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◆ The Stirring Phase Guide ◆

(Complimentary companion to your Midlife Quiz result)



Understanding the Stirring Phase

The Stirring Phase is the early stage of transition.

Life still works on the surface, but inside you feel unsettled. Old routines and roles no longer feel quite right. The ground beneath you is starting to shift — but you may not yet know why.

This is the stage before the impasse, where you are confronted with making a change. The discomfort hasn't reached breaking point, but it's getting harder to ignore.

You might find yourself asking:

- “Why don't I feel as content as I used to?”
- “Why does this feel flat, even though everything looks fine?”
- “Is this all there is?”

It's not yet about answers — it's about noticing the stirrings of change.



Three States to Avoid in This Phase

1. Numbing – pushing the feelings away with distractions, overwork, or habits.
2. Self-Silencing – telling yourself you “should” be happy and minimising your discomfort.
3. Quick Fixes – making sudden changes (new job, new partner, big purchase) just to escape the unease.



What To Do This Week

- Start paying attention to your “off” moments. When do you feel bored, restless, or drained? Try and pinpoint the area of life which feels misaligned.
- Note where and when small sparks of energy or curiosity appear — these are clues.
- Journal: What used to fit but now feels tight? Where is the friction?



A Simple 2-Minute Self-Check

Pause and ask yourself:

- Am I living on autopilot — or with intention?
- If nothing changed, would I still feel satisfied a year from now?



Language Shift

- Instead of: “This is just how life is.”

Try: “I’m noticing this doesn’t feel right anymore.”

- Instead of: “I should just carry on.”

Try: “I’m allowed to ask if this still fits me.”



Quick Self-Talk Cues

- “This unease is a signal, not a failure.”
- “Something in me is changing — and that’s okay.”
- “I don’t need answers yet. Noticing is enough.”



Signals It’s Time to Get Support

- You feel increasingly restless and low, but can’t name why.
- You’re stuck between guilt for wanting more and fear of change.
- You’re worried you’ll suppress your feelings until they explode.



What NOT to Do This Month

- Don't dismiss your stirrings as "just stress."
- Don't silence yourself with "shoulds."
- Don't leap into dramatic changes without understanding.



Next Step

Your work in this phase is gentle but powerful: notice the stirrings and take them seriously.

The Midlife Identity Rebirth course builds on this, helping you explore where your dissatisfaction lies, understanding where your old identity came from, uncovering old rules you've lived by, and taking the first steps toward conscious change.



For now: stay curious. Awareness is the seed of transformation.



Print & Pin: Quick Reminders

- Restlessness = signal.
- "Should" is a clue.
- Notice, don't numb.
- Curiosity is your compass.