuilding self-trust by learning to reconnect with themselves in small, consistent ways. After difficult relationships, betrayal, burnout, or long periods of self-doubt, many women stop trusting their own instincts because they have spent so

much time questioning themselves, minimizing their feelings, or prioritizing the needs and opinions of others. Healing often begins with slowing down enough to listen to yourself again. Paying attention to

what feels emotionally safe, what drains you, what brings peace, and what no longer aligns with the life you want to create. Self-trust is rebuilt every time a woman honors her boundaries, listens to her intuition, follows through on promises to herself, and allows her emotions to matter instead of dismissing them.

**Midlife can feel like both a breakdown and a beginning.**

**What opportunities for growth do you believe this season of life offers women?**

Midlife often becomes a turning point where many women begin questioning the roles, relationships, patterns, and expectations they have

*“Owning our story and loving ourselves through that process is the bravest thing that we’ll ever do.”*

*– Brené Brown*

carried for years. While it can feel incredibly uncomfortable, emotional, and even disorienting at times, it also creates an opportunity for profound self-awareness and transformation. I believe this season of life invites women to stop living on autopilot and begin asking deeper questions about who they truly are, what they want, what no longer aligns, and how they want to feel moving forward.

For many women, midlife becomes less about proving themselves and more about returning to themselves. It can be a season of reclaiming their voice, rebuilding self-worth, setting healthier boundaries, prioritizing emotional well-being, pursuing long-delayed dreams, and creating relationships and lives that feel more authentic and aligned. Although this stage of life is often associated with loss or endings, I also see it as a powerful season of reinvention, wisdom, growth, and becoming.

***What does emotional wellness look like in everyday life – not perfection, but real wellness?***

Emotional wellness, to me, is about feeling connected to yourself in a healthy and authentic way, even during life's difficult moments. It is about developing the ability to navigate life with greater self-aware-

ness, emotional balance, resilience, and self-compassion. It is being able to recognize your emotions without becoming consumed by them, communicate your needs more openly, and give yourself permission to rest, slow down, and ask for support when needed. It is learning how to respond to life instead of constantly living in survival mode or reactivity.



In everyday life, emotional wellness may look like setting healthier boundaries, spending time with people who feel safe and supportive, creating moments of stillness throughout the day, honoring your body's need for rest, or choosing not to abandon yourself in situations that no longer align with your well-being. It is not perfection. It is feeling connected enough to yourself that you can move through life's challenges with more intention, emotional safety, and alignment.

***What role does community and connection play in healing and personal growth?***

Community and connection play an incredibly important role in healing because so many women carry pain, stress, and emotional burdens in isolation. Human beings are wired for connection, and healing often accelerates when women feel emotionally safe, supported, seen, and understood by others. While self-work is important, many wounds are created within relationships and are also healed through healthy relationships and meaningful connection.

I believe there is something deeply powerful about being in spaces where women no longer feel the need to pretend they are fine, carry everything alone, or constantly prove their worth. Safe community creates opportunities for validation, encouragement, accountability, growth, and shared wisdom. It reminds women that they are not alone in what they are navigating and that healing, reinvention, and personal growth become much more sustainable when we feel connected to others who genuinely support our well-being and evolution.

***You also lead empowering spaces for***

***women through She Wins Women's Network. What happens when women are truly supported by other women?***

When women are truly supported by other women, something powerful begins to shift. They stop feeling like they have to carry everything alone or compete for worth, visibility, or belonging. Instead, they begin to feel seen, encouraged, understood, and empowered in ways that help them grow emotionally, personally, and professionally. There is something incredibly healing about being in spaces where women can show up authentically, share their experiences honestly, and be met with support instead of judgment.



I believe supportive communities create the kind of environment where women begin taking bigger chances on themselves, using their voices more confidently, setting healthier boundaries, and pursuing lives that feel more aligned and fulfilling. Women also tend to grow faster when they have built strong networks of support, collaboration, mentorship, and connection around them. When women genuinely support one another, healing expands beyond the individual. It creates connection, collaboration, resilience, collective growth, and a deeper sense of belonging. Women thrive when they feel safe, supported, and genuinely connected to others.

***What is one belief about healing or mental health that you wish more***

***women would let go of?***

I wish more women would let go of the belief that struggling means they are weak or failing. So many women have been conditioned to believe they must hold everything together, stay strong for everyone else, and push through pain in silence. But healing is not a sign of weakness. It is a sign that you are finally listening to yourself instead of abandoning yourself.

I also wish more women understood that healing is not about becoming perfectly happy, perfectly confident, or completely unaffected by life. Healing is about learning how to move through life with greater self-awareness, emotional safety, resilience, and self-compassion. It is about feeling more connected to yourself, not becoming perfect.

A well life is not a perfect life.

*It is a life where you feel aligned enough to fully live it.*

***What does a “well life” look like to you now?***

A well life, to me, is no longer about perfection, constant productivity, or overgiving and overfunctioning in order to feel worthy. It is about creating a life that feels emotionally aligned, peaceful, meaningful, and sustainable from the inside out.

It looks like having relationships that feel safe and reciprocal, work that feels purposeful, boundaries that protect your peace, and enough self-awareness to recognize when your mind and body need rest instead of pressure. It is being able to experience joy without guilt, to slow down without feeling like you are falling behind, and to feel connected to yourself rather than constantly performing for others.

A well life is not a perfect life. It is a life where you feel aligned enough to fully live it.

***If you could leave LM Magazine readers with one message for this season of their lives, what would it be?***

You are allowed to outgrow the version of yourself that only knew how to survive. This season of your life may not be asking you to keep proving your worth through exhaustion, overgiving, or struggle. It may be inviting you to slow down, heal, trust yourself again, and begin choosing yourself with the same love and care you so freely give to everyone else.



***Thank you!***

**Connect with Sonia:**

**WEBSITE**

**LINKEDIN**

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**INSTAGRAM**


**FACEBOOK**

Sonia’s insights serve as a powerful reminder that healing, self-worth, and emotional wellness are deeply connected. Her work continues to help countless women move beyond survival mode and reconnect with themselves in meaningful ways. To close our conversation, we asked Sonia a few rapid-fire questions.

# RAPID FIRE WITH

Sonia Rodrigues 

<b>Morning or night?</b>	Night
<b>Coffee or tea?</b>	Both
<b>Currently reading:</b>	Love by Design by Nasserzadeh (I recently attended one of her seminars and was called to read her book)
<b>A quote I live by:</b>	“Owning our story and loving ourselves through that process is the bravest thing that we’ll ever do.” – Brené Brown
<b>Song that always gets me dancing:</b>	Golden by Kpop Demon Hunters
<b>What I say too often:</b>	Even when you don’t fully understand it yet, trust that things are still unfolding for your highest good
<b>My guilty pleasure:</b>	Freshly baked cookies or thin crust pizza
<b>Best advice I’ve ever received:</b>	Everything is happening for you, not to you.
<b>One thing most people don’t know about me:</b>	I was the first in my family to go away to college and to get my graduate degree
<b>What creativity looks like in my everyday life:</b>	Journaling, visualizing, writing book chapters, dancing
<b>I feel most myself when...</b>	I am aligned with my vision, deeply connected to my purpose and work, surrounded by meaningful relationships and community, and fully present with myself and my family.
<b>One thing I’d tell my younger self:</b>	that love should never require you to abandon your worth, silence your needs, or stay in places where you are tolerated instead of truly valued.
<b>A dream I haven’t given up on (yet):</b>	Standing on global stages, using my voice, story, and expertise to help facilitate healing, transformation, and hope for women around the world.
<b>One word to describe this season of life:</b>	Expansion

A zen garden scene featuring a dark, polished stone with a white orchid flower resting on it. The background consists of concentric, curved lines of sand, creating a meditative atmosphere. The text is overlaid on the right side of the image.

**“Midlife asks  
many women  
to stop  
performing  
strength and  
start  
practicing  
honesty.”**

LM MAGAZINE

# CHALLENGE

## THE EMOTIONAL CLARITY CHALLENGE

Focused on emotional awareness, reflection, and self-connection.



Emotional clarity does not happen all at once. It often begins with small moments of honesty, awareness, and self-connection.


This 7-day challenge is designed to help you slow down, notice what you are feeling, and reconnect with yourself without pressure or perfection.

### Day 1 – Pause Before Responding

Before saying “I’m fine,” ask yourself how you actually feel.

### Day 2 – Notice What Drains You

Pay attention to what leaves you emotionally exhausted today.



**Insiders**, you’ll find the full 7-day Challenge to Emotional Clarity, along with guided pages to help you go deeper at your own pace in **Life Mastery Binder**.

If you’re ready for more clarity, reflection, and structure, this is where the real shift begins.



**Become An Insider**

LIFE MASTERY CIRCLE

*you don't need another course.  
you need connection.*

**Join  
Now!**

# AFFIRMATIONS

## *Emotional Clarity*

Sometimes clarity does not come from finding the perfect answer. It comes from slowing down long enough to hear yourself honestly.

These affirmations are here to help you reconnect with your emotions without judgment, pressure, or the need to “fix” everything immediately.

Let them remind you that your feelings are valid, your inner voice matters, and understanding yourself is part of healing and growth.

(Repeat the ones that speak to you daily to help you on your journey.)

- I allow myself to feel my emotions without judging them.
- My feelings are valid, even when they are difficult to understand.
- I release the pressure to have everything figured out right now.
- I trust myself to listen honestly to what I need.



Insiders - You can find more affirmations in your LM Binder for inspiration, and inside Life Mastery Circle.

# JOURNALING PROMPTS

## *Emotional Clarity*

Journaling can help uncover the emotions we often push aside, avoid, or struggle to name.

This month's prompts are designed to gently guide you inward, helping you explore what you are truly feeling beneath the surface of daily responsibilities, stress, and expectations.

There are no right or wrong answers here, only an invitation to listen to yourself with honesty, compassion, and curiosity.

- **What emotions have I been avoiding or pushing aside lately?**
- **Where in my life do I feel emotionally exhausted, and why?**
- **What decision have I been postponing that may be draining my energy?**
- **What do I truly need more of in this season of life?**



**Insiders - You can find more Journaling Prompts in your Binder and inside Life Mastery Circle.**

# DAY OF THE MONTH...

## *Summer Solstice*

**June 21**

The Summer Solstice marks the longest day of the year and the official beginning of summer in the Northern Hemisphere. For centuries, cultures around the world have recognized this moment as a time of celebration, reflection, abundance, and renewal. It is a reminder that nature moves in seasons, and so do we.

In many ways, the Summer Solstice feels symbolic of midlife itself.

There comes a point where life asks us to pause and look honestly at where we are. Not with judgment or regret, but with awareness. What is blooming? What feels heavy? What have we outgrown? What have we been ignoring beneath the noise of everyday responsibilities?

The solstice invites us into that kind of reflection.

As the sun reaches its highest point in the sky, we are reminded of the importance of bringing things into the light. Our emotions, our dreams, our exhaustion, our desires, and even the parts of ourselves we may have neglected until now.

For many women, midlife becomes a season of emotional clarity. A season where pretending becomes harder. A season where we begin to recognize what no longer feels aligned, fulfilling, or sustainable. While that awareness can sometimes feel uncomfortable, it can also become the beginning of meaningful change.

The beauty of the Summer Solstice is that it does not ask us to have everything figured out. It simply invites us to notice.

To notice how we feel, what needs our attention, where we feel alive again, and what we want more of in this next chapter.

This time of year can also serve as a gentle reset. Halfway through the year, ma-

# DAY OF THE MONTH... **JUNE 21**

ny of us realize that the goals we started with in January may no longer fit who we are becoming now. And that is okay. Growth often changes our priorities.

Instead of asking, “*Am I doing enough?*” perhaps the better question is: “*Am I living in a way that feels true to me? Aligned with who I am right now?*”

The Summer Solstice encourages us to slow down long enough so we can hear our own answer.

You do not need an elaborate ritual to honor this season. Sometimes reflection can look surprisingly simple:

- **Sitting outside in the evening light**
- **Journaling honestly about your emotions**
- **Taking a walk without distractions**
- **Watching a sunrise or sunset**
- **Asking yourself what you want moving forward and what you are ready to release**

Small moments of awareness can create powerful shifts over time.

This season is also a beautiful reminder that light and shadow coexist. Even on the brightest day of the year, evening still comes. Life is rarely all one thing. We can feel grateful and uncertain. Hopeful and tired. Excited and afraid. Emotional clarity does not mean having perfect emotions, it means learning to recognize and honor what is real.

As summer begins, perhaps this is your invitation to reconnect with yourself a little more gently.

Not to become someone entirely new.

But to return to the parts of yourself that may have been waiting patiently beneath the surface all along.

And maybe that is what this season is truly about:

***Coming back into the light, one step at a time.***

# I THOUGHT I WAS LAZY... TURNS OUT I WAS JUST EMOTIONALLY EXHAUSTED



For a while, I genuinely thought I had become lazy.

Not “sit on the sofa eating chocolate all day” lazy, although honestly, some days that sounds really good!. More like the kind of lazy where you open your laptop, stare at your to-do list, answer two emails, reorganize a folder you did not need to reorganize, make tea, think about working, and somehow end the day wondering what exactly happened.

Meanwhile, my brain had apparently run a marathon.

I was thinking constantly.

Planning constantly.

Replaying conversations.

Making decisions.

Avoiding decisions.

Creating new ideas.

Questioning old ideas.

Mentally rewriting my entire life while simultaneously trying to remember if I had taken the chicken out of the freezer for dinner.

And yet somehow I still kept telling myself:

*“You really need to get it together.”*

Midlife is fascinating because nobody warns you that emotional overwhelm starts disguising itself as personality flaws.

Suddenly:

- exhaustion becomes laziness,
- overstimulation becomes irritability,
- needing space becomes “being antisocial,”
- and wanting a different life becomes “being ungrateful.”

I think many women reach this season with so much invisible emotional weight that we stop recognizing how heavy it actually is.

There are the obvious things:

work, family, finances, relationships, responsibilities.

But then there is an invisible layer... *the mental tabs we never close.*

The conversations we need to have.

The decisions we keep postponing.

The version of ourselves we may have outgrown.

The things we know deep down but are not fully ready to admit yet.

No wonder we are tired.

Personally, I have noticed that some of my biggest emotional exhaustion moments have nothing to do with working “too much” and everything to do with trying to accumulate too many unresolved things in my mind at the same time.

And unfortunately, my brain seems convinced that it can solve all of life’s problems at 11:47 p.m.

***Very productive.***

***Highly recommend!!***

One thing I am learning in this season is that emotional clarity is less about dramatically reinventing your life and more about becoming honest in small moments.

Like admitting:

*“I do not actually have the capacity for this today.”*

Or:

*“This thing is bothering me more than I want to admit.”*

Or my personal favorite:

*“I am not confused. I already know what I want. I am just scared of disappointing people.”*

That one likes to show up often so make sure to stay alert!!

I also think women in midlife carry an enormous amount of guilt around wanting more. More peace. More space. More meaning. More rest. More joy. More connection. More money. More success. More time for themselves.

As though wanting more automatically means we are not appreciative of the lives we already have.

But I no longer believe those things cancel each other out.

*You can love your family and still need space.*

*You can appreciate your life and still want change.*

*You can be grateful and exhausted simultaneously.*

Honestly, midlife feels a little like emotional decluttering.

You start realizing which thoughts, expectations, responsibilities, and emotional habits still belong in your life and which ones are just taking up space in the mental junk drawer.

Some things still fit beautifully, some do not, and some probably should have been donated emotionally years ago.

So if you have been feeling emotionally messy lately, overwhelmed by decisions, unusually tired, or frustrated with yourself for “not doing enough,” maybe the answer is not becoming harsher with yourself.

Maybe the answer is becoming more honest.

And maybe emotional clarity does not begin with fixing yourself.

Maybe it begins with finally listening to yourself without immediately turning it into a self-improvement project.

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*“Doing less  
is not a step  
back.”*

IT IS OFTEN THE ONLY WAY  
FORWARD.”

– Sara Fernandes

# KATE, UNFILTERED

## ***Midlife World Domination***

I vividly recall, as a young woman starting out in the workplace, how terrified I was of mid-life women managers. I saw them as dragons, breathing fire and fury at anyone who crossed their path - I was only 19 or 20, or thereabouts, and already I was learning that men were much easier to manipulate. Don't get me wrong, this wasn't a conscious choice, I just had an awareness that I could flutter my eyelashes and men would very often say yes to me. With women though? Absolutely no chance of getting away with bullshit! Each time I started a new job, my heart would sink if I had to report to a woman. Women in charge at work were tough, tougher than their male counterparts, and given that this time of my life was nearly 30 years ago, women HAD to be tough in order to make any kind of success in the male-dominated world of business.

Now, at almost 47, and living with perimenopause, having encountered life on life's terms, I can fully understand why these women were so fearsome. I am at the stage where I have zero tolerance for workplace



*by Kate Stapleton*

drama, politics and gossip, and I can quite honestly say that having to schmooze and suck up in order to create momentum for myself is anathema. I have done my bit for the human race and raised a child (he's now 24 and carving a very nice life for himself), and I have also paid my dues at work by being the junior, the new girl over and over again, the outcast in a few cases. This season is for me to live my own life, single, fiercely independent and with a snake-in-the-grass detector that is fine tuned through years of bitter experience.

I had the pleasure of appearing on our esteemed Editor Sara's podcast this week, and at the end, we reflected that mid-life women are poised to take over the world. The "manosphere" members focus their attention on young, impressionable women - we, on the other hand, seem to have largely escaped their attention. We are their Mums, their Aunties, older and with our shit

together – we are not targets for their misogyny. They are likely too scared to backchat our generation anyway! It is time we reclaimed the power back and made a stand against the toxic patriarchy running through society like an oil slick on a previously beautiful blue sea.

We should start a movement, ladies, an Illuminati of mid-life women, a network reaching far and wide, into the corridors of power. We have a female Archbishop of Canterbury, Sarah Mulally, we need to get Kamala Harris into the White House, and we need a female PM here in the UK. Women need to be at the top of the tree in the media and business as we are MADE to lead. Research (Zenger & Folkman, 2019) demonstrates that we score higher than men in 84% of measured leadership competencies and are better in a crisis. We only have to look at Jacinda Ardern, the New Zealand premier, widely praised during COVID for clear communication, rapid action and empathy, or Angela Merkel of Germany, whose calm, analytical approach was in sharp contrast to the bumbling, haphazard nature of a lot of male leaders (I apologise to any Boris fans reading this, but hey, the cap fits!).

So ladies, who is with me? Lead with clarity and composure, a far better option than ranting on Twitter at 2am about fake news and how everything is women's fault, apart from their mums of course. Let's plot world domination and sort the planet out, starting with HS Ticky Tocky and Andrew Tate. In fact, I might even message their mums and get them in the movement too. "The Feminati" is now alive and kicking – we are unstoppable! *Kate*

*About*

Kate Stapleton is a life coach, personal trainer, nutritionist and student hypnotherapist. She runs the Fusion Coaching program, which can be found at [www.katestapletonservices.co.uk](http://www.katestapletonservices.co.uk) and you can contact her at [info@katestapleton.co](mailto:info@katestapleton.co). She has also come through addiction, domestic abuse, disability, mental health challenges and is happily neurodivergent. She is single, content and free, has one grown up son and lives by the coast with her beloved dog Noopsie and her Mum.



# RESOURCES





## COME SIT WITH ME FOR A MOMENT.

**Life Mastery** isn't just something you read - it's something you live.

On my YouTube channel, we talk about money, mindset, midlife shifts, reinvention, and the quiet decisions that shape your next chapter.

No pressure. No perfection. Just honest conversations for women who are figuring things out, one step at a time.

- Conversations about midlife, money, and meaning
- Gentle guidance for reinvention and side hustles
- Reflections to help you feel less alone and more yourself

**Watch when you need clarity, calm, or company.**



Sara Fernandes — Editor of Life Mastery Magazine • Clarity & Growth Coach

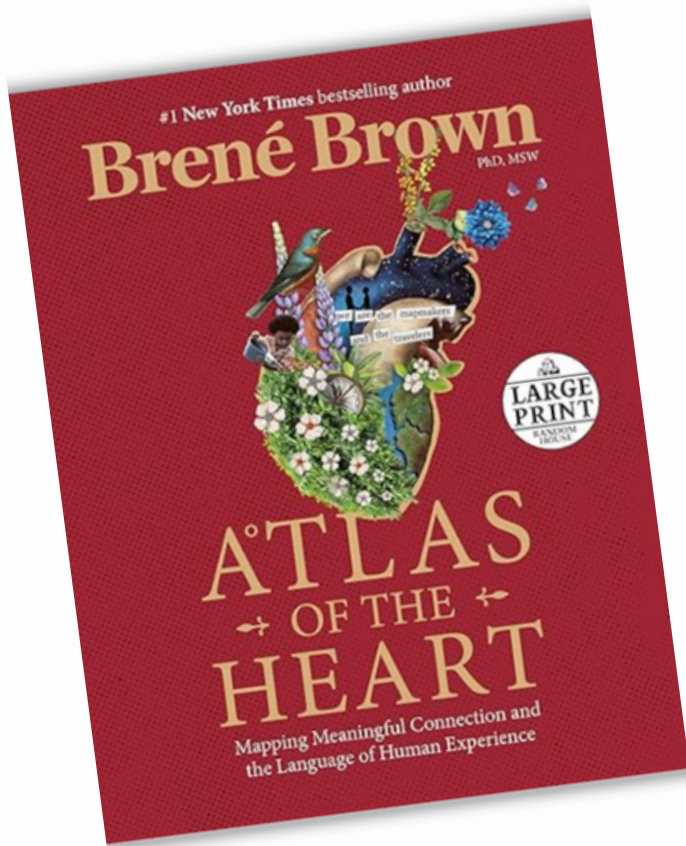
# BOOK OF THE MONTH

## Atlas of the Heart

by Brené Brown

What if part of the reason we struggle emotionally is simply because we do not always have the words to describe what we are truly feeling? In *Atlas of the Heart*, Brené Brown explores the emotions and experiences that shape our lives, relationships, and sense of self, helping readers better understand the difference between emotions we often confuse, avoid, or minimize.

With her signature warmth and honesty, Brown reminds us that emotional clarity begins with awareness.



Through stories, research, and thoughtful reflection, she encourages readers to move beyond simply saying “I’m stressed” or “I’m fine” and begin recognizing the deeper emotions underneath. The result is a compassionate and insightful guide to understanding ourselves more fully and connecting more honestly with others.

This book feels especially meaningful for women navigating midlife, personal growth, emotional transitions, or seasons of reinvention. It is not about fixing yourself or becoming perfect. It is about learning to listen to yourself with greater compassion, clarity, and courage.

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# JOURNALS & PLANNERS

*Emotional Clarity*



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# AFFIRMATIONS

*Emotional Clarity*




Tara Brach – Guided Meditation for Emotional Healing & Self-Compassion

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*Emotional Clarity*




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