

4 Holistic Tools for Finding your Direction in Midlife

Tool #4: Explore Your Options

Timeframe: 10-15 min.

Purpose: Exploratory conversations can help you to discover your direction in life. What kind of support might you need?

Instructions: Journal answers to questions below.

1. Exploratory conversations can be helpful to finding your direction in life and discovering what you do and don't resonate with. Who are the people/groups in your life you can safely and openly talk with? Circle your strongest allies.
2. Do you have the support you need? If not, what kind of support do you wish for?
e.g. walking buddy, group support, spiritual, financial, health or healing guidance, etc.
3. What are some avenues to getting this support?
e.g. - coach, therapist, JourneyMapping Community, spiritual community, financial advisor, wise elder, make an effort to make new friends (Meetups, online, etc.), continuing ed. classes, coaching or therapy groups, etc.
4. Review your answers and circle what stands out most.
5. Pat yourself on the back for doing the hard work of self-inquiry.