



Day 1: Defining Your Menopause Vision Statement

In Day 1 of Girls Gone Strong's free 5-day course, *Menopause Secrets: A Plan To Help Women Thrive During Menopause*, you learned about the power of a Menopause Vision Statement.

Creating this statement is a simple but powerful way to get really clear on what you want out of your menopause journey — and it will be the foundation for the nutrition, exercise, lifestyle, and mindset choices you make from here on out in your personalized menopause plan.

This worksheet will help you craft this statement, uncovering your values and big rocks through the process. We recommend giving yourself at least 10–15 minutes to work through it, though if you've never done a values exercise, you may want to allow yourself some extra time to really think through your answers — do what works for you.

So without further ado, let's dive in!

Step #1: Discover 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 in this phase of your life.

Take a moment to think about the things you value 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:

- ▶ When you think about your nutrition, which values do you most strongly identify with?



- When you think about exercise and moving your body, which values do you most strongly identify with?
- When you think about your lifestyle, which values do you most strongly identify with?
- When you think about your mindset, which values do you most strongly identify with?

With that in mind, read this list of values and select the 10 words that resonate with you the most. (If you think of a word you don't see here, feel free to add it!)

- | | | |
|---|---------------------------------------|---|
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Passion |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Excellence | <input type="checkbox"/> Performance |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Experience | <input type="checkbox"/> Persistence |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Family | <input type="checkbox"/> Playfulness |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Fearlessness | <input type="checkbox"/> Power |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Flexibility | <input type="checkbox"/> Productivity |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Freedom | <input type="checkbox"/> Purpose |
| <input type="checkbox"/> Community | <input type="checkbox"/> Friendship | <input type="checkbox"/> Resilience |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Fun | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Self-Actualization |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Greatness | <input type="checkbox"/> Self-Reliance |
| <input type="checkbox"/> Consistency | <input type="checkbox"/> Growth | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Dedication | <input type="checkbox"/> Happiness | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Independence | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Joy | <input type="checkbox"/> Success |
| <input type="checkbox"/> Ease | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Sustainability |
| <input type="checkbox"/> Efficiency | <input type="checkbox"/> Leadership | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Empowerment | <input type="checkbox"/> Mastery | <input type="checkbox"/> Usefulness |
| <input type="checkbox"/> Endurance | <input type="checkbox"/> Motivation | <input type="checkbox"/> Vitality |
| <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Optimism | <input type="checkbox"/> Other: _____ |



Once you have your top 10 values, narrow that list down to your top 5. Then, narrow those 5 down to your top 3 (in order of importance).

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

Great work! You’ve just defined your top 3 health and fitness values. These will guide the rest of your work here.

Step #2: Determine Your Big Rocks

Now that you’ve nailed down your top values, let’s identify the big rocks in your life.

Spend a moment thinking 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?

Some of these big rocks may be things you're already prioritizing; some may be ones you want to turn your focus to in the future.

Similar to how you discovered your values, start by listing your top 10 big rocks. Then, work on narrowing it 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.)



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

Step #3: Write Your Menopause Vision Statement

You’ve officially defined your values and your big rocks! Woohoo!

Now, it’s time to pull it all together and craft your Menopause Vision Statement — a statement that defines what’s most important to you in your life and that highlights how you want to spend your time and energy. While it will likely include things you want to specifically prioritize in your health and fitness (like climbing mountains or staying strong enough to pick up your grandkids), it might also include things that are a little more vague but that still contribute to your overall well-being (like spending time outdoors or prioritizing time with friends).



There are several ways you can write this statement, and we provide a couple of sample formulas and examples to kick things off.

Feel free to use any of the formulas as written or start fresh — but we encourage you to 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 menopause.

And remember — you can always adjust this statement as needed. But for now, it will provide a touchstone you can reference as you build your personalized menopause plan over the next four days.

MENOPAUSE VISION STATEMENT FORMULAS

Here are some formulas you can use if you need a little help crafting your Menopause Vision Statement. All you need to do is customize the pieces in brackets or fill in the blank lines.

Keep in mind: These are just to get you started! You may want to add more or change them up. The second and third examples demonstrate how you might vary a formula to suit your needs.

	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 my immediate family, tending to my beautiful garden, and being strong enough to do a push-up.



	Formula	Example
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 look like 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	Thriving during menopause means I'm [doing this when it comes to nutrition, meals, and cooking] , [doing this activity or sport to stay active and strong] , [doing this to optimize my lifestyle] , and [doing this to enhance my mindset and mental well-being] .	Thriving during menopause means I'm experimenting with new meals in the kitchen (and enjoying the outcomes!), hiking up mountains and crushing heavy weights in the gym, practicing meditation on a daily basis for stress reduction, and continuing to see my therapist every other week — and most importantly, I'm not worrying about fitting into my skinny jeans because I'd rather put that mental and physical energy into living according to my value of strength.
4	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.
5	Because of my values of _____, _____, and _____, thriving for me means spending this next phase of my life doing _____ and _____ with _____, and prioritizing _____.	Because of my values of adventure, independence, and joy, thriving for me means spending this next phase of my life traveling and exploring, both by myself and with people I love, and prioritizing rest when I can so I have the energy to do these activities.



Write your Menopause Vision Statement in the space below.

Now, let's do a final check 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?
- › Does this statement take my top three big rocks into consideration?
- › 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.

Keep this worksheet handy as you go through the rest of this free 5-day course. 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.