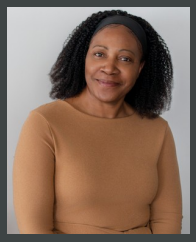
PERIMENOPAUSE · MENOPAUSE · POSTMENOPAUSE

What is saying yes costing you?

WHEN MENOPAUSE AND MIDLIFE CHANGE YOUR CAPACITY



You're still saying yes to the work, the family and the people you care about. But caring about something doesn't mean you have the capacity for it. Menopause is more than symptoms: it can change how much you can carry. Understanding what has changed is the first step.

WHERE IS YOUR CAPACITY RIGHT NOW?

Tap the line above a number on each line. To clear it, tap clear.

		1 2 3 4 5		
Time	*Spacious*		*Stretched*	clear
Energy	*Plenty to give*		*Running low*	clear
Emotional margin	*Steady*		*Thin*	clear
Capacity for others	*Available*		*Limited*	clear
Capacity for yourself	*Present*		*Absent*	clear

IN YOUR OWN WORDS

The area where my capacity feels most stretched right now is:

What saying yes has cost me this month is:

One boundary that would support my capacity this week is:

One small step I can take this week to honour that boundary is:

A noticing tool, not a scoring tool. The question isn't "How do I do more?" It's "What can I actually carry right now?"

Knowing your capacity is not a limitation. It is the beginning of working with yourself, rather than against yourself.

You are not the woman you were before menopause. You are becoming someone new, and what you can carry now is part of getting to know her.

What fits your own situation is easier to see with someone alongside you. A Clarity Session is one focused hour (£150), and everything we discuss stays confidential.

LET'S BEGIN

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