



BEFORE WE ADD ANOTHER LIST FOR NEXT YEAR...

Shannah's back, and we talk about ending the year with a bit of room to reflect and recover. Before rushing into another set of promises, what do we actually want to carry forward?

A second chat with Shannah Kennedy, about ending the year on purpose.

FINISH THE YEAR ON PURPOSE.

01 HOW ARE YOU FINISHING THE DAY?

Shannah brings us back to evening routines and recovery. Sometimes preparing for tomorrow starts with giving today a proper ending.

02 WHAT MATTERS NOW? AND WHERE MIGHT YOU SAY NO?

Shannah asks us to connect our values with our boundaries. It's about what matters showing up in the shape of our week.

04 A BIT OF PLANNING CAN LEAVE ROOM FOR THE GOOD STUFF.

Shannah talks about putting worries and decisions on paper to make room for creativity and joy. A plan doesn't need to fill every minute.

03 ONE THING YOU ACTUALLY MEAN TO DO.

Shannah prefers one goal she's committed to over lots of promises she won't keep. Her example is choosing one thing to learn during the year.

05 A QUIET MINUTE. WITHOUT REACHING FOR THE PHONE.

Shannah's before-50 suggestion is stillness. We talk about how quickly a quiet moment can turn into a phone check. It's something to notice, not another thing to get perfect.



TIE IT TO THE DISHES.

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

Pick the one that fits your week.

06 TIE BEDTIME PREP TO DINNER

Shannah links evening habits to something that already happens, so there's less to do when she's tired. **Try it:** Do one bedtime prep job straight after the dishes.

08 RESEARCH THE NEXT STAGE

Before her kids finished school, Shannah talked to women who'd been there. **Try it:** Ask a woman a stage ahead what helped and what surprised her.

10 PUT UP A PAUSE SIGN

Shannah keeps visual reminders in her car, because we need signposts. **Try it:** Put a small pause-and-breathe note where you stop each day, not blocking your view.

07 ASK YOUR FUTURE SELF

Shannah thinks of her 65- and 75-year-old self when choosing. What am I doing for her? **Try it:** Ask what your older self would thank you for before one everyday choice.

09 LEARN SOMETHING NEW

When her daughter moved out early, study gave Shannah a fresh purpose. **Try it:** Look into a class if a family change has left a gap in your week.

11 LET KIDS SETTLE FIRST

At pickup, Shannah suggests no questions straight away. Wait. **Try it:** Greet them, then let them settle before asking about their day.



LEAVE A MOMENT UNFILLED.

Look back gently first.

1 HAVE A GENTLE LOOK BACK.

One thing you appreciated.
One thing that drained you.
One thing you'd like to carry forward. There's no need to turn it into a report card.

2 PICK AN INTENTION FOR THIS SEASON.

What matters to you? Name one small action and the time you can realistically give it. It doesn't have to become a giant list.

3 LEAVE A MOMENT UNFILLED.

Pick a comfortable pause without a task or screen. What comes to mind? You don't need to turn the pause into another achievement.

ONE THING BEFORE 50. OR STARTING NOW.

Before rushing into the next chapter, what do you want to keep, and where do you want to say no? Let those answers help you choose what comes next.

OVER TO YOU

The value I'd like this season to reflect is...

One thing I'll make a little room for is...
