

The prompt:

If you're in your **40s or 50s** and constantly feel **overwhelmed**, and at the end of the day you're not sure what actually moved you forward, then **this is for you**.

Many women I work with tell me the same thing:

They're **busy** all day — managing work, family, responsibilities — but they don't feel aligned with **what truly matters** anymore.

Overwhelm doesn't come from having too much to do.

It comes from carrying too much that no longer fits who you're becoming.

At this stage of your life, growth isn't about doing more.

It's about being more **intentional** with your energy.

Here's a simple shift to try this week:

Instead of asking, "How do I get everything done?"

Ask, "What would make this week meaningful for me?"

Choose one area — your health, your work, your relationships, your personal goals — and define one small action that supports the woman you are now.

Clarity reduces overwhelm.

And **intention creates growth**.

If this resonated with you, save this and take five quiet minutes today to decide what truly deserves your energy.