

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! 🚀



Midlife's Second Act: Finding Your True Purpose

Carmen Hecox: Well, hello there, and welcome to Create the Best Me. It's in our shared space that we embark on a journey of rediscovery and empowerment, uniquely tailored for us women in the midst of our lives. I'm Carmen Hecox, your guide and companion.

Embracing Midlife: A Journey of Transformation

Carmen Hecox: Today, our focus is on the subject that touches us deeply, finding and embracing our purpose. As we navigate the rich tapestries of midlife, this journey is about more than age; it's about a profound transformation of spirit and intent.

Midlife, a word that often conjures a mixture of emotions, yet holds a promise of renewal and growth. This period of our lives is not a pause, but a pivot. A pivot where our vast experiences, our roles as nurturers, professionals, and creatives converge with a newfound freedom. How do we shift our mindset from being defined by our external roles to exploring and fulfilling our innermost desires? How do we navigate the challenges and the opportunities this transition presents? It's a period for rediscovering passions, redefining goals, and embracing the wisdom we've gathered.

Let's explore together how we can harness this powerful stage for our personal growth and fulfillment.

Inspiring Stories: Redefining Midlife Narratives

Carmen Hecox: Today let's draw inspiration from the lives of remarkable women who have redefined their midlife narratives. Maya, a once high-flying executive, found her true calling in the world of art being her beauty and therapy to her community. Naomi turned a simple gardening hobby into a vital community initiative for sustainable living. Their journeys are not just about career shifts; they're about identities, courage, and embracing change. What can these stories teach us about resilience, reinvention, and the pursuit of passion? How did they navigate the fears and societal pressures to carve out their own paths? Let's dive into their stories in my episode, "[Midlife Life: Dark Night, A New Dawn Awaits](#)" and uncover the lessons they hold for us.

Vision Mapping: A Tool for Self-Expression and Goal Setting

Carmen Hecox: Now let's delve into Vision Mapping, a tool that transcends being a simple art project. It's a form of self-expression, goal setting, and the window into your soul. It involves selecting images, words, and symbols that resonate with your deepest aspirations and values. But it's more than just a visual exercise; it's about introspection. What do these symbols represent for you? How do they align with your long-term goals and dreams? As you create your vision map, think of it as a conversation with your inner self, revealing your true passion and the path you wish to take. Place it somewhere you'll see it every day as a constant reminder and a motivator of the journey you are on.

Community Spotlight: Sharing Your Midlife Rediscoveries

Carmen Hecox: This is where I turn the spotlight on you, our vibrant community. I invite you to share your midlife rediscoveries and transformation. What new paths are you exploring? Have you found unexpected joys or revisited old passions? Your stories are the heartbeat of our show. Share them with us in the comments, email us or DM me a voice message. Let's create a tapestry of experiences that inspire and guide each other.

Upcoming Episode: A Conversation with Cortney McDermott

Carmen Hecox: Looking forward to our next episode, we have a truly special guest, [Cortney McDermott](#). Cortney, a best-selling author, TEDx speaker, life coach, and mind and body expert with a Master of Science from the London School of Economics will share her expertise on living authentically in midlife.

We'll delve into her approach to self-acceptance, overcoming past regrets, and seizing the opportunities that midlife presents. Her insights drawn from her inspiring book, "[Give Yourself Permission](#)," are not only motivating, but offer practical strategies for embracing this transformative phase of life. Join us next week for a conversation filled with wisdom, actionable steps, and empowering messages.

Closing Remarks: Appreciating the Journey

Carmen Hecox: As we draw today's episode to a close, let's take a moment to appreciate the journey we're on. Midlife is not just a chronological stage; it's a chapter filled with potential growth and self-realization. Remember, you have the power to shape this chapter into your most vibrant and fulfilling yet.

For more insights and resources, please subscribe to our channel and visit createthebestme.com/ep041.

Let's continue to inspire and uplift each other on this journey.

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!