

The Midlife **CLARITY MAP**

A Guided Reset for
Realigning Your Life
with What Truly Matters



by Holly Beshea | www.shiftintopurpose.com

Who am I ?

Let me introduce myself~
Hi, I'm Holly. I'm a Life Coach who's
devoted to helping others heal, & gain
clarity on what a purpose-led life means
for them.



"I'm not just another talking head—I speak
from lived experience.
And my friend, if you're feeling lost right
now... I've been there.
I found my way back to purpose, fulfillment,
and deep self-knowing.
Now, I offer you this map—
not as a fix, but as a guide
—to help you remember who you truly are"



Intro

*"You're not falling apart -
you're falling into alignment."*

~ Let this guide be reassurance that
losing clarity at this stage of life
is both normal and sacred ~

The goal of this guide is to help you
pause, reflect, and redirect
— based on who you are now

Section 1 – What Needs Reevaluating

What no longer fits?

To start off, take a truthful look at the current state of your life.

What parts of your life feel heavy, dull, or an obligation?

What are you doing just because it's expected of you?

What beliefs or roles have you outgrown?

Where in your life are you “going through the motions ” instead of living?

"Sometimes the bravest thing you can do is stop doing what no longer feels true."

Section 2 – Core Values Check-in

What actually matters to me now?

Mini Exercise:

- List your top 10 values
- Circle the 3 that feel most alive right now

Here's some ideas to get you going- Authenticity, Helping Others, Freedom, Creativity, Family, Honesty, Connection, Growth, Joy, Purpose, Integrity, Spirituality, Compassion, Work-Life Balance, Peace, Health, Beauty

List your top 10 here & circle your top 3

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____
	.

Reflect: Where in your life are you honoring these?
Where are you not?

Section 3 – Remembering Passion & Joy

What lights you up?

To start off, take a truthful look at the current state of your life.

What activities or topics make you lose track of time?

What did you enjoy doing in your free time as a child?

What did you love doing before life got busy?

Ask: If I had a free day to do anything I wanted — no obligations — I would...

"Joy is not a luxury - it's a compass."

Section 4 – Reconnecting with Purpose

What am I here to contribute or experience?

Answer These Guided Questions:

If I could help people with just one thing, what would it be?

What kind of stories move me?

If I had to write a new chapter in my life starting today, what would its title be?

Where in your life are you “going through the motions ” instead of living?

Prompt: “The world needs more _____.
I feel called to bring more _____ into it

“Purpose doesn't always look like a big mission. Sometimes it starts as a whisper.”

Section 5 – Personal Alignment Snapshot

Things its time to let go of... (behaviors, things, people, etc.)

The things & people I value most

Passions I want to prioritize OR Things I want to learn about

My next steps...

What I can do today

What I can do tomorrow

*"This is where I let go of who I thought I had to be -
and begin becoming who I am."*

A Closing Message from Holly

Let this be reassurance that this season of your life is a
rebirth, not a breakdown.

I encourage you to trust their inner voice but if you feel you
have mental health needs please seek counseling.

*"Midlife isn't a crisis. It's your soul's invitation to
remember who you really are."*

If you would like to go deeper into how to rebuild a new
you, book a session with me at
www.shiftintopurpose.com

It starts simply with:

- Realizing what you no longer need to continue
- Prioritizing what matters to you
- Following what excites your heart
- Making a plan to & taking actionable steps

Dear Friend,

I've been where you are.

There was a time in my life when everything looked “fine” on the outside... but inside, I felt off. Disconnected. Like I had outgrown a version of myself and didn't know what came next.

That wasn't a breakdown – it was a beginning.

It was my soul calling me to remember who I am.

If you're feeling lost right now, I want you to know: you're not broken. You're just being invited to realign. To remember what matters to you.

This workbook isn't just a reset — it's a reconnection. And you don't have to figure it all out alone. I'm here when you're ready to go deeper.

This is your time — and it gets to be aligned.

With love,

Holly



Holly Beshea~Shift Into Purpose
WWW.SHIFTINTOPURPOSE.COM

The Midlife **CLARITY MAP**

by Holly Beshea | www.shiftintopurpose.com

