



# MIDLIFE ENLIGHTENMENT

A Journey to Rediscover Passion  
and Purpose

**CHECKLIST**

# Introduction

Have you finally awakened and are curious and serious about finding your true self? Are you ready to make the choice that will move you toward this new path that you have created for yourself? Of course, it takes courage to become and adhere to your new-made decision. However, you must begin making progress now because time waits for no man.

Midlife is a natural phase in man's life; many refer to it as somewhere between the ages of forty and fifty-five. During this period, the individual is thrust into a heightened vulnerability of identity crisis. Most people would define the word "crisis" here in a negative light. However, there is more to it. The word originates from the Greek word "krinein," which means "a turning point," or "a separating."

# Chapter 1 - Midlife Crisis and the Journey of Self-Discovery

There comes a time when we feel we've mastered all the skills necessary for survival and have bagged some achievements up our sleeves. At this point, you must have graduated high school, and college and have entered the workforce after choosing your specific career. During this time, there is a high probability of having gone through more than one serious romantic relationship with a number of heartbreaks from these relationships.

This phase of life is unlike the young adult years where everything is green. On this journey, here are some common questions that may bug your mind and present a case for this necessary change.

- Who am I?
- Have I achieved all of my life goals?
- What is my purpose in existence?
- Have I set aside any dreams that I should fulfill now?
- What would be my regrets should my life end at this moment?

# Chapter 2 - Dealing with the Traumas of the Past

People have different ways of reacting to life experiences. While some find it easy to move on as if nothing happened after experiencing something traumatic, there are others that have it imprinted in their memory to the extent that it begins to affect their mental health.

When you hear the word trauma, what is the first thing that comes to mind? PTSD (Post-traumatic Stress Disorder), right? And one major event that comes to mind is war, correct? Well, you are not wrong. However, violent events like war are not the only cause as they can happen to anyone, not just military people, police officers, or what have you.

There are different types of therapies you can try out to deal with past traumas. They include:

- Acceptance and commitment therapy
- Cognitive behavioral therapy
- Mindfulness-based stress reduction
- Eye movement desensitization and reprocessing, etc.

## **Chapter 3 - Embracing Change and Overcoming Fear**

Life is not stagnant because change is a constant presence that sometimes messes things up or beautifies them. This is how life works, so we need to move on and live to reach our potential and achieve our dreams. Since fear is inevitable, it is left to you to embrace the change that occurs since things are never going to be the same ever again. While some fears can be good because they prompt you into taking action, others can be super worse because they make you so afraid that you are unable to attempt anything.

The interesting thing about moving beyond your fear is that you feel the freedom almost immediately. This freedom is more enjoyable than you can imagine and you realize that what you have been afraid of is not as bad as it originally seems.

# **Tips that Work**

- Reframe Your Thoughts
- Evaluate Your Concentration
- Try Gratitude

# **Chapter 4 - Stepping Out of the Comfort Zone and Trying New Experiences**

When defining a comfort zone, it is as easy as it sounds. It refers to a psychological state where a person feels at peace due to a lack of being challenged. In their comfort zone, people don't dabble in new experiences or willingly take on anything that may seem like a challenge. Instead, they only engage in activities that make them feel in control of their surroundings.

Indeed, there is an avoidance of distressing situations like anxiety, pain, uncertainty, or stress. Since we humans are wired to always go with the safe things due to our innate survival instincts. However, you are here to discover that this safe haven isn't foolproof after all.



# **Benefits of Leaving Your Comfort Zone**

- Growth
- Boosts Creativity
- Self-knowledge
- Confidence
- Less Regrets



# Chapter 5 - Seeking Knowledge and Wisdom

Midlife crisis is dreaded by almost everyone. However, all it takes is a slight change of the lenses and a perspective view to realize that as bad as it may sound, a midlife crisis is a time of transition and/or reflection in which you, as an individual, reassess your life, your goals, your objectives, and your purposes. With that said, if you are still stuck on the negative aspect of midlife, it could be a period of chronic and significant confusion and stress that may lead to irrational or impulsive decisions.

Some events that can trigger midlife crisis symptoms include the following:

- Having increased thoughts concerning your own mortality.
- Making impulsive and drastic decisions.
- Believing that you have lost purpose and that your life has started running on auto-pilot.

- Experiencing more insecurity and regret about current choices and past decisions.
- Feeling increasingly indecisive and an inability to make decisions.

# Chapter 6 - Rediscover Passion

It can be terrifying when you just feel like your life has no direction, no passion, no purpose and you have no reason to live anymore. When you rediscover your passion all of these things can be changed. Rediscovering your passion is like finding your personal roadmap all over again. The moment you rediscover your passion, you feel inspired and motivated and you have a much clearer idea of what your next step and moves should be. Here are ways for you to rediscover your passion and start living the life that you love.

## Ways to Rediscover Passion

- Slow Down and Smell the Roses
- Change the Narrative
- Your Uniqueness is Your Selling Point
- Acknowledge that “It Is Never Too Late”
- You Are Never Too Old
- Kill Comparison
- Watch Inspiring Contents

# Chapter 7 - Aligning With Purpose

There is nothing as beautiful or more beautiful than living in alignment with your purpose or aligning with your life's purpose. There is nothing more precious than that. To embrace your own inner power, beauty, and authenticity and share it with the entire world. When you finally align with purpose, it will result in greater satisfaction at home and at work because you are now focusing on the things that matter in life and things that you believe to be quite important.

## **What to Do When Unsure of Purpose**

If you are unsure of your life's purpose, here are questions to ask yourself to be sure of it:

- What are your interests?
- What are the skills that you are good at and that come naturally to you?
- What were your passions like as a child?

- If money was not an object or a problem, what would you do for a living?
- What are the activities that you do that make you forget your immediate environment and the outside world?

# Chapter 8 - Navigating Challenges and Embracing Fulfillment

Where you are right now is not where you will always be and what you feel right now did not just spring up on you, it was a gradual buildup and you are now in the middle of it. So, also when you embrace fulfillment, it will be a gradual buildup but you will get to the top as you take it one step at a time.

In previous chapters, we discussed the triggers and symptoms of a midlife crisis as well as how to align with purpose and others. This chapter will discuss how to navigate challenges and embrace fulfillment. Some of the challenges that come with a midlife crisis include the following:

- A Depressed State of Mind
- Impulsive Behaviors
- Nostalgia
- Increased Anger Issues
- Realizations about Friends and Family
- Too Much Comfort