



TELL ME ABOUT YOU. AND YOU CAN'T START WITH YOUR JOB.

Shannah and I talk about who we are beyond work and what we actually want from here. I love the idea of looking at the next 12 weeks. Something to learn, a habit to try, an experience to enjoy. What would be on your plan if it was really yours?

Shannah Kennedy and I chat about what we want life to feel like from here.

YOU ARE MORE THAN YOUR JOB TITLE.

01 YOUR JOB MATTERS. BUT IT ISN'T ALL OF YOU.

Shannah talks about being asked who she was without her career. It's such a good question. There's a whole person behind the title, and she deserves some attention too.

02 WHAT MATTERS TO YOU NOW?

Shannah keeps her values where she can see them. The point is to let them help with everyday choices, rather than leave them tucked away in a notebook.

04 LET'S JUST LOOK AT THE NEXT 12 WEEKS.

Something to learn. A habit to try. An experience you'd enjoy. Shannah and I talk about a plan you can actually see, and change when life changes.

03 WHO'S LOOKING AFTER THE PERSON DOING IT ALL?

Shannah uses an oxygen-tank analogy for self-care. The things that restore you need room in your week too. They don't have to wait until everything else is finished.

05 ONE LITTLE THING IS A START.

What would you like to stop doing? What would you like to start? Shannah brings it back to one clear action. No dramatic reinvention required.



PLAN THE BORING.

FREE THE FUN.

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

Pick the one that fits your week.

06 GIVE ADMIN ITS OWN SEASON

Shannah does tax, insurance and other boring jobs in winter, so summer stays freer. **Try it:** Choose your admin season and list what you want done before summer.

07 ADD TEN YEARS TO EVERYONE

Write your age, your kids', parents' and pets' ages in ten years. The changing picture makes priorities clearer. **Try it:** Write everyone's age in ten years and pick one experience not to postpone.

08 START WITH A PICTURE

When words won't come, Shannah asks people for a picture they love, then explores why. A forest might mean fresh air, hiking or travel. **Try it:** Choose one picture you love and write what it says about what you want.

09 IMAGINE A MONTH OFF

Shannah asks what you'd do with a month of unlimited resources and no responsibilities. It surfaces interests you've dismissed. **Try it:** Write your dream month, then circle one idea to try on a small scale.

10 SHARE THE LEARNING AT HOME

Shannah sends her husband menopause podcasts so he understands what's changing. You don't have to explain it all yourself. **Try it:** Share one useful episode with your partner and talk about it.





TWELVE WEEKS. NOT FOREVER.

A plan that actually sounds like you.

1 PICK THREE THINGS THAT MATTER TO YOU.

What do they look like in your actual week? If health is one of them, for example, what's one realistic thing you could do that reflects it?

2 GIVE THE NEXT 12 WEEKS A LITTLE THOUGHT.

Choose something to learn, a habit to practise and an experience you'd enjoy. Put the plan somewhere you'll see it. You can change it as you go.

3 GIVE IT A SPOT IN THE DIARY.

Choose something you can try this week. Come back after a week and ask how it went. You're allowed to change the plan.

ONE THING BEFORE 50. OR STARTING NOW.

Shannah's challenge is to try something new that takes you out of autopilot. The podcast is my example; she mentions paint by numbers too. What would you like to have a go at?

OVER TO YOU

In this next chapter, I'd love to feel more...

One small thing I'll try, and when...
