



Day 5: Incorporating Mindset Practice into Your Personalized Menopause Plan

In Day 5's lesson, you learned all about mindset during menopause.

In this companion worksheet, you'll incorporate strategies to improve your mindset into your personalized menopause plan.

After all: Thriving during menopause isn't just about what you *do*, it's also about how you *think*. And by learning to shape your thoughts and your reactions, you'll feel better prepared to handle life's curveballs. You'll also be more capable of tackling nutrition, exercise, and other lifestyle strategies because you're taking care of your psychological well-being first.

And all of this will help you live in alignment with your Menopause Vision Statement.

Step #1: Identifying Your Own Mindset Struggles

As you learned in today's lesson, women in the GGS community report three main categories of negative thoughts around menopause:

- 1 Comparing themselves to other women.** This might sound like, *"It's not fair! My sister didn't gain any weight or have any of these symptoms. I don't know what's wrong with me."*
- 2 Negative self-talk** around the physiological changes related to menopause. This might sound like, *"Ugh! I can't believe how huge I've gotten! My stomach looks so gross!"*
- 3 A fixed mindset** around their lives and bodies as they relate to menopause. This might sound like, *"I'm in menopause now. What's the point of even trying to be healthy?"*



Do any of these sound familiar?

Before you can make a positive change, you need to take stock of where you are. So your first step will be tuning in and getting introspective about how you're feeling about menopause.

You may struggle with thoughts similar to those we just listed, or you may have different concerns entirely.

Go through the following questions and answer as honestly as possible. There are no right or wrong answers, and no one is going to review this worksheet — this is simply a time to draw awareness to your thoughts and feelings. Feel free to write as much or as little as you want.

NOTICING YOUR INNER VOICE

Do you ever compare yourself to or feel jealous of other women? Who are you comparing yourself to? What are you typically comparing or feeling jealous of?

Do you ever struggle with negative self-talk? Is it related to your experience of menopause or the changes your body is going through? What are you typically feeling?



Do you ever struggle with having a fixed mindset around your life and body? How does that show up for you? What are you typically feeling?

When you think about your experience of menopause so far, what thoughts come to mind?

How do you feel about moving into this next stage of your life?

NAMING YOUR THOUGHTS

Go back and review your answers in the previous section. Were there any common themes coming up? (e.g., comparison, growth, fear, transition, physical symptoms, stress, body image, hope)



If you had to describe your emotions around menopause in three words, what would they be? (e.g., anxiety, hope, uncertainty)

By going through these questions, you've taken your first step toward being able to *notice* and *name* what you're feeling. Now, the point of this awareness isn't to make these thoughts go away completely. Instead, it's to acknowledge they're happening so you can remember that they're only *thoughts* — not necessarily the truth. And you have the power to shift them toward something more in alignment with your values and how you want to show up in the world.

So on that note, answer this final question for Step #1.

If you were able to pick three emotions to feel instead about menopause, what would they be? (e.g., optimism, excitement, acceptance)

Step #2: Retraining Your Brain

Review your answers from Step #1 one more time.

Of all the thoughts you listed, which one weighs most heavily on you? Write it down below.

Now, let's focus on *replying* to this thought using your values filter. (You can go through this process for as many thoughts as you'd like, but pick one at a time to work on.)



Grab your worksheet from Day 1, where you developed your values and Menopause Vision Statement, and go through the following questions.

What are your top three values? _____

Does the thought align with your values? Why or why not? (For example, if one of your values is *kindness*, but your thought is something you would never say to or about a loved one — it might not align.)

What is your Menopause Vision Statement? _____

Does the thought help you live in alignment with your Menopause Vision Statement? Why or why not? (For example, say your Menopause Vision Statement includes having the energy to play with your grandkids. If your thought centers on your appearance, which doesn't impact your ability to live according to your vision of yourself — then it might not align.)

If you answered no to any of the questions, then your thought is not in alignment — and it's not serving your ability to thrive during this stage of your life. But don't worry, you can take steps to shift it.



REFRAMING A NEGATIVE THOUGHT

Part of cognitive restructuring involves consciously shifting your thoughts to reflect how you want to feel and act. This means noticing, naming, and replying to problematic thoughts (which you already learned how to do) — and then *replacing* them with new, more aligned ones. Over time, these new thoughts become automated.

Define what new, more aligned thought you *want* to have by answering the following question.

How could you take your negative thought and reframe it to be more aligned with your values and Menopause Vision Statement? What would your *new, aligned thought* say? If you aren't sure, ask yourself:

- ▶ What is the opposite of this thought?
- ▶ How can I shift this thought slightly to align with my values and vision for my life?
- ▶ If a friend were having this thought about herself, what would I want her to think instead?

Next time you notice that you're repeating that old, negative thought — make a conscious effort to replace it with this new thought. Over time, and with practice, it'll get easier to shift your thoughts to be more aligned with your values and what you want out of this phase of your life!



Step #3: Implementing a Mindset Plan

Great work getting this far!

We know that doing this introspection work can be a bit challenging. But by putting in the effort, you're making huge strides toward living in closer alignment with your Menopause Vision Statement.

Let's go through how you can use these tools to make progress over time. Because just like any other skill — you can strengthen your mindset with practice. Every day comes with opportunities to work on it, and consistency can make all the difference.

There are two practices we recommend prioritizing, starting today.

1. SETTING ASIDE 5 MINUTES FOR MINDFULNESS

While the goal will eventually be to tune into your thoughts *throughout* the day, that can be a little tricky if you're totally new to actively paying attention to your inner voice. Planning a short window where you can hyper-focus on a regular basis can be a great way to start building better awareness of your thoughts and emotions.

And luckily, this is as simple as it sounds — all you need to do is spend a few minutes every day taking stock of how you're feeling and what thoughts you're having.

Keep in mind: You don't have to do this forever. But we do recommend practicing it over the next 28 days as part of your personalized menopause plan.

Pick a time of day that works for you and schedule your mindset session, whether by penciling it into your planner or setting a timer to go off on your phone. Do this now, while you're thinking about it! (Hint: You can plan this



time around one of your other daily habits. For example, while you brush and floss your teeth or while you enjoy your first cup of coffee.)

2. CURATING YOUR ENVIRONMENT

As you learned in your Day 5 lesson, one of the most powerful tools you have to improve your mindset is to curate your environment.

While you can't control *everything* about your environment and what you're exposed to, if you spend your spare time scrolling through Instagram looking at young 20-something women with flat abs and perky bums working out... that's going to shape what you think a fit woman's body should look like. And it might lead you to harshly judge yourself in the process.

Schedule a time in your calendar to spend 15 minutes this week curating your environment. (Do it now!) If you're feeling really inspired, you could even go through the steps as soon as you finish this worksheet.

Spend the first 10 minutes of your time *removing* things that don't help you live in alignment with your values and Menopause Vision Statement.

If you aren't sure where to start, here are some quick and easy ideas:

- Go into your inbox and unsubscribe from some of the newsletters you receive. (You know, the ones that you usually skim through because you don't have quite enough time to read them, but that still leave you feeling like you're doing something wrong with your body? Definitely unsubscribe from them.)
- Spend a few minutes scrolling through Instagram, and pay close attention to how you feel. Any time you come across a post that leaves you feeling less than, unfollow that account. (Yes, you absolutely are allowed to do it!) Do the same for your Facebook and Twitter feeds.



- Head to your watch history and to-be-watched list and consider the television shows there. Do they leave you feeling inspired and full of self-love? Do they make you feel defeated and ready to tear yourself down? Or, alternatively, do you choose shows that depict people who “have it worse than you do” in order to feel better about your own life? Even the latter can make you fall into the trap of comparing yourself to others, sometimes at the cost of your self-image or self-worth. If a show doesn’t help you live according to your Menopause Vision Statement, do away with it.

After 10 minutes of cleaning house, spend 5 minutes *adding* things that make you feel happy and empowered!

- Fill your working and living spaces with images that inspire you to love yourself, fuel your self-acceptance, and encourage you to live according to your Menopause Vision Statement.
- Follow social media accounts of women in your age bracket who are doing awesome things or sharing messages that make you feel uplifted.
- Download books, articles, talks, or documentaries by amazing people who leave you inspired, or creative, or active, or whatever other traits you want to foster in your own life.

While you can do a whole lot of curating in one go, remember that this is also a process. You can do the first round now and come back for the second round in a couple of weeks. (Consider booking time for this in two weeks.)

You may be surprised at how much more attuned you are to how your visual consumption makes you feel.

And with that, you’ve completed your Day 5 worksheet. Fantastic work!