



STILL LEARNING. STILL GETTING BITS WRONG. STILL HAVING A GO.

This time it's just me, looking back at the chats that have stayed with me. Being a beginner, asking more questions and trying to make sure I'm actually living my all. There's plenty I'm still figuring out, and plenty to be curious about.

No guest this time. Just me, taking stock of the conversations so far.

WHAT I'M STILL LEARNING.

01 WHAT MATTERS TO ME NOW?

Looking back at my chat with Shannah, I talk about using values to make decisions and breaking goals into seasons. We don't need to do every single thing at once.

02 THERE ISN'T ONE WAY TO CHANGE DIRECTION.

Justine, Talitha and Tracy's stories stayed with me. Their lives and changes were different. Reinvention doesn't have to follow the same script for everyone.

04 DO THE GOOD THING. LEAVE THE APPLAUSE OUT OF IT.

I come back to Nigel's invitation to help or give quietly. It's about doing something that reflects your values, rather than having something to announce.

03 LET'S BE BEGINNERS AGAIN.

Lidia's challenge got me thinking about trying something unfamiliar. We don't need to know everything before we start. There's room for curiosity and a bit of fun.

05 WE DON'T NEED TO WAIT FOR THE BIRTHDAY.

I reflect on talking about midlife symptoms, paying attention to rest and getting clearer on our values. The next useful conversation can start now.



THE GEMS I'M STILL USING.

More useful bits from the conversation, each with one way to use it.

Pick the one that fits your week.

06 CHECK STATEMENTS WEEKLY

Dom passes on Tracy Hall's tip: weekly, not monthly, so you know what's coming and going.

Try it: Book a weekly statement check and query anything you don't recognise.

07 START A CURVEBALL FUND

Another of Tracy's: a small stash just for the unexpected. **Try it:** Set aside an amount you can afford, without leaving essentials short.

08 TRACK ENERGY, NOT JUST WEIGHT

From Amelia Phillips: how you feel is a better marker than the scales. **Try it:** Note your energy this week; raise ongoing fatigue with your GP.

09 BUILD A TEAM AROUND YOUR GP

Dom recommends a GP who listens and works with other professionals. **Try it:** Ask your GP if someone else could help with an unresolved concern.

10 WRITE TO YOUR FUTURE SELF

From Dr Philip Tong: a letter to your future self compares now with what you want later. **Try it:** Write a short letter about what you hope today's choices make possible.

11 SMALL THINGS COUNT

From Tracy's list challenge: a new recipe, a different walk or coffee with an old friend all count. **Try it:** List experiences you'd like before 50, simple ones too, and book one.



GIVE ONE IDEA A LITTLE GO.

Then come back and see.

1 WHICH IDEA IS STILL WITH YOU?

Choose one conversation and write the lesson in your own words. Why does it matter to you now?

2 GIVE ONE IDEA A LITTLE GO.

Pick a small action and give it some time in your week. One is plenty to start with. You can come back and see how it went.

3 COME BACK AND SEE HOW IT WENT.

Give it a week. What happened? What would you change? The point is finding out what fits, rather than doing it perfectly first time.

ONE THING BEFORE 50. OR STARTING NOW.

Which idea are you still thinking about? Try something with it, then see what you learn. We don't need to wait for the birthday to start.

OVER TO YOU

The idea I'd love to try is...

My small step, and when I'll come back to it...
