



# Midlife Mom Metamorphosis

## *A Faith-Based Checklist for Thriving in the Empty Nest*



*Welcome to your Midlife Mom Metamorphosis Checklist! This guide is designed for Christian women like you, navigating the empty nest transition and seeking to rediscover their God-given purpose as mothers of adult children. Use this checklist to reflect, set goals, and take practical steps toward thriving in midlife, all while staying rooted in God's plan for you. Check off each step prayerfully as you ask God to reveal Himself to you.*

### **Recommit to daily time with God.**

*Your relationship with God is the starting line and the foundation for your midlife journey. Committing to a daily pursuit of God will give you the wisdom and strength you need to redefine your empty nest identity and to know the purpose God has for you in this season.*



**Spend 10 minutes daily in prayer. Start or end your day with a quiet moment to pray, asking God for guidance in this new season. Try praying Psalm 139:23–24 to seek His direction.**



**Read your Bible daily. Ask God to show you how the passage you read speaks to your midlife purpose. Journal your thoughts. If you don't have a Bible reading plan right now, start with the Gospel of Mark!**



**Join a Bible study group. Find a local or online Christian womens' group to help you grow in faith and community.**



## Rediscover your identity

*Now that the kids are out of the house, it's time to rediscover who God made you to be! Lean into this opportunity to explore your God-given gifts, talents, and interests, as well as the skills you have developed during your years of mothering.*



Set a timer for 5 minutes and in your journal record everything you can think of that you enjoy doing. Set your timer for another 5 minutes and write down every skill you have. Go back and circle 5-10 items from each list that resonate with you in this season of life.



Sign up to try one new activity: go to an art class, exercise class, dance class, or special presentation to see what captures your imagination. Bonus points if you go with a friend!



Call an older friend or relative and ask them to tell you the story of their midlife transition and how they navigated their own emptying nest. Ask them how they see themselves outside the role of “mother.”



## Build meaningful connections

*The key indicator of happiness in life is connection. People with close relationships age more successfully, enjoy life, and weather storms with more resilience. Midlife is the perfect opportunity to make new friendships and strengthen the relationships you already have.*



Reach out to a friend. Schedule a coffee date or a video chat with a friend to reconnect and share your journey. Share this checklist, too!



Volunteer at church or with a local ministry. Find a cause that uses your skills and talents and offer to help out once or twice. If you enjoy the experience, you can volunteer to help more often in the future.



Invite friends over for dinner or out to eat. Don't make it fancy--serve takeout pizza or meet up at a diner. Spend time listening to each other's stories.



## Prioritize your health

*Taking care of our health in midlife sets us up for a better aging experience. When we are physically, mentally, and emotionally healthy, we can enjoy the adventures of midlife to the fullest.*



Commit to a small health goal such as walking or stretching daily, drinking more water, or eating an extra serving of vegetables.



Practice gratitude. Every morning or evening, write down in your journal three things for which you are grateful. This will shift your mindset toward joy.



Schedule a mini-vacation for yourself. Block out one hour on the calendar to do something you enjoy. You can read a book, garden, get a massage. . . choose something you have not made time for recently and intentionally enjoy it.



## Plan your next chapter

*God has a plan for you in this empty nest season. Start with prayer, set a few goals, and start moving forward. He will guide you as you step out in faith!*



Set one short term goal to complete in 30 days. Make it simple, doable, and enjoyable. Ideas: organize a portion of your home, start a blog, finish a project, or plan an event.



Create a vision board. Collect images and words that represent your dreams and goals for this season in life. Add them to a paper or digital journal page.



Pray for clarity. Ask God to reveal one step you can take this week toward your purpose in this season, then take that step in faith.

