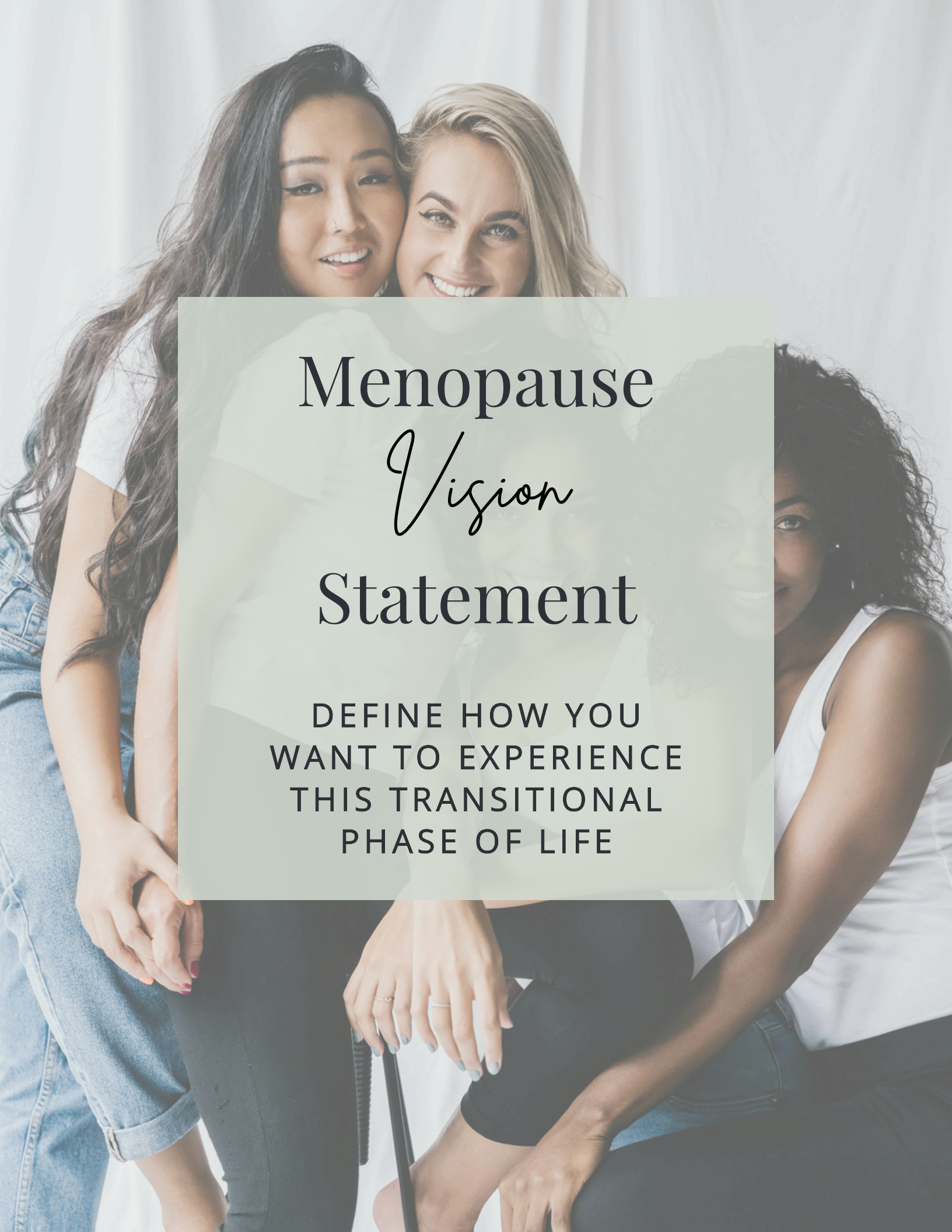




Menopause *Vision* Statement

DEFINE HOW YOU
WANT TO EXPERIENCE
THIS TRANSITIONAL
PHASE OF LIFE

Menopause Vision Statement

(Credit: Girls Gone Strong)

A Menopause Vision Statement helps you clearly define what you want from your menopause journey. It captures what's most important to you in your life—how you want to spend your time and energy now, and in the next chapter. Then, this Vision Statement can guide your nutrition, exercise, lifestyle, and mindset choices in your personalized menopause plan. This worksheet will help you create your Vision Statement by exploring your values and priorities. Give yourself at least 10–15 minutes to complete it. If you've never done a values exercise before, you might need more time to think through your answers. Take as long as you need and feel free to go back and re-visit it a few days later.

Step #1: Define Your Values

Menopause is a great time to get introspective—to look inside and get clear on who you are, who you want to be, and what's most important to you at this phase of your life.

Take a moment to think about the things you value most when it comes to your body, health, and fitness. What means the most to you? How do you want to show up in your life, regardless of the outcome?

If you need a little more guidance, consider the following prompts. What's most important to you, and what are some guiding principles you want to follow when it comes to your:

- o Nutrition?
- o Exercise and movement?
- o Lifestyle?
- o Rest and recovery?
- o Mindset?
- o Relationships?

Values

With that in mind, read the list of values below and select the 10 words that resonate with you the most. (If you think of a word and you don't see there, feel free to add it!) Once you have your top 10 values, pare that list down to your top 5 values. If you struggle with this, try playing the "If you had to choose, would you rather..." game. Pair your values up two by two, and pick one from each pair that feels at least a little more important or urgent, until you whittle your list down to your top 5. Then, narrow those 5 down to your top 3 (in order of importance). Of course, all your values are important, but this just helps you get clear on what really, really matters.

- | | |
|---|---|
| ☐ Accomplishment | ☐ Accountability |
| ☐ Achievement | ☐ Adventure |
| ☐ Autonomy | ☐ Balance |
| ☐ Commitment | ☐ Community |
| ☐ Competence | ☐ Confidence |
| ☐ Connection | ☐ Consistency |
| ☐ Dedication | ☐ Determination |
| ☐ Discipline | ☐ Ease |
| ☐ Efficiency | ☐ Empowerment |
| ☐ Endurance | ☐ enjoyment |
| ☐ Enthusiasm | ☐ Excellence |
| ☐ experience | ☐ Family Flexibility |
| ☐ Fearlessness | ☐ Friendship |
| ☐ Freedom | ☐ Gratitude |
| ☐ Fun | ☐ Growth |
| ☐ Greatness | ☐ Independence |
| ☐ Happiness | ☐ Knowledge |
| ☐ Joy | ☐ Mastery |
| ☐ Leadership | ☐ Optimism |
| ☐ Motivation | ☐ Performance |
| ☐ Passion | ☐ Playfulness |
| ☐ Persistence | ☐ Productivity |
| ☐ Power | ☐ Resilience Self- |
| ☐ Purpose | ☐ actualization |
| ☐ Respect | ☐ Stability |
| ☐ Self-reliance | ☐ Structure |
| ☐ Strength | ☐ Sustainability |
| ☐ Success | ☐ Usefulness |
| ☐ Teamwork | ☐ Other |
| ☐ Vitality | |

Use the table below to write in your answers instead.

	Top 10 Values	Top 5 Values	Top 3 Values
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Step #2: Define Your Big Rocks

Now that you've nailed down your top values, let's identify the "big rocks" in your life. Think about your life and the people, activities, characteristics, and things that you want to prioritize in your future. Examples might include family, service, health, career, financial stability, or hobbies.

What makes the biggest positive difference in your life? What makes you feel fulfilled? What can't you imagine a life without?

Here are some additional prompts to get you thinking:

- What type of work or leisure activities (e.g., volunteering, playing music, painting, learning languages, traveling) get you most excited?
- What do people count on you for (e.g., support, friendship, mentorship) that you enjoy providing?
- What are the things you're most passionate about?
- Who are the most important people in your life?
- How do you want to spend your time?

You may already be prioritizing some of these. Others may be ones you want to focus on in the future. Similar to how you discovered your values, start by listing your top 10 big rocks. Then, work on narrowing the list down.

Note: When you narrow down the list to your top 3, you aren't getting rid of the other big rocks that are important to you. Rather, you're **getting super clear on what's at the top of the list**. This way, if you need to make a decision that involves competing big rocks, you'll know your priorities.

Use the table below to list your big rocks.

	Top 10 Big Rocks	Top 5 Big Rocks	Top 3 Big Rocks
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Step #3: Write Your Menopause Vision Statement

Now, let's combine your values and big rocks into your Menopause Vision Statement. Write this statement any way you like. It's yours, and you're the boss.

You can start fresh, or use the sample formulas and examples we've provided.

Your first version(s) of this may not feel exactly "right." That's OK. Even messy or unclear initial drafts can help point you in the right direction.

Keep iterating on your statement until it really feels like an accurate—and inspiring!—snapshot of what your life would look like if you were truly thriving during your menopause journey.

Sample Menopause Vision Statement Formulas

Formula	Example
1. In my life, thriving during menopause means [surrounding myself with these people], [engaging in this activity on a regular basis], and [achieving this goal].	In my life, thriving during menopause means spending as much time as I can with close friends and family, lifting weights with my gym pals, and participating in powerlifting competitions.
2. During and after menopause, I want to prioritize [big rocks], spend my time doing [big rocks] with [people], and live according to my value of [value] by doing [this activity].	During and after menopause, I want to prioritize my family and friends, my health, and service to others. This will include having my kids over for meals, helping care for my grandkids, and organizing charity walks with my friends. All of these activities help me live according to my values of purpose and community.
3. If I'm thriving during menopause, then I feel _____. I spend my time doing _____ with _____. I practice _____ to nourish my body and soul. And I make sure to prioritize _____ for my health and fitness.	If I'm thriving during menopause, then I feel alive and joyful. I spend my time playing pickleball, going kayaking, and spending time outdoors with friends who lift me up. I practice gratitude to nourish my body and soul. And I make sure to prioritize sleeping enough and eating enough protein for my health and fitness.

Step #4: Vibe Check

Now, let's do a final review to check the "vibes" (i.e., how this statement feels intuitively) and to confirm all the big stuff has made it in there.

Ask yourself the following questions:

- Does this statement align with my top three values? o Does this statement take my top three big rocks into consideration? o Does this statement align with how I want to spend my time?
- When I close my eyes and envision living according to this statement, do I feel good? Do I feel joyful, expansive, light, excited, or inspired?

If you can answer a confident "yes" to all of these questions, then fantastic job!

You just crafted your Menopause Vision Statement!

And, again, if your answer is "not yet", that's OK too—just keep revising until it feels right.

Keep this worksheet handy so you can refer to it at any time, make adjustments and feel inspired. We'll be referring to it again and again as we talk about nutrition, exercise, lifestyle, and mindset—and start building your personal plan to thrive.

Commit to yourself by signing below:

Client	
X	Date:
Print name:	