

# AWAKENER SURVIVAL GUIDE



FOR MY AWAKENER

# DEAR AWAKENER,

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If you're holding this guide, then you've already started to feel it...

That gentle but undeniable nudge from within.

The questions bubbling up between meetings or after midnight.

The feeling that something's shifting — and it's not just your hormones.

You might be wondering:

Who am I now?

Is this all there is?

What's next for me?



You are not lost.

**You Are Awakening.**

This season of life isn't about fading. It's about becoming.

Yes, your hormones are changing — but so are your priorities, your energy, your soul's whispers.

**And That's a Good Thing.**

This isn't a breakdown. It's a breakthrough.

Inside this guide, you'll find gentle tools to reconnect with your clarity, your creativity, and your calling. Whether you're navigating a career pivot, relationship shift, or simply feeling the pull to go deeper, this is your invitation to explore who you're becoming.

Here, you'll find:

- Nourishing practices to ground and energize you
- Creative rituals to spark inspiration and insight
- Reflective prompts to help you realign with your true path

You are not the same woman you were in your 30s — and you're not supposed to be.

## **You're wiser. Softer. Braver. More in tune.**

Let this be your reminder that it's safe to grow, to question, to expand, and to trust that this next chapter holds something beautiful for you.

I'll be right here, cheering you on.

With love and light,

**Coach Shannon**

Certified Integrative Health Coach

That Menopause Mentor



# UNDERSTANDING THE AWAKENER ARCHETYPE

## **You're Not Losing Yourself — You're Realigning With Your Truth**

You're feeling it.

That quiet pull. That itch to shake things up.

That longing for more meaning, more creativity, more you.

Maybe your career doesn't excite you the way it used to.

Maybe your roles — mom, partner, leader — feel a little too tight lately or maybe they are changing, evolving.

Maybe you're craving space to just... breathe, create, and ask what's next?

**This is the essence of The Awakener.  
You're not broken. You're not in crisis.  
You're evolving.**

## COMMON SIGNS OF THE AWAKENER IN MENOPAUSE

You scored mostly C's in the quiz; so this will likely sound familiar:

- You're reflecting more deeply on your identity and purpose
- You feel a little "in between" — not who you were, not quite who you're becoming
- You may feel creatively blocked, bored, or unfulfilled
- You crave spaciousness, solitude, or inspiration
- You long to express yourself — in your work, your relationships, your environment — but don't quite know how

And the big one?

✨**You feel like something's waking up inside you... but you're not sure what to do with it yet.** ✨

# WHAT'S HAPPENING BENEATH THE SURFACE

This phase of life isn't just hormonal — it's soul-level realignment.

- As estrogen shifts, so does our brain chemistry, which can spark introspection and emotional sensitivity
- As progesterone declines, we lose that old sense of “go along to get along” — and instead start asking: “What do I actually want?”
- As cortisol rises from years of doing, performing, and holding it all together, our nervous system gets tired of pretending

This is your body — and your soul — saying:

**It's time to stop abandoning yourself.**

## THE NEW STORY: AWAKENING TO WHO YOU'RE MEANT TO BE

This archetype isn't here to cause chaos.

She's here to **break you open** — to invite you into your next chapter. One with more authenticity, more alignment, more peace.

You don't have to figure it all out today.  
But you do get to ask the questions.

You do get to dream again.

And you do get to make space for the version of you that's trying to emerge.

Your creativity, your clarity, your voice — they're still in there.

And this guide is here to help you bring them back to the surface.

# THE AWAKENER'S ALIGNMENT PILLIARS

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## **A Soulful Framework for Realigning with Your Purpose, Power & Peace**

This isn't a midlife crisis. It's a midlife awakening. And it's time to listen.

You're not here to "get back to the old you."

You're here to rediscover the version of you who's been waiting underneath the roles, the responsibilities, and the expectations.

These 3 pillars will help you reconnect with your clarity, your creativity, and your inner knowing, so you can walk into this next chapter feeling awake, aligned, and fully you.

# PILLAR 1: INTENTIONAL SELF-DISCOVERY

(Reconnect with who you are now — not who you used to be)

It's normal to feel a little lost when everything you've known is shifting. But this is also your opportunity to ask:

What do I want now?

Who am I without all the doing?

What would bring me joy — for no other reason than because I love it?

## Try this:

- Set aside 10 minutes a day for reflection — journaling, walking, or even sitting with your hand on your heart
- Create a “soul check-in” ritual: What do I need today, emotionally or spiritually?
- Revisit what lit you up as a child — clues to your current joy often live there

Awakeners don't need to be “fixed” — they just need space to be found.



# PILLAR 2: CREATIVE EXPRESSION

**(Because your soul speaks in symbols, stories, and color, not checklists)**

Your creativity isn't just about painting or poetry (though those are welcome!)

It's about how you think, feel, dress, write, speak, dream, and how you bring your truth to the surface.

Try this:

- Make a vision board for your next chapter
- Try freewriting or morning pages\* to release stuck thoughts
- Cook, garden, redecorate, journal, dance — any form of making is medicine
- Keep a “soul sparks” list — things that make you feel alive, inspired, or curious

Creativity is your compass. Follow where it leads.

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\*Morning pages is a journaling practice where you write three pages of stream-of-consciousness thoughts first thing in the morning. This unedited and uninhibited writing serves as a form of brain dump, allowing individuals to unclog their minds and overcome mental blocks.

Check out more in the book "The Artist's Way" by Julia Cameron

# PILLAR 3: SOULFUL INTEGRATION

(Small, sacred actions that bring your inner truth into daily life)

It's one thing to think about what you want.

It's another to start living it — moment by moment, choice by choice.

## Try this:

- Start your morning with an intention, or affirmation
- Choose a word for your day: Aligned, Brave, Soft, Awake
- Build a simple ritual into your day — a quiet cup of tea, a walk without your phone, a sunset moment of gratitude
- Find community or mentorship that allows you to show up fully as you

**The more you live in alignment, the less you'll feel like something's missing.**

## ACTION STEP

Which pillar is calling to you most right now?

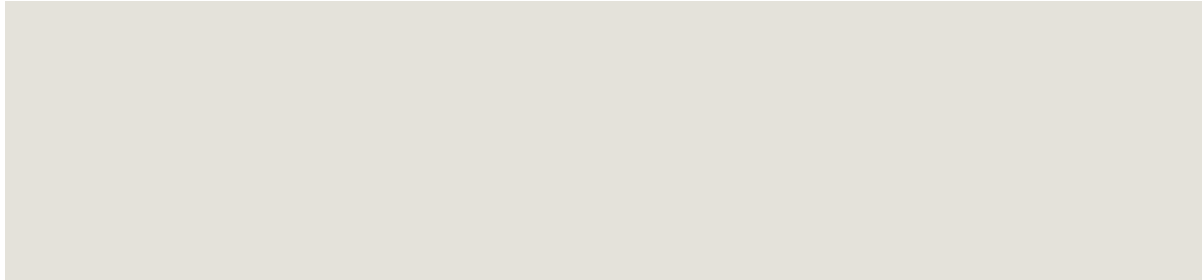
Write it down. Circle it. Sit with it. Then choose one small way to honor it this week.

**You don't need a 5-year plan. You just need one brave next step.**

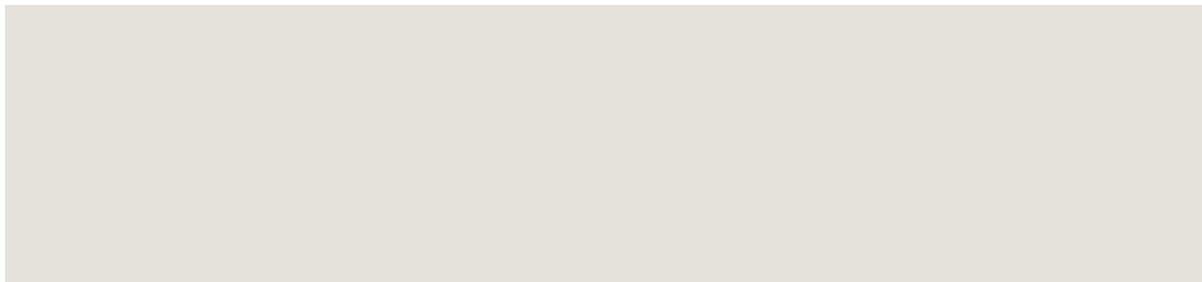
# JOURNAL PROMPT: BECOMING HER

Find a quiet space, light a candle if that feels good, and let these questions guide your pen:

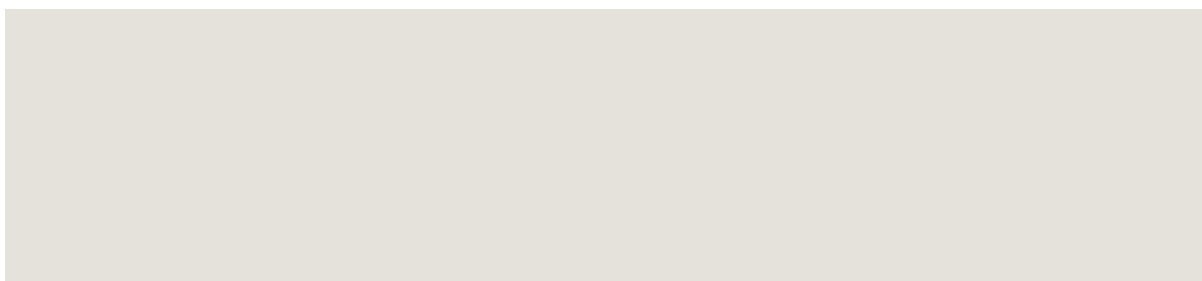
**What part of me is ready to be seen, heard, or expressed?**



**If I stopped worrying about what others expected of me, what would I create, pursue, or explore?**



**What would the most aligned, awake version of me say “yes” to right now? What would she lovingly release?**



Let your answers flow without judgment. You don't need to know where it's leading. You just need to start listening.

This isn't about becoming someone new. It's about coming home to yourself.

# BONUS: Awakener-Friendly Recipes

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## Nourishment That Awakens Your Brain, Body, and Soul

Food isn't just fuel — it's frequency. Choose meals that make you feel alive, inspired, and deeply nourished.

These recipes are brain-boosting, hormone-supportive, and full of ingredients that energize your body and soothe your spirit. Think vibrant colors, intuitive pairings, and a little kitchen magic to bring you back to yourself.



# Lavender Blueberry Smoothie

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## Why it works:

Blueberries are packed with antioxidants that support memory and clarity. Lavender calms the nervous system and adds a dreamy floral note — perfect for tuning in before journaling or vision boarding.

## Ingredients:

- 1 cup almond milk
- ½ cup fresh/frozen blueberries
- ½ banana
- 1 tbsp chia seeds
- 1 tsp dried culinary lavender
- 1 scoop vanilla protein powder (or collagen)
- Optional: splash of vanilla extract or squeeze of lemon

## Instructions:

Blend everything until creamy. Sip slowly with intention.



# RAINBOW ROASTED VEGGIE BOWL WITH LEMON-TAHINI DRIZZLE

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**Why it works:** Colorful veggies support liver detox and hormone balance. Eating the rainbow boosts your mood and creativity — literally.

## Ingredients:

- ½ cup cooked quinoa or wild rice or both!
- Roasted carrots, beets, broccoli, and red bell pepper
- Handful of arugula or spinach
- 1 tbsp pumpkin seeds
- Drizzle: 2 tbsp tahini + juice of ½ lemon + pinch of garlic powder + warm water to thin

## Instructions:

Layer ingredients in a bowl. Create drizzle and enjoy with a deep breath between bites.

# Sweet Potato & Egg “Power Toast”

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## **Why it works:**

Protein + fiber + healthy fats = hormone and brain fuel. This one warm, grounding, and just a little unexpected — like The Awakener herself.

## **Ingredients:**

- 1 small sweet potato, sliced into ½" thick lengthwise “toast”
- 1 boiled or poached egg
- ½ avocado, sliced
- Sprinkle of sea salt, red pepper flakes, and hemp seeds

## **Instructions:**

Roast sweet potato slices at 400°F for 20 minutes (or air fry). Top with smashed avocado, cooked egg, and seasonings.



# “AWAKENED WOMAN” HORMONE SUPPORT LATTE

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**Why it works:** Ashwagandha supports adrenal balance and stress relief. Maca powder is a natural hormone-supportive adaptogen. This latte is perfect for creative mornings or reflective evenings.

## **Ingredients:**

- 1 cup almond or oat milk
- ½ tsp maca powder
- ½ tsp ashwagandha powder
- ¼ tsp cinnamon
- 1 tsp almond butter
- Optional: honey or agave syrup to taste

## **Instructions:**

Warm all ingredients and whisk until frothy. Pour into your favorite mug. Sip and set an intention.

# Citrus Beet & Fennel Salad with Mint

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**Why it works:** Beets support liver detox and blood flow (hello, brain clarity), while fennel and citrus brighten digestion. Mint stimulates the senses and uplifts the spirit.

## Ingredients:

- 1 small roasted beet, sliced
- ½ orange or grapefruit, peeled and sectioned
- ¼ bulb fennel, thinly shaved
- Handful of arugula or mixed greens
- Fresh mint leaves
- Dressing: olive oil + splash of orange juice + pinch of sea salt

## Instructions:

Toss gently. Breathe in the scent. Eat slowly. Let it inspire you.



# AWAKENER KITCHEN WISDOM



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*Your kitchen can be your sanctuary — not just a place to feed others, but a space to reconnect with yourself.*

## **Cook intuitively.**

Follow your cravings — not just for taste, but for color, texture, and how a food makes you feel. Your intuition is your greatest ingredient.

**Set the vibe.** Light a candle. Play your favorite playlist. Breathe between steps. Let food prep be your meditation.

## **Eat with presence.**

No scrolling, no rushing. Just you, your plate, and the gift of nourishment. One bite at a time.

## **Your body is wise.**

If something feels grounding, uplifting, or calming — it's likely what you need. Trust that.

# CREATIVE REFLECTION ACTIVITY

## Tuning Into the Woman You're Becoming

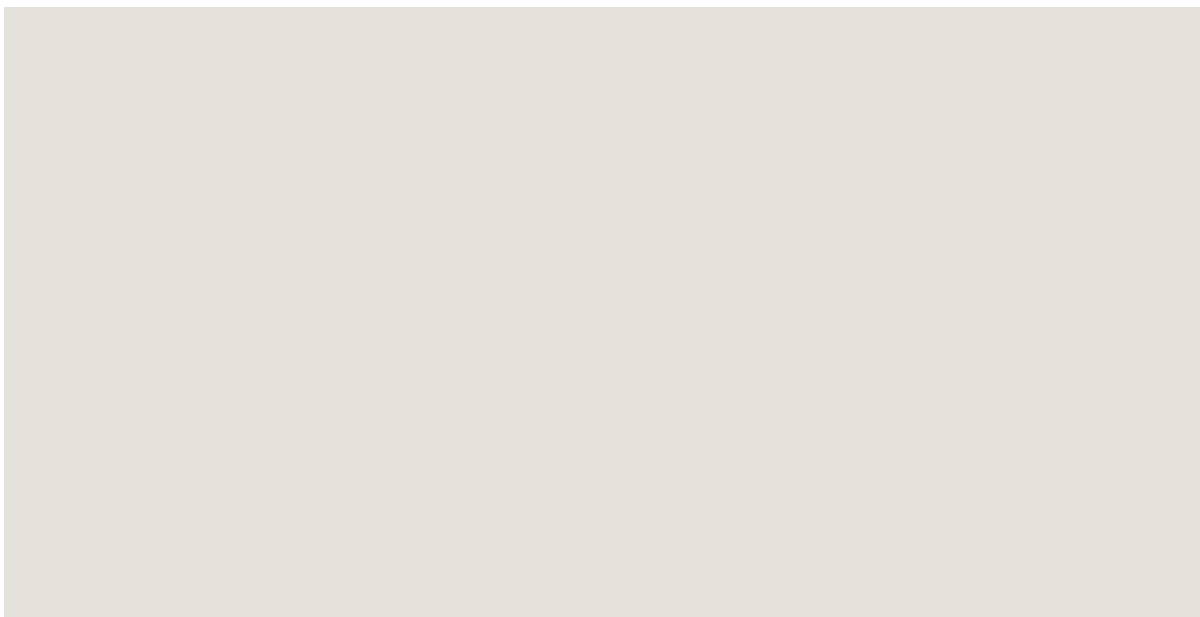
You're not meant to stay the same. You're meant to unfold. This is your invitation to check in with your soul and ask:  
What's calling me forward?

This isn't about setting goals or mapping out your 5-year plan. It's about getting quiet enough to hear your own wisdom. Let your answers come from the heart, not the head.

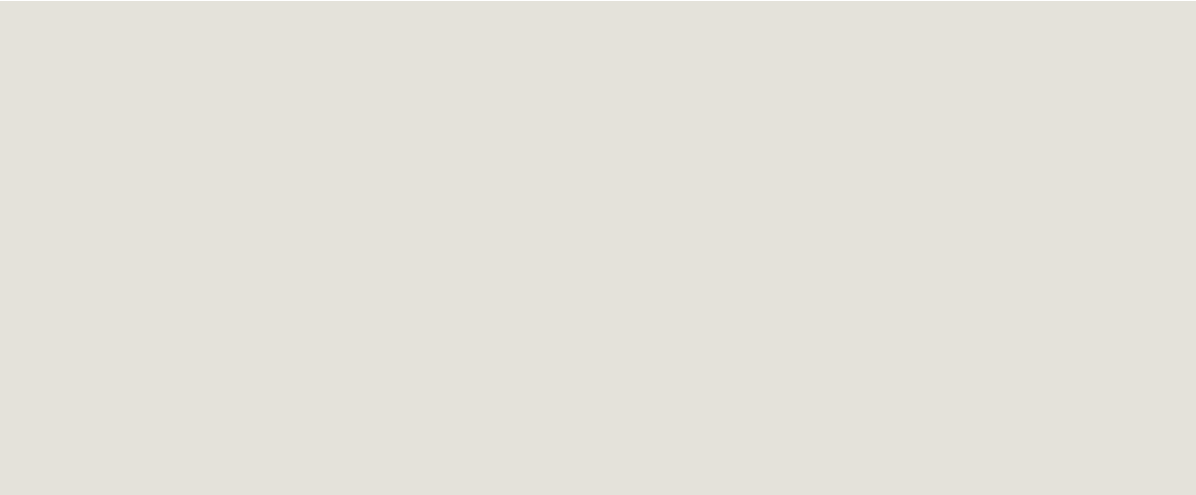
## PART 1: JOURNAL IT OUT

Carve out 15–20 quiet minutes and write freely using the prompts below. Don't edit. Don't judge. Just flow.

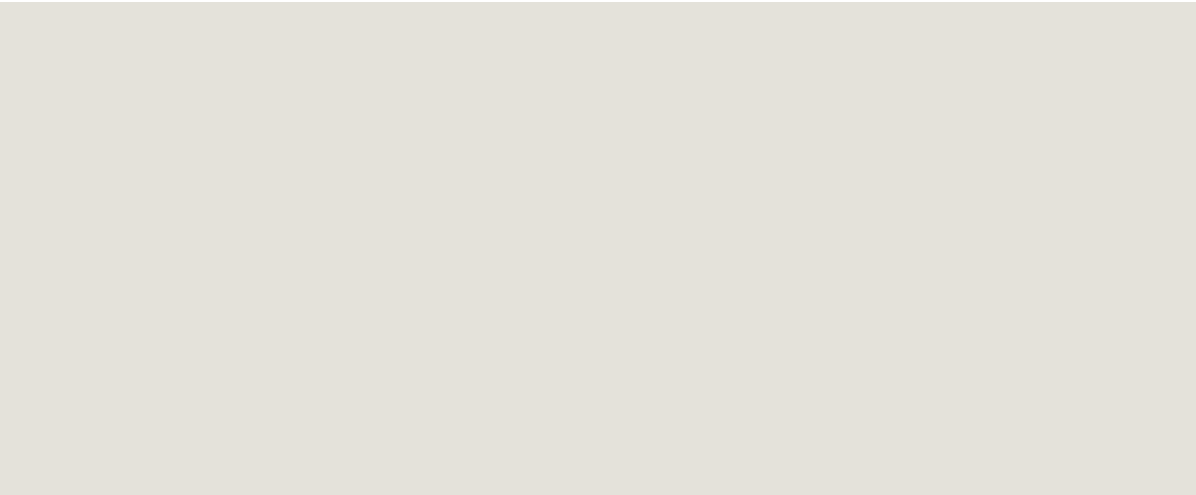
**What am I feeling called to explore, shift, or express in this season of life?**



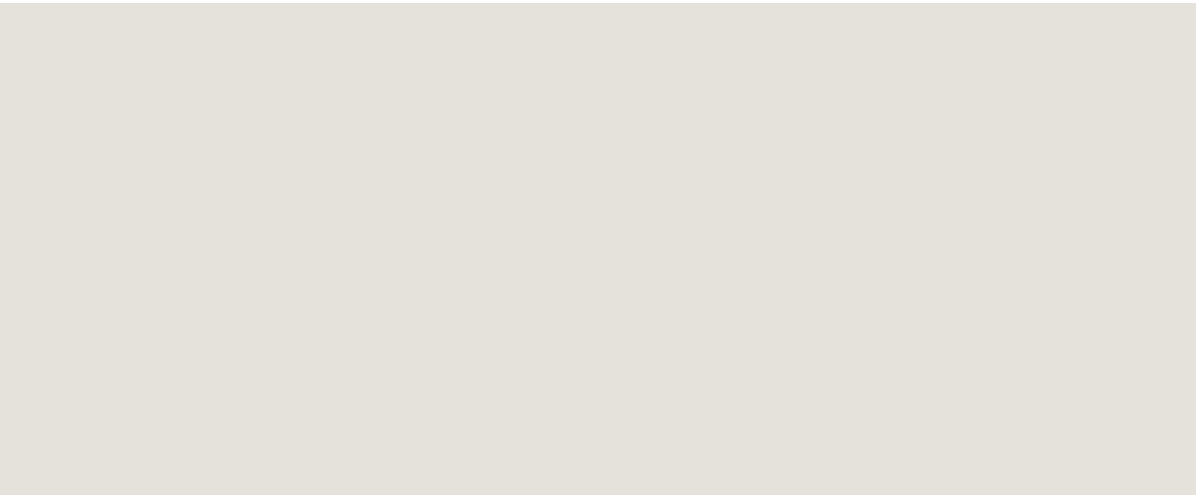
**Where in my life am I pretending I'm "fine" — but I know something deeper is stirring?**



**If I fully trusted myself, what would I start, say, create, or change?**



**What version of me is trying to emerge — and how can I support her?**



# PART 2: CREATE A SOUL VISION SNAPSHOT

Using the space on the next page of this workbook or your journal or even a piece of scrap paper. This is your space to vision without rules.

You can:

- Write a letter to your future self
- Doodle your “next chapter”
- Make a list of “soul sparks” — things, places, people, or practices that make you feel awake
- Sketch or collage your dream life, space, or feeling
- Or simply write this sentence:

“In my next chapter, I choose...” and finish it however you want

There’s no wrong way to do this — only what feels true.

Remember:

Your answers may not come all at once — but they will come.  
Keep creating space to receive them.

This page isn’t about closure. It’s about curiosity.

You are allowed to evolve.

You are allowed to dream again.

You are allowed to rewrite the story.



# SUPPORT + NEXT STEPS

## Your Awakening Has Already Begun

This isn't the end of your journey — it's the beginning of something deeper, bolder, and more aligned.

If you've made it this far, take a breath and celebrate yourself. You've opened the door to a more authentic version of you. You've started listening to your intuition. You've said yes to your evolution.

And that's powerful.

But you don't have to walk this path alone.

**Let's keep going — together.**

## HERE'S HOW I CAN SUPPORT YOU

### 1:1 Coaching with Shannon

If you're ready to move from confusion to clarity and align your next steps with who you're becoming, I'd be honored to support you. Together we'll explore your energy, hormones, purpose, and daily rhythms to design a life that truly fits. Book a Discovery Call [HERE](#)

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### Continue Your Learning

If you're ready for a clear, actionable plan to calm the stress, reset your metabolism, and feel strong in your body again, **the Midlife Body Blueprint** is your next step. It takes everything you learned about your **Nurturer** energy and turns it into a simple, personalized roadmap for feeling balanced and in control through midlife and beyond. And as a thank-you for diving into your archetype, you can use the code AWAKENER for 10% off your Blueprint purchase. More Info [HERE](#)

## Client Testimonial

*“Working with Shannon helped me realise I wasn’t just tired. I was misaligned. Through her coaching and tools, I began to reconnect with parts of myself I had buried for years. I’ve started painting again, sleeping better, and feeling so much more at peace with this season of life.”*

— Lisa M., Coaching Client

## Final Thought

You’re not too late. You’re not too lost. You’re awakening — and that’s one of the bravest things a woman can do. You don’t have to have it all figured out. You just have to keep showing up — one aligned, courageous, soul-honoring step at a time.

With love and light,  
**Coach Shannon**  
Certified Integrative Health Coach  
That Menopause Mentor

