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◆ The Recalibration Phase Guide ◆

(Complimentary companion to your Midlife Quiz result)



Understanding the Recalibration Phase

The Recalibration Phase is the stage where clarity begins to emerge. You've started questioning the old rules and scripts — and now you're experimenting with new ways of being.

It's not about blowing up your life, but it is about action, testing, adjusting, and finding what actually works for you now.

You may feel:

- A growing sense of freedom and possibility.
- Relief as you let go of what no longer fits.
- Anxiety about stepping into new territory.

This is the “trial-and-adjust” stage — a chance to realign your daily life with your values, one small step at a time.



Three States to Avoid in This Phase

1. Perfectionism – thinking you need to have it all figured out before acting.
2. Overstretching – taking on too much change at once and burning out.
3. Comparison – measuring your progress against others instead of your own values.



What To Do This Week

- Choose one small, safe experiment that aligns with your current values.
- Keep it doable — something you can try in a week, not a year.
- Reflect on what worked, what didn't, and what gave you energy.



A Simple 2-Minute Self-Check

- Did I make a choice today that reflects my values?
- Am I moving closer to the life I imagined — or further away?



Language Shift

- Instead of: "I have to get this perfect."

Try: "I'm learning as I go."

- Instead of: "It's too late for me."

Try: "Every choice is a change to realign my life with who I am becoming."



Quick Self-Talk Cues

- "One step is enough for today."
- "Experiments are how I learn what fits."
- "I don't need certainty to take action."



Signals It's Time to Get Support

- You keep abandoning experiments when they feel uncomfortable.
- You swing between overhauling everything and doing nothing.
- You struggle to tell the difference between fear and intuition.



What NOT to Do This Month

- Don't set ten new goals at once — you'll dilute your energy.
- Don't cling to the old just because the new feels unfamiliar.
- Don't wait for the "perfect time" to start — it never comes.



Next Step

Your work in this phase is to realign. To try, reflect, and adjust until your daily life feels more like the life you imagined.

This is where the Midlife Identity Rebirth course supports you with practical frameworks for safe experiments, value-led decisions, and sustainable action plans.



For now: keep choosing. Keep adjusting. Every aligned step builds momentum.



Print & Pin: Quick Reminders

- One small, safe experiment each week.
- Progress, not perfection.
- Fear ≠ stop sign.
- Tiny steps → Big shifts.