

The Midlife Reclamation Guide

10 Questions to Help You Come Home to Yourself

An invitation to reconnect with
your truth, your desires,
and the woman you are becoming in midlife.

Introduction

Midlife has a way of asking questions we may have spent years avoiding. The things that once felt right no longer fit. The roles we've played, the expectations we've carried, and the ways we've defined ourselves begin to shift, leaving us wondering, Who am I now?

I don't believe midlife is asking us to become someone new. I believe it's inviting us to remember ourselves—to look beneath the responsibilities, conditioning, and stories we've lived by and reconnect with the woman we've always been.

This workbook is an invitation to pause, listen, and get curious. Through these reflections and practices, my hope is that you'll begin to uncover what is true for you, what no longer belongs, and what is ready to emerge in this next season of your life.

Shared with love,

Christine

What am I exhausted from pretending is okay?

Practice Make two lists:

I no longer want...

I am ready for...

What would happen if I chose myself more often?

Then give yourself one thing from the answer.

Reflection Questions

If I wasn't worried about disappointing anyone, what would I choose?

What would happen if I cared without carrying?

Practice: The Caring vs. Carrying Exercise

Write down everything you're currently worried about.

Next to each item ask: Is this mine? Can I influence it? Am I responsible for it?

Circle only what is truly yours.

Where Have I Lost My Voice?

Reflection Questions

What truths have I been avoiding?

Where do I make myself smaller?

What conversations am I afraid to have?

Where do I need stronger boundaries?

Practice

Finish these sentences:

I need...

I want...

I no longer...

I am ready to...

What would it look like to trust myself?

The Energy Audit

What needs my attention?

Conditioning reveals where reclamation is needed.

in yourself

The Woman I Am Becoming

Complete these statements:

- I am learning...
- I am releasing...
- I am reclaiming...
- I trust...
- I desire...
- I deserve...
- I am becoming...

Final Reflection

Midlife offers us a beautiful opportunity to refind ourselves.

It's an opportunity to turn toward the parts of ourselves we've neglected, set aside, or simply lost touch with along the way. To become curious about who we are now, what we want, and what is asking for our attention. To reconnect with our desires, our truth, and the woman we've been beneath all the roles we've played. It's an invitation to return to ourselves—to listen more deeply, to question what no longer fits, and to choose ourselves in new ways.

It's asking you to become curious about the woman you've been, compassionate with the choices you've made, and open to the woman who is emerging now.

You don't need to have all the answers. You don't need to change everything overnight.

Sometimes the most meaningful shifts begin with a simple question:

What is true for me now?

If these pages stirred something in you—if you recognized yourself in these questions, found yourself seeing your life a little differently, or discovered something you hadn't considered before—stay with that.

The ways we move through the world, the things we tolerate, the roles we take on, and the expectations we carry often have deeper roots than we realize. So much of what feels normal to us has simply been learned over time.

If you're curious about some of the hidden patterns that may be shaping your experiences, I invite you to take my Patriarchal Encodement Assessment. It offers another lens through which to understand yourself and the dynamics influencing your energy, relationships, and choices.

And if something in this workbook resonated with you, I'd love to hear from you.

What did you discover about yourself? What question are you sitting with?
What are you beginning to want for yourself now?

Thank you for allowing me to be part of your journey.

Shared with love,

Christine

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