

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.

1. Quick check-in

Rate each area of your life right now (1 = not working, 10 = feels good).
Go with your gut - there are no wrong answers.

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
Health / Energy	1	2	3	4	5	6	7	8	9	10
Personal Growth / Learning	1	2	3	4	5	6	7	8	9	10
Freedom / Adventure / Travel	1	2	3	4	5	6	7	8	9	10
Creativity / Hobbies	1	2	3	4	5	6	7	8	9	10
Fun / Enjoyment	1	2	3	4	5	6	7	8	9	10

2. What's working well?

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

3. Where is the biggest friction?

Looking at your ratings, what feels hardest, most draining, or most stuck?

What Is Actually Bothering Me?

One question at a time.

The first explanation is not always the real problem. Work through these slowly. You are looking for the need underneath the irritation.

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?

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'.

Explore a few realistic pathways before deciding what deserves a closer look.

Keep & Improve

Stay mostly where I am, but make changes.

Examples:

- Adjust schedule
- Set 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?

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?



You don't have to decide everything now. Choose one small, low-risk experiment that could teach you something.

Use AI as a Thinking Partner

Optional - but deliberately part of the kit.

If you use ChatGPT, Claude, Gemini or another AI assistant, paste in your worksheet answers and use these prompts to go deeper. AI can help you notice patterns and test assumptions; the decision stays yours.

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."



THE STRUCTURE & SOUL RULE

Let the framework give you structure. Use AI to widen the thinking. You still make the decision.