

Hey there, beautiful! 🌸 Before you dive in, a quick heads-up: this transcript is a super close-to-verbatim buddy from our podcast, but it's got its quirks! We didn't call the grammar cops on it, so you might bump into a typo or two. But hey, that just adds character, right? 😊 Embrace the wild side of language and enjoy the read! Happy exploring! ✨



## Reignite Passion: Midlife's Transformative Power

**Carmen Hecox:** Well, hello there and welcome to Create the Best Me, a sanctuary where we as women in midlife, embrace the journey of self-discovery and renewal. I am Carmen Hecox, your host and navigator in exploring the depths of life beyond the roles we've played.

Today's exploration delves into a profound and beautiful quest of finding life's deeper meaning as we transition through midlife. This journey is about uncovering the layers of our identity beyond being professionals, partners, or parents. It's about asking ourselves the fundamental question: Who am I at my core? What truly brings me joy and fulfillment? Let's embark this exploration together, uncovering the richness and the depth of our lives at this pivotal stage.

### Personal Story and Rediscovery

**Carmen Hecox:** I want to start by sharing a personal story, one that I believe many of you can relate. A few years back amidst the hustle of career success and the joys and challenges of being a mother, a wife, I found myself lying awake at night, plagued by the haunting question: Who am I beyond these roles? This led me on a journey of self-reflection, leading me back to a long forgotten passion of reading. Rediscovering this part of myself was like reuniting a long-lost friend. It wasn't just about picking up a book; it was about reconnecting with a part of my soul that I had neglected. This rediscovery brought an unparalleled sense of fulfillment and joy. It reminded me that there are facets of our identities waiting to be explored and embraced, especially in midlife.

# Societal Norms and Midlife Awakening

**Carmen Hecox:** But why do we find ourselves at this crossroad, particularly as women? For generations, societal norms have shaped and defined our roles, but often in fulfilling these roles, our personal identities take the back seat. In midlife, we find a unique opportunity - an opportunity to question, to rediscover, and to redefine. It's not just about external challenges, but internal awakening. Today, let's dive into this discussion. How can we rediscover ourselves beyond our traditional roles? How do we navigate the complexities and the emotions that come with this transition? This is a conversation about shedding old skin, about finding new meaning in our passion and about the courage to redefine our life's purpose.

## Interactive Reflection and Sharing

**Carmen Hecox:** Now, let's take a moment for an interactive reflection. I want you to think about an activity or a hobby or a passion that you once loved but haven't pursued it in years. Picture yourself re-engaging with this activity. How does it make you feel? Energized? Nostalgic? Hopeful? I encourage you to share these reflections in the comments or via email. Your journey of rediscovery might be the spark that inspires another listener or viewer in their path of rediscovery. Let's use this platform to share, to inspire, and to support each other on our collective journey of finding deeper meaning in our lives.

## Embracing Midlife as a New Beginning

**Carmen Hecox:** Let's dive into a perspective I hold dear, one that has been a guiding light in my own journey through midlife. I firmly believe that midlife is not a crisis, but it's an awakening to a new possibility, to a phase rich with potential for personal growth and discovery. It's a time when we can take a step back and reevaluate what truly matters to us. Think of it not as losing your past identity, but as gaining an opportunity to rediscover and reinvent yourself. This period is ripe for exploring passions we may have set aside and for embracing new experiences that resonate with our true selves.

As we navigate this transformative phase, I encourage you to embrace change with positivity and purpose. Consider this unique opportunity that midlife presents. Ask yourself, What dreams have I put on hold? What aspects of my life am I yet to

explore? This isn't just about picking up new hobbies or changing careers; it's about rekindling the inner spark that makes you uniquely you.

I encourage you to view midlife as a canvas, waiting for you to paint your masterpiece. It's a chance to write your next chapter, one that's driven by your deepest desires and passion. It's about finding joy in the journey of self-discovery and embracing every experience, whether it's a newfound hobby, a change in career, or simply a shift in how you view the world.

## Practical Exercise for Rediscovery

**Carmen Hecox:** Here's a practical exercise for this week: I want you to list three activities or passions you once loved, but set aside due to life's demands. Choose one and make a commitment to reintroduce it into your life, even in a small way. It could be as simple as reading a book on a subject you love, taking a short hike, or painting a small canvas. These seemingly small steps can ignite significant changes in how we perceive ourselves and find happiness. Sometimes, reconnecting with a past passion can be the key to unlocking aspects of our identity we've long overlooked. It's about giving yourself permission to explore, to be curious again.

## Conclusion and Final Thoughts

**Carmen Hecox:** As we wrap up today's episode, let's hold onto this thought: Our lives are more than the roles we played. They're rich tapestries woven with experiences, dreams, and untapped potential. It's in exploring these uncharted territories within ourselves that we often discover our truest passion and deepest joy. This week, take a step toward reconnecting with a part of yourself that has been waiting to be rediscovered. Embrace it, explore it and see where it leads you.

## Preview of Next Episode

**Carmen Hecox:** Next week, prepare for an episode that promises to be deeply moving and inspiring. We'll be joined by [Kathy Wisniewski](#), a certified health coach and host of [Tragically Beautiful Podcast](#). Kathy will share her personal journey of transformation and rediscovery after leaving an abusive marriage. Her story is not just about overcoming adversity, but about rediscovering her own identity, her strength and her beautiful life story. It's a tale of reclaiming self-worth and finding meaning in the midst of life's toughest challenges.

# Invitation to Join the Community

**Carmen Hecox:** Before we part ways, I want to extend an invitation to visit [createthebestme.com](https://createthebestme.com). Here, you'll find resources, episode transcripts, and a glimpse into our upcoming shows. Join our vibrant community to share your story, learn from others, and find support. Your stories, struggles, and victories make our community what it is - a source of strength and inspiration. Reach out, share, and let's grow together.

## Farewell and Encouragement

**Carmen Hecox:** Thank you for joining me on today's episode of Create the Best Me. Remember, each day is an opportunity to grow, learn, and rediscover part of yourself that you may have forgotten. This is your journey to shape, and I am here to support you every step of the way. Let's embrace this phase of life together, finding joy, meaning, and fulfillment in every new discovery.

Until then, keep dreaming big, take care of yourself, and remember you are beautiful, strong, and capable of creating the best version of yourself. Thank you for watching, catch you next week. Bye for now!