

## 4 Holistic Tools for Finding your Direction in Midlife

### Tool #2: Holistic Self Discovery

Timeframe: 10 min.

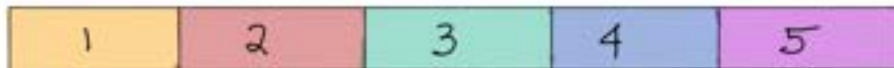
Purpose: Given holistic self-discovery can open your options in life, what might interest you?

Instructions: Journaling and meter exercises. Don't worry about getting it right! Reflect on anything that sparks you.

#### Instructions:

1. Name some impactful transformational experiences/breakthroughs you've had to date: e.g. parenting, xxx adventure, health challenge, workshop, etc.

2. On a scale of 1-5 how much do you feel you are stuck (1) vs growing, creative and thriving (5) at this time in your life? Circle where you are on the meter.



3. If you could have lifechanging breakthroughs that could make you happier and healthier, what kind of breakthroughs might you hope for?

4. Given holistic self-discovery can open your options, what holistic modalities are you attracted to explore at this time in our life? For this exercise imagine time, money or covid :-) not being a barrier.

Instructions: Circle any modality you want to explore listed on the mind map on the next page. ADD any areas or modalities not listed. Circle what stands out in red.

**Coaching**  
- Career  
- Leadership  
- Journey Mapping  
- Life

**Exercise**  
- Walk  
- Climb  
- Run  
- Yoga  
- Bike  
- Swim  
- Gym

**Health & Nutrition**  
- anti-inflammatory diet  
- Whole Foods diet  
- Detox Routine  
- drop a bad habit  
- Holistic consultation

**Outdoor Adventure**  
- hiking  
- mtn biking  
- rafting  
- skiing  
- travel adventure

**Bodywork**  
- Physical Therapy  
- Massage  
- Acupuncture  
- Cranial Sacral

**Artistic Expression**  
- Theater  
- Painting  
- Music  
- Dance

**Spiritual**  
- Study  
- Practice  
- Meditation  
- Journaling  
- Tea  
- Community  
- Temple  
- Church

**Transformational Retreat**  
- Creativity  
- Personal Growth  
- Travel Adventure  
- Wellness Intensive  
- Shamanic Journey  
- Spiritual  
- Vision Quest  
- White Privilege Trig  
- Leadership

**Community + Groups**  
- Social Justice Activism  
- 12 Step Meetings  
- Therapy  
- Behavioral  
- Trauma  
- Hypnotherapy  
- Couples  
- Psychotherapy  
- Volunteering  
- Meeting Groups