



STRUCTURE & SOUL

TOOLS FOR A LIFE THAT WORKS

The Midlife Decision Kit



*Get clarity. Explore your options.
Make a decision you feel good about.*

A practical,
gentle framework
to help you figure out:

- 🌿 What's really going on
- 🌿 What matters most now
- 🌿 What could change
- 🌿 What to do next



Something Needs to Change

But what, exactly?

Sometimes nothing is terribly wrong. You just have the persistent sense that something could work better, feel lighter, or be different.

You don't need a crisis to want change.
Wanting things to feel different is information.

Quick check-in

Rate each area 1-10. Go with your gut.

Work / career / business

1

2

3

4

5

6

7

8

9

10

Time / schedule

1

2

3

4

5

6

7

8

9

10

Home / living environment

1

2

3

4

5

6

7

8

9

10

Relationships

1

2

3

4

5

6

7

8

9

10

Money / finances

1

2

3

4

5

6

7

8

9

10

Quick Check-in

Health / energy



Personal growth / learning



Freedom / adventure / travel



Creativity / hobbies



Fun / enjoyment



What's working well?

What's going well right now? It's important to notice this too.

Where is the biggest friction?

What feels hardest, most draining, or most stuck?

What Is Actually Bothering Me?

1

When I picture my life a year or two from now, what do I hope feels different?

Think about an ordinary week, not an ideal holiday version of life.

2

What feels heavy, frustrating or constantly on my mind right now?

What drains me, feels unnecessarily complicated, or just doesn't fit?

3

If I could change one thing without worrying what anyone else thought, what would it be?

What Is Actually Bothering Me?

4

What do I think I want - and what might I actually need?

More freedom? Security? Time? Challenge? Rest? Independence?
Connection?

5

What small change could make life noticeably better even if everything else stayed the same?

Small changes count.



*Clarity isn't about finding one perfect answer.
Sometimes it's about asking a better question.*

My Real Options

More than just 'stay' or 'go'.

Keep & Improve

Stay mostly where I am, but make changes.

Examples:

- Adjust my schedule
- Set better boundaries
- Change a role or routine

What could this look like for me?

Make a Smaller Change

Try something new without a big commitment.

Examples:

- Take a course
- Start a side project
- Reduce hours / test an idea

What could this look like for me?

My Real Options

Go for a Bigger Change

A more significant shift.

Examples:

- Change career
- Start a business
- Move, study or retrain

What could this look like for me?

Do Nothing (for now)

Stay as I am, at least for a while.

Examples:

- Give it more time
- Focus on what I can control
- Choose a date to reassess

What could this look like for me?

Before You Decide

Choose one small experiment.

You don't have to decide everything now. What could you test for 30-90 days that would teach you something useful?

My experiment

What I want to learn

When I'll review it



A useful next step is often better than a perfect final answer.

AI as Your Thinking Partner

Use AI to explore your answers, notice patterns and test assumptions - not to make the decision for you.

1. See the whole picture

"I completed a decision worksheet. Here are my answers: [paste]. Act as a thoughtful, practical thinking partner. Ask me one question at a time. Help me notice patterns, contradictions and things I may be avoiding. Do not tell me what decision to make."

2. Challenge my assumptions

"Here are the options I am considering: [paste]. What assumptions might I be making? What am I treating as fixed that may actually be flexible? Give me the strongest argument against my current preference."

3. Design a small experiment

"Help me design a small, low-risk experiment that would teach me something useful before I make a bigger decision. Keep it realistic for the next 30-90 days."

4. Explore what I really want

"Ask me 10 thoughtful questions, one at a time, to help me get clearer on what I want from this next stage of life. Do not rush me toward a solution."

One Last Thing

The Structure & Soul rule



Let the framework give you structure.



Use AI to widen the thinking.



You still make the decision.

Keep this workbook somewhere easy to find. Come back to the same questions whenever life starts feeling a little out of alignment.