

# Recreate & Rise

Because the Next Chapter Belongs to you.



## Recreate & Rise Resource Library

### Document Title: Moving Forward When You Don't Know What's Next

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| About this resource | This checklist is designed for the in-between stage after gray divorce — the space where one chapter has ended and the next has not fully formed. It offers practical steps that create steadiness without forcing premature decisions. |
| Why it Matters      | When life changes suddenly in midlife, uncertainty can feel overwhelming. Forward motion does not come from dramatic reinvention — it comes from small, stabilising actions that rebuild confidence and restore momentum.               |
| How to Apply It     | <ul style="list-style-type: none"><li>• Move through the checklist slowly</li><li>• Focus on consistency over perfection</li><li>• Repeat steps when needed</li><li>• Treat this as guidance, not pressure</li></ul>                    |

#### Stabilise your footing

- Create one predictable daily routine
- Anchor your mornings with a grounding ritual
- Protect sleep and rest
- Reduce emotional overload where possible

#### Strengthen your support circle

- Identify safe people you can speak honestly with
- Accept help without apology
- Say yes to connection, even when tired
- Join a future-focused community

#### Reclaim your identity

- List who you were before the marriage
- Identify what still feels true about you
- Release roles that no longer fit
- Name one part of yourself you want to strengthen

### Reduce decision pressure

- Separate urgent decisions from emotional ones
- Focus only on the next 90 days
- Postpone non-essential big choices
- Allow clarity to arrive gradually

### Restore physical energy

- Move your body daily
- Eat regularly and hydrate
- Spend time outdoors
- Reduce habits that drain energy

### Create forward motion

- Choose one area to strengthen this month
- Schedule one purposeful action weekly
- Track small wins
- Celebrate consistency

### Define what “next” might feel like

- Write how you want life to feel
- Focus on emotion, not logistics
- Let the vision evolve
- Stay open to unexpected paths

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| Reflection      | Thinking on the experience, what: <ul style="list-style-type: none"> <li>● stood out most?</li> <li>● feels immediately actionable?</li> <li>● resistance appeared while reading?</li> <li>● is your next small step?</li> </ul> |
| Resources       | <ul style="list-style-type: none"> <li>● Recreate &amp; Rise IP</li> </ul>   |
| Version Control | Version 1.0 - Lisa Keevill   |