

RESET &
REINVENT

in your 30s and beyond

you
are
allowed
to
change.



WHIMSICAL CONNOTATIONS
www.whimsicalconnotations.com

FIVE QUESTIONS

worth asking yourself

An invitation to pause
and reflect on what
feels real for you,
right now.

What expectations am I carrying that no longer belong to me?

What am I curious about right now?

What version of myself have I yet to explore?

What am I ready to release?

If nobody was watching, what would I do next?

WHERE IS YOUR ATTENTION *needed most?*

Reinvention rarely requires changing everything.

More often, it begins by paying attention to the area of your life quietly asking for it.



FLOURISHING

I feel aligned and energised in this area.




GROWING

I'm making progress and learning.



NEEDS ATTENTION

This area feels stuck or neglected.

 HEALTH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 CAREER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 CREATIVITY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 RELATIONSHIPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 FINANCES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 HOME	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 ADVENTURE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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*The goal is not perfection.
The goal is awareness.*

FROM REFLECTION TO REALITY

Awareness is powerful. Action is transformative.

01

THE CORE THREAD

Look back at your answers.
What theme keeps appearing?

Right now, I am craving more

Examples:

*creativity • freedom • confidence •
rest • adventure • connection • purpose*

The version of me
I am becoming values

02

THE MICRO-SHIFT

A reinvention does not happen in a day.
Choose one action you can repeat this week.

For the next seven days,

I will _____

- Daily
- Three times this week
- Once this week

03

THE PERMISSION SLIP

A formal release.
A promise to yourself.



PERMISSION GRANTED

I release myself from the expectation that I must

And give myself permission to

Signed,

Date,

THE BOUNDARY BLUEPRINT



Protect your energy. Honour your time. Choose what's yours to carry.

01 IDENTIFYING THE ENERGY LEAKS

The Who & What

Awareness is the first step.
Where do you feel drained, stretched thin, or resentful?

WHO OR WHAT TYPICALLY DRAINS MY ENERGY?

- _____
- _____
- _____
- _____
- _____

WHAT SITUATIONS OR REQUESTS DO I STRUGGLE TO SAY NO TO?

- _____
- _____
- _____
- _____
- _____



You can't pour from an empty cup. Protecting your energy isn't selfish—it's sustainable.

02 THE SCRIPTING GUIDE

Custom fill-in-the-blank responses

Clear boundaries don't need to be complicated. Use these scripts as a starting point and make them your own.

"I appreciate you thinking of me, but I'm not able to _____ right now."

"That doesn't work for me anymore because I need to _____."

"I value our relationship, and I need to be clear that _____ is not something I can do."

"I'm focusing on my priorities, so I'll have to pass on _____."

"I'm not available for that, but I wish you _____."



Practice makes it easier. Clarity gets stronger the more you use it.

03 THE INTERNAL ANCHOR

Grounding statement for guilt

Boundaries may feel uncomfortable at first. Return to this when guilt or doubt creeps in.



WHEN GUILT SHOWS UP,
I CHOOSE TO REMEMBER:

My needs are valid.

Saying no to others
is saying yes to myself.

I can love others and still
honour my limits.

I am allowed to take up space.

Protecting my peace is
an act of self-respect.



*Boundaries aren't walls to keep people out.
They are the gates that protect what matters most.*

BEYOND 30

The best chapters are rarely the ones we planned.

01 | LOOKING BACK

WHAT I'M LEAVING BEHIND

- Expectations that no longer fit
- Stories I've outgrown
- Versions of myself built for other people

WHAT I'M GRATEFUL FOR

- Lessons
- Growth
- People
- Experiences

02 | THE PRESENT

You are *allowed*
to change.

You are *allowed*
to want more.

You are *allowed*
to begin *again*.

WHAT I WANT MORE OF

03 | LOOKING FORWARD

WHO I'M BECOMING

MY NEXT CHAPTER

Over the next season of my life, I want to...
