

RECONNECT TO MEANING IN LIFE WITHOUT CHILDREN



*A gentle guide to help you feel more grounded,
hopeful, and connected to purpose—even when life
hasn't gone the way you imagined.*

BY: NANETTE RIENDAEU

WELCOME

If you're holding this guide, chances are you've been through something that most people can't quite understand.

Living a life without children—especially when it wasn't your choice—is not just a fact. It's a loss, a shift in identity, a grief that doesn't always have a name.

*This guide isn't here to fix you. **You're not broken.***

It's here to help you begin again—gently. Not with pressure or toxic positivity, but with honest reflection, clarity, and small steps toward a life that can still feel meaningful and connected to you.

IN THIS WORKBOOK, YOU'LL FIND:

- Reflective prompts to gently meet yourself where you are
- A mini-values exercise to reconnect with what matters most
- A 3-step gentle guide to begin reclaiming purpose on your terms

Take your time. Skip what doesn't fit. Come back to what speaks to you.

You deserve to feel like your life is still yours.

With care,
Nanette



WHERE AM I NOW?

Let's begin with where you are—not where you think you're supposed to be. There are no right answers here. These prompts are here to help you hear yourself again.

What parts of life feel hardest to connect to right now?

Where do I feel the most “numb,” distant, or disconnected?

What's one thing I've done recently that made me feel even 1% more alive?

If I could press pause on everyone's expectations, what would I want more of in my life right now?

What do I wish someone would say to me—or stop saying?

Take your time. Circle back. Be honest without judgment.





Nanette Riendeau

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the bottom of the page, there is a decorative border featuring a soft pink floral or watercolor-like pattern. The overall appearance is that of a clean, unused piece of stationery or a notebook page.

WHAT STILL MATTERS TO ME

A gentle values–clarifying exercise.

Sometimes grief, pressure, or survival mode buries the values that used to guide us. Let's bring a few of them back into the light.

Step 1: Read through the list below and circle 3–5 values that feel important to you right now (not what you think should matter—what actually does).

Possible values:

Connection, Creativity, Love, Growth, Rest, Justice, Spirituality, Freedom, Beauty, Joy, Learning, Authenticity, Courage, Stillness, Play, Caregiving, Nature, Purpose, Healing, Wisdom, Honesty

Step 2: Choose one of your circled values and reflect:

How do I already live this value—maybe in small or quiet ways?

What's one way I could honor this value a little more this week?

This isn't about becoming someone new. *It's about remembering who you are.*



Nanette Riendeau

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3 WAYS TO RECLAIM A SENSE OF PURPOSE

These are not grand gestures. They are quiet, deliberate acts of self-trust.

1. Reclaim your mornings

Choose one morning this week to begin your day with intention. That might mean silence, music, movement, journaling, or just sitting with your coffee without rushing. Let the day begin with you, not with pressure.

2. Reach for resonance

Spend ten minutes doing something that makes you feel more like yourself—not to be productive, but to feel connected.

Examples: baking, organizing, sketching, walking a favorite path, writing a letter to no one, looking through old photos.

3. Rewrite one old story

Write down one belief you've been carrying about what your life should look like. Then cross it out.

Now write a version that feels more honest, more compassionate, or truer for who you are now.

Purpose isn't a single destination.

It's what happens when your days begin to feel like they belong to you again.



Nanette Riendeau

A GENTLE CLOSE

You don't need to have it all figured out.

You're allowed to feel stuck and still take small steps.

You're allowed to want a meaningful life—even without the children you hoped for.

And you deserve to be supported in that journey.

If this guide sparked something in you—even a small sense of clarity or relief—I'd love to support you further.

HOW TO STAY IN TOUCH:

Follow me on IG at **@childlessgrace**

Check out my website: **www.coachingwithnanette.com**

DM me "*LEARN MORE*" and I'll share more about how I help women like you move through grief, reconnect with who they are, and build lives that feel whole—without having to pretend they're "over it."

You don't have to do this alone.

Your life still has so much to offer.

Let's rediscover it—together.