

THE EMPOWERED MENOPAUSE WORKBOOK

Live your life by Design not Default!

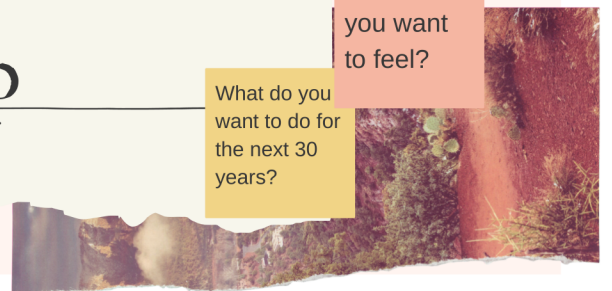


Create your vision statement and design your empowered menopause

The Empowered Menopause Workshop

How do
you want
to feel?

What do you
want to do for
the next 30
years?



Introduction

DESIGN YOUR EMPOWERED MENOPAUSE

This workshop has been created to remove confusion about what is going on in your body throughout the hormone transition of menopause.



Once we have knowledge and understanding we can start thinking about what we want our life to look and feel like.

At the end of this workshop, you will have created a **VISION STATEMENT**.

A statement of your priorities, how you want to feel and what you need to thrive.

From this point, you can create a plan to make your vision your **REALITY!**

Hi, if we haven't met yet, I am Sue, holistic nutrition therapist. I support women to prepare for and transition through menopause by learning to balance their hormones and heal their metabolism without restrictive dieting.

notes

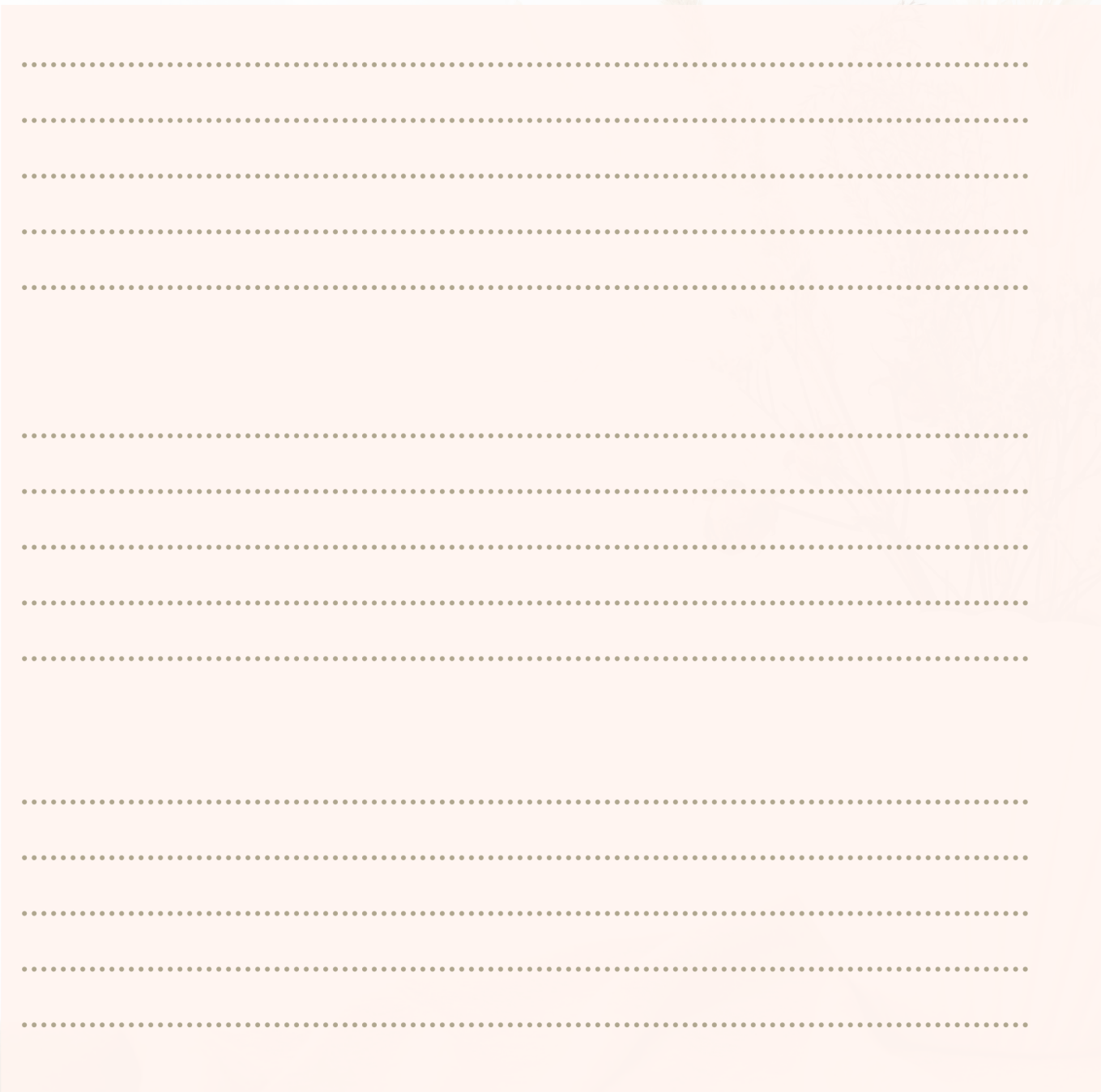
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YOUR VALUES

Determining your values allows you to get clear about what is important to you. Thinking about NUTRITION, MOVEMENT, LIFESTYLE and MINDSET, select 10 values from the list over the page.

When you have narrowed down your list to 10, reduce it further to 5.

Now, select your top 3



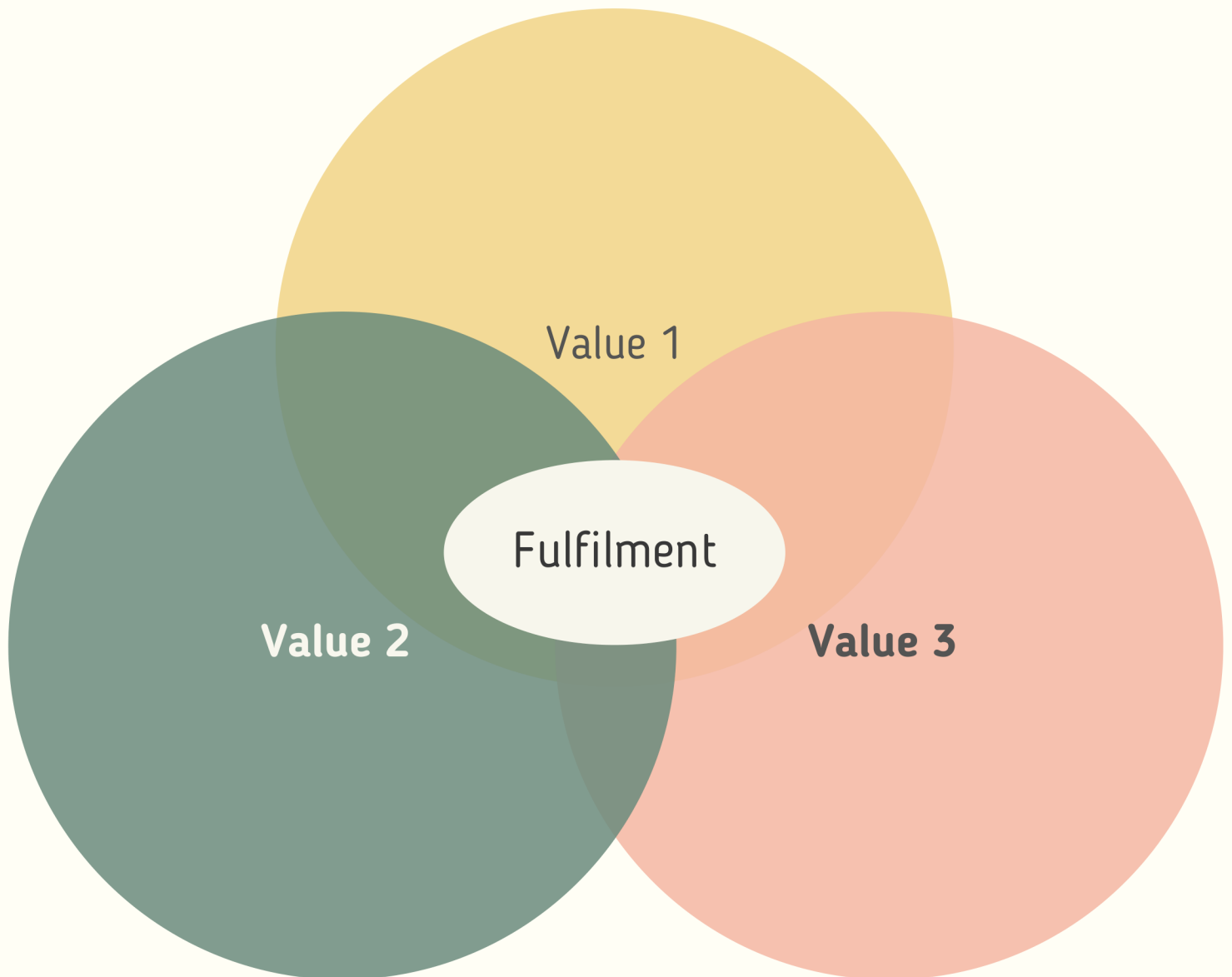
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Values

Accomplishment	Enthusiasm	Passion
Accountability	Excellence	Performance
Achievement	Experience	Persistence
Adventure	Family	Playfulness
Autonomy	Fearlessness	Power
Balance	Flexibility	Productivity
Commitment	Freedom	Purpose
Community	Friendship	Resilience
Competence	Fun	Respect
Confidence	Gratitude	Self-Actualisation
Connection	Greatness	Self-Reliance
Consistency	Growth	Stability
Dedication	Happiness	Strength
Determination	Independence	Structure
Discipline	Joy	Success
Ease	Knowledge	Sustainability
Efficiency	Leadership	Teamwork
Empowerment	Mastery	Usefulness
Endurance	Motivation	Vitality
Enjoyment	Optimism	Other _____

These are your top Health and Well-being values

Living in alignment with your values leads to fulfilment.



YOUR BIG ROCKS

Identify your Big Rocks, these are your priorities. They are the tasks, projects, or goals you must absolutely accomplish. They are your mission-critical objectives, not items on a messy, sprawling to-do list.

Use these questions to help you;

- What do people count on you for, that you enjoy providing?
- What are the things you are most passionate about?
- Who are the most important people in your life?
- How do you want to spend your time?

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Write your Vision Statement

You have now defined your Values and your Big Rocks.

It's now time to put it all together and craft your Statement.

Ask yourself these questions:

- Does this statement align with my top 3 values?
- Does this statement take my top 3 big rocks into consideration?
- Does this statement align with how I want to spend my time?
- When I close my eyes and see my future self living according to this statement, do I feel good? Do I feel happy? Am I excited and inspired?



Write your Vision Statement

Here are some formulas/examples to help get you started;

In my life, thriving during menopause means [surrounding myself with these people], [engaging in this activity on a regular basis], and [achieving this goals]

During and after menopause, I want to prioritise [big rocks], spend my time doing [big rocks] with [people] and live according to my value of [value] by doing [this activity].

In my life, thriving during menopause means spending as much time as I can with my immediate family, tending to my beautiful garden and being strong enough to do a push up.

During and after menopause, I want to prioritise my family and friends, my health and service to others. This will look like having my kids over for meals, helping care for my grandkids and organising charity walks with my friends. All of these activities help me live according to my values of purpose and community.

Thriving during menopause means [doing this when it comes to nutrition, meals and cooking], [doing this activity or sport to stay active and strong], [doing this to optimise my lifestyle] and [doing this to enhance my mindset and mental well-being].

