

Who Am I Now? Midlife Reflection Map™

Explore what is changing, what remains true and what you want this chapter to hold.



Midlife can change the roles, relationships and routines that once organized your identity. You may be carrying parts of who you have always been while making room for something new.



1. ROLES THAT ARE CHANGING

What feels different?

2. WHAT REMAINS TRUE

What still feels deeply like me?



3. STRENGTHS I HAVE EARNED

What has life taught me?

**ME,
AS I AM NOW**
Three words that describe
me today:

4. VALUES THAT MATTER NOW

What deserves my time and energy?



5. WHAT I AM READY TO RELEASE

An expectation, role or
old version of success

6. WHAT I WANT TO EXPLORE

An interest, contribution,
relationship or possibility



My Life Is Asking for More and Less

MORE


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LESS

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One Way I Can Honor Who I Am Becoming

This month, I will:



What feels complete?



Questions Worth Sitting With

What feels neglected?



What feels quietly exciting?



Gentle Reminder

You do not have to become a completely different person. Growth may look like returning to parts of yourself that were waiting for attention.



Martine's Midlife Wellness Tip

Notice what gives you energy, not only what you are good at. Ability and aliveness are not always the same thing.

