

*Nina Lockwood*

ALIGNED AND ALIVE!

*A Woman's Guide to  
Living an Inspired Midlife*







## *Meet Your Guide* *Nina Lockwood*

Who am I to tell you that midlife can be a time of renewed purpose and fulfillment? Well, I discovered this for myself when I was at my lowest and going through a lot of struggle and pain. Since then, I've been sharing the same steps I took then to help women redefine themselves and their priorities now so they can create a life that fits who they are now and what they want for themselves in the years ahead.

I'm a Women's Midlife Mentor, Certified Advanced Transformative Coach, motivational speaker, artist, podcaster and writer, former psychotherapist and energy medicine practitioner.

In the following pages I'll share with you the 7 steps I've used to create a thriving, joyful midlife. May you find the inspiration and encouragement to thrive as well!



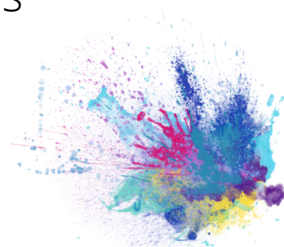
## IS THIS ALL THERE IS?

When we, as women, enter into midlife, we often face a range of concerns that reflect the complex and often unsettling interplay of physical, emotional, and social changes.

Health becomes an increasing concern, as many of us begin to experience age-related physical changes. This includes symptoms of menopause, heart health, and maintaining the energy levels we're used to having. We also become more aware of the effects of stress, anxiety, or depression. That's why many midlife women begin to prioritize self-care that will give them the opportunity to stay active, eat well, and maintain long-term wellness.

Midlife often triggers questions about our identity as our roles shift within our families, workplace, and society. Our kids leave the nest, we contemplate retirement or a career change, our relationships change or go away. We often feel the need to reassess our sense of purpose; to go beyond the roles of mother, partner, or professional so we can explore new passions, hobbies, or careers that align with an evolving sense of who we are now.

On top of those concerns, women are usually the ones who take care of aging parents or children returning home, so building and maintaining meaningful social connections becomes increasingly important for our emotional well-being.



## IS THIS ALL THERE IS?

Body image, too, becomes a critical concern for many of us. The constant societal pressure to look younger can make us feel insecure or dissatisfied with our appearance. Midlife women often struggle to accept their aging bodies while striving to feel and look confident and attractive. This is a concern that a lot of women don't want to acknowledge because it feeds into our ideas about self-worth, societal expectations, and the desire to age with grace.

At this stage of our lives, we start to reflect on our accomplishments and the toll they've taken on us, as well as the kind of legacy we want to leave. We often have conflicting feelings about the value of what we've accomplished in light of what we may have left behind that still tugs at our heartstrings.

It's common for us to start to consider trading accomplishment and acquisition for deeper meaning and fulfillment. The cost of success can be quite high if what we've done is not in alignment with our own integrity.

It's no wonder then, that with an increasing awareness of the time we have left, our focus shifts from external achievements to internal satisfaction, with a strong emphasis on ensuring that our actions, our relationships, and the choices we make are truly aligned with our current values and aspirations.







## START WITH SELF COMPASSION

We're caught between a rock and a hard place! And to make it worse, most of us have been conditioned to be hard on ourselves when we don't perform as well as we'd like. As you no doubt know, that's not the best kind of incentive because we feel badly about our efforts when we've done doesn't match our definition of success.

The truth is that we all have untapped potential even going into midlife and beyond. Our innate intelligence, well-being and resilience have not gone away but may seem to be obscured. When we're hard on ourselves, we overlook our inherent nature and deny our possibilities.

Self compassion involves acknowledging our own situation without judgment, giving ourselves the same care and support that we would a friend. By reducing self criticism and perfectionism, we can tap into our emotional resilience and give ourselves access to our own creativity and wisdom in a way we may not have been able to do earlier in our lives.

Self compassion in midlife is critical in enabling us to consciously redefine, support and encourage ourselves. As a result, we get more energy, more confidence; we can claim our own wisdom, and become aware of new opportunities through our own intuitive knowing.



## 2

## RETRAIN YOUR BRAIN

Why would you need to retrain your brain? Doesn't it function the way a brain *should* function?

In midlife, your brain isn't as eager to burn as many brain cells as it used to in the pursuit of success.

It's actually not the brain itself that needs retraining - it's our *minds* that need retraining - especially if we find ourselves focusing on what we think we can't do or isn't possible.

All our experiences are filtered through our minds - whether they're internal (our thoughts, feelings, sensations) or external (people, situations). And the quality of that filter either allows us to make useful and satisfying decisions or leads us down a path of judgment, disappointment and dissatisfaction.

When we recognize that the social conditioning about aging is only true if we believe it to be true, then we have a choice as to how we're going to live the next 20, 30 or maybe even 40 years.

No one needs to accept the idea that we'll inevitably become useless or invisible or unworthy as we age. We can start now to put our attention on the kind of life we want to live going forward, so that we have no regrets, only satisfaction at a life well-lived.





### 3

## KNOW WHAT REALLY MATTERS

Were you ever talked out of what you really wanted to do?

That's a common experience by the time we enter midlife. We're told to play it safe, do what's expected of us, follow the rules, but it comes at a price: we sacrifice our authenticity and our unique possibilities in the process.

For many of us, we've gotten lost in our responsibilities and obligations so there's no time or energy left to do what makes us feel alive and engaged. We forget what really matters to us, or we end up believing we have no choice but to put what really nourishes us on the back burner. Or give it up entirely.

Constantly taking our cues from others diminishes our ability to know what we need to in order to flourish, and always results in feelings of confusion and dissatisfaction. If you don't know what your values, goals, and priorities are, you end up just going through the motions of life. And that's no way to live.

If this has been your experience, this moment of recognition can be the invitation to begin a journey of self-exploration and growth. Reflecting on your experiences, interests, and aspirations will allow you to discover what brings you joy, fulfillment, and a sense of purpose.



# 4

## CONNECT WITH YOUR DEEPER WISDOM

You were born with innate wisdom and well-being, even if you've made mistakes or bad choices in your life (which we all have).

Your wisdom never goes away. But you *can* lose sight of it or be talked out of it.

If we're feeling discouraged or disillusioned with where we are in our lives, we tend to forget all the wise choices we've made throughout our lives. Somehow, those choices get obscured by what we *think* we should have done, or by worrying about what other people think we should have done.

Our wisdom and common sense tend to get overlooked the more we're caught up in overthinking and over-reliance on logic and analysis, which is exactly what we're taught to do by a society that favors intellect over a deeper awareness.

This kind of habitual mental orientation can slow down or even prevent new choices from occurring to us because it limits us to a narrow frame of reference and strategies that aren't relevant to our need for re-invention and re-calibration.

As we get older and wiser, we lean into that inner wisdom and let go of trying to figure everything out, allowing more "aha" moments, and more synchronicities that validate our choices.





## 5

## UNLOCK CREATIVITY & CONFIDENCE

We're all made of pure possibility. Every one of us. No matter how old we are, or what our circumstances are.

Tragically, most of us are talked out of this truth, beginning when we are quite young. We've all had teachers, friends, family members or other authority figures who discouraged us from exploring our potential and instead, supporting theirs. And that conditioning can carry through into midlife.

"You don't have any talent" or "you don't have what it takes" is either the opinion of others who don't believe in *their* possibilities or by a culture that's solely focused on the younger generation. You need to realize that this nonsense doesn't have to define you.

Why not let go of everything that doesn't support you and give yourself permission to create a life that's aligned with what you really want? The only thing you have to give up is a sense of the familiar and the need to stay safe. Do you really want to stay within boundaries that don't allow you to experience everything you could be, do and have?

Start asking what else is possible for you. Unlock your vast inner resources and create something new and original that will lead you to a life of delight, adventure and true fulfillment.



## 6

## CLAIM YOUR TRUE POWER

Your true power is not any acquired skills or abilities. It's based in knowing who you really are.

True power is not about dominating or controlling others, but rather about embodying your authenticity, your integrity, and your empathy. It exists in the deepest essence of your being - a place of inner strength and alignment and higher principles. Embodying this power enables you to make the best of your own life and make a positive impact in the lives of others. This is a far better legacy than many other options.

The deeper aspects of this kind of power are developed through self-awareness, emotional intelligence, and determination. When you're aware of your strengths and weaknesses and can effectively manage your emotions, you naturally inhabit a sense of agency in your life. You're able to navigate the ups and downs of aging with grace, understanding and equanimity.

Diving deeper, true power can be traced back to a deeper connection to something greater than yourself, regardless of the name you give it. You might call this power spiritual in nature, because you develop qualities that transcend your ego through compassion, kindness, empathy and love.

This type of power deepens with age, and enriches your life by enabling you to transcend "me" and become part of a larger "we".





## 7

## MAKE YOUR OWN RULES

Many of the rules we grow up with give us a sense of belonging and community. Unfortunately, we unwittingly give up our own sense of what's right for us as individuals because those rules don't resonate with who we really are and how we want to live our lives. And this is especially true as we enter midlife!

When we're unsure of our next move, we often rely on the advice or opinions of others. Sometimes that advice is useful, but sometimes it's our own self-doubt that forces our hand, leaving us to follow a path that was never ours to begin with. The result is that we can feel alienated from ourselves, having been unable to trust that inner voice of ours. We wonder how we will ever get back to ourselves.

It's especially at midlife that we have the opportunity to reclaim the trajectory of our lives. We can take back our autonomy and become free to create a new chapter that's filled with more fulfilling and meaningful activities.

When we forge our own path, we listen to our hearts and act accordingly, and we become able to contribute our gifts and talents with the world in a way that only each one of us is uniquely able to do.

It's not always easy to forge your own path, but knowing you are finally living your truth makes it all worthwhile.





If this guide to midlife resonates with you, and you hear the calling of a more authentic and joyful life, let me invite you to a conversation that recognizes you for who you are and who you can become.

Click the link below for a more in-depth look at what's possible for you.

**Yes! Tell me more!**

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