

YOUR DIFFICULTIES, SADNESS, DISAPPOINTMENTS, AND STRUGGLES

On the list below, check the items that are difficult, sad, disappointing or remain a struggle. If they're a reality in your life, but not a difficulty or struggle, you can leave them unchecked.

- I don't think I'm enough
- My life hasn't turned out the way I hoped it would.
- I have a difficult relationship with at least one of my children.
- I'm in a difficult financial situation in life.
- I'm a mom....and I feel guilty about something almost every day.
- I have a difficult co-parenting situation.
- I am afraid of what my future holds.
- I struggle with shame over past decisions.
- I am self-conscious about my appearance.
- I have a poor relationship with my mom.
- I have a poor relationship with my dad.
- I've been passed over for promotions I thought I'd get.
- I suffer from anxiety.
- I suffer from depression.
- I don't have any friends.
- I've lost my mom or dad early.
- I am estranged from one of my siblings.
- I have an abusive spouse/S.O.
- Someone in my family struggles with an addiction.
- I've been unhappily divorced.
- I've had a difficult break up.
- I don't have confidence.
- Mean words from others have destroyed my confidence.
- I am in an unhappy relationship.
- I have not forgiven myself for a years-ago abortion.
- I've attempted suicide.
- I feel hopeless.
- I suffer from panic attacks.
- I have an unhappy child that affects my own happiness.
- I am unfulfilled in my job.
- I struggle to feel happy.
- I consistently compare myself to others.
- My husband is having an affair.
- I'm an exhausted caretaker of others.
- I have a wayward child.
- I have a difficult amount of debt.
- Some months, I can barely pay my bills.
- I am afraid to speak up in meetings for fear I will say something stupid.
- I don't have any dreams for the future.
- I struggle with physical pain others can't see.
- I'm raising someone else's children.
- _____
- _____

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Let's talk about this checklist for a moment. I don't want you to feel discouraged if you tallied up some checkmarks of difficulty and struggle. The average number of boxes women check is 7 – 10. And many women are over 20. A fortunate few may have fewer than 5. Life has too much going on, and too much of it is out of your control for this picture to be rosy.

What one word describes your reaction to your checklist?

Finish this sentence:

"Looking at this list makes me want to _____"

Here are some options that might help:

- Get busy and start turning things around.*
- Take some time to ponder my disappointment.*
- Go out and celebrate that my life is going better than I thought it was.*
- Crawl into bed with a box of bon bons.*

NOTE: This checklist is available as an online version if you visit my website at www.aletanorris.com. You'll find the checklist on the home page. This version shows you how your struggles compare to those of other women.

A Personal Invitation

I would like to personally invite you to join our membership community for women—Accountability and Friendship...for Success.



This membership is designed to help women in midlife who feel restless and unsure what's next—or who simply know they want more—reignite and reinvent their lives for greater happiness, confidence and clarity of purpose.

As a member, you will have access to weekly coaching, tools, friendly nudges, amazing speakers, inspiration, accountability and friendship...everything you need to strengthen your confidence, re-discover the sparks in your day-to-day life, create dreams and visions for your future, and lean into your amazing future self...one small step at a time.

Registration opens each December and March.

Your membership is only \$24 per month or \$240 per year (two months free!)

Learn more and register at www.aletanorris.com/AFSMembership