



# Menopause Mission Statement

## Defining Your Menopause Vision Statement

Take a moment and consider: When you think about what you want for your life now and going forward, what comes to mind? Do you want to have the energy to play with your kids or grandkids? To feel strong enough to keep doing all the activities you love? Or do you picture yourself traveling the world and enjoying different cuisines? Or volunteering your time to make the world a better place?

**It's exciting to think about, right?**

In this worksheet, you'll imagine and define exactly what you want for yourself and your life so you can develop your very own **Menopause Vision Statement**.

Creating a Menopause Vision Statement is a simple but powerful way to get really clear on what you want out of your menopause journey. Basically, it acts like your north star. As you work with your coach (or independently) on nutrition, exercise, lifestyle, and mindset, you can prioritize the strategies that align with this vision and cultivate a personalized roadmap for success.

We recommend giving yourself at least 10–15 minutes to work through this worksheet, though if you've never done a values exercise, you may want to allow yourself some extra time to really think through your answers — do what works for you.

**So without further ado, let's dive in!**

# Defining Your Menopause Vision Statement

## Step #1: Discover Your Values

Menopause is a great time to get introspective – to look inside and get clear on who you are, who you want to be, and what’s most important to you at this phase of your life.

A great way to do this is to answer this question: What are your core values when it comes to what you want for your life?

That’s not always an easy question to answer. Often, as the years go by, we forget to check in with ourselves. We get so focused on caring for other people or just keeping up with life that we don’t necessarily check in and think about what we really need and want.

Take a moment to think about the things you value most when it comes to your body, health, and fitness. What means the most to you? How do you want to show up in your life, regardless of the outcome?

If you need a little more guidance, consider the following prompts:

**When you think about your nutrition, which values do you most strongly identify with?**

For example, maybe you think of connection and culture because you love cooking foods that are connected with your heritage and using them to bring loved ones together. Or, maybe you think of ease because you spent countless hours cooking for and feeding your family, and now you want nutrition to be as easy as possible.

**When you think about exercise and moving your body, which values do you most strongly identify with?**

For example, maybe you value strength. If you took care of your mum as she got older and watched her slowly lose strength and independence, then maybe being strong and capable is most important to you. Or, maybe you value efficiency because you don’t love exercise, but you know it’s important so you want to figure out the minimum effective dose you need to stay healthy so you can fill your time with other things.

**When you think about your lifestyle, which values do you most strongly identify with?**

Maybe you value service. You need to get enough good sleep and fuel your body with healthful foods because you want to wake up each day with plenty of energy to spend in service to others. Or, maybe you love adventure. You want to make sure you can get outside, summit peaks, and chase your friends through the forest on your mountain bike. To go on huge adventures, you'll need consistent exercise and movement habits to keep you fit, and healthy nutrition to get the energy you need to perform and recover.

**When you think about your mindset, which values do you most strongly identify with?**

For example, maybe you think of peace and harmony because you know how unhappy the conflict in your previous marriage made you feel. You want to practice meditation and other mindset strategies to keep your soul feeling as centered as your body. Or, maybe you want to lean into kindness. You're a compassionate human, but maybe you've realised that even though you're kind to everyone else, you might need to practice being a little kinder to yourself.

**The point is to get you thinking: What resonates deeply with you, and how can you make decisions that align with these deepest beliefs?**

This is important because your nutrition, fitness, and lifestyle practices should add to your life in the moment. They shouldn't be something you white-knuckle your way through in the hopes of achieving a desired outcome. Deciding what practices to tackle by filtering them through your values will not only make your journey more enjoyable but also make these behaviors more sustainable over time.

With that in mind, **read this list of values and circle or highlight the 10 words that resonate with you the most.** (If you think of a word you don't see here, feel free to add it!)

# List of Values

Accomplishment	Ease	Happiness	Respect
Accountability	Efficiency	Independence	Security
Achievement	Empowerment	Initiative	Self-actualisation
Adventure	Endurance	Integrity	Self-reliance
Altruism	Enjoyment	Joy	Stability
Ambition	Enthusiasm	Knowledge	Strength
Authenticity	Equity	Leadership	Structure
Autonomy	Excellence	Mastery	Success
Balance	Experience	Motivation	Sustainability
Beauty	Faith	Openness	Teamwork
Commitment	Family	Optimism	Time
Community	Fearlessness	Order	Truth
Competence	Flexibility	Passion	Usefulness
Confidence	Freedom	Patience	Vitality
Connection	Friendship	Performance	.....
Consistency	Fun	Persistence	.....
Courage	Generosity	Playfulness	.....
Dedication	Gratitude	Power	.....
Determination	Greatness	Productivity	.....
Discipline	Grit	Purpose	.....
Diversity	Growth	Resilience	.....

Once you have your top 10 values, narrow that list down to your top 5. Then, narrow those 5 down to your top 3 (in order of importance).

### TOP 10

### TOP 5

### TOP 3

1 .....

1 .....

1 .....

2 .....

2 .....

2 .....

3 .....

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3 .....

4 .....

4 .....

5 .....

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6 .....

7 .....

8 .....

9 .....

10 .....

**Note:** When you narrow down the list to your top 3, you aren't getting rid of the other values that are important to you. Rather, you're getting super clear on what's at the top of the list. This way, if you need to make a decision that involves competing values, you'll know your priorities and can make your decision more easily.

**Great work!** You've just defined your top 3 health and fitness values. These will guide the rest of your work here.

## Step #2: Determine Your Big Rocks

**Now that you've nailed down your top values, let's identify the "big rocks" in your life.**

Let us explain. Imagine your time as a jar that you can fill with a finite amount of rocks, pebbles, and sand.

In life, the big rocks represent your top priorities, the things that make the biggest difference to help you feel most fulfilled. The pebbles are things you enjoy that bring satisfaction to you but aren't totally necessary for you to live a good life. And the sand simply represents bonus activities: Fun stuff that isn't essential to your fulfillment or survival.

As the analogy goes, if you fill up your jar with sand first, it will be impossible to get the pebbles or big rocks in the jar. So you want to make sure you're putting in your big rocks first.

Your big rocks might be related to family, friends, service, career, sleep, health, religion, or a whole bunch of other things. And once you know your big rocks in life, when combined with your values, they can help you craft your Menopause Vision Statement.

Spend a moment thinking about your life and the people, activities, characteristics, and things that you want to prioritize in your future. What makes the biggest positive difference in your life? What makes you feel fulfilled? What can't you imagine a life without?

Here are some additional prompts to get you thinking:

**What type of work or leisure activities (e.g., volunteering, playing music, painting, learning languages, traveling, being outdoors) get you most excited?**

**What do people count on you for (e.g., support, friendship, mentorship) that you enjoy providing?**

**What are the things you're most passionate about?**

**Who are the most important people in your life?**

**How do you want to spend your time?**

Some of these big rocks may be things you're already prioritising; some may be ones you want to turn your focus to in the future.

Similarly to how you discovered your values, start by listing your top 10 big rocks. Then, work on narrowing it down.

### TOP 10

1 .....

2 .....

3 .....

4 .....

5 .....

6 .....

7 .....

8 .....

9 .....

10 .....

### TOP 5

1 .....

2 .....

3 .....

4 .....

5 .....

### TOP 3

1 .....

2 .....

3 .....

**Remember:** When you narrow down the list to your top 3, you aren't getting rid of the others that are important to you. Rather, you're getting super clear on what's at the top of the list. This way, if you need to make a decision that involves competing "rocks", you'll know your priorities and can make your decision more easily.

**Great work!**

**You've just defined your top 3 big rocks.**

## Step #3: Write Your Menopause Vision Statement

You've officially defined your values and your big rocks so **now it's time to pull it all together and craft your Menopause Vision Statement** – a statement that defines what's most important to you in your life and highlights how you want to spend your time and energy.

While it will likely include things you want to specifically prioritise in your health and fitness (like climbing mountains or staying strong enough to pick up your grandkids), it might also include things that are a little vaguer but that still contribute to your overall well-being (like spending time outdoors or prioritising time with friends).

There are several ways you can write this statement, so we've provided a couple of sample formulas and examples to give you some ideas.

Feel free to use any of the formulas as written or start fresh – but we encourage you to keep iterating on your statement until it really feels like an accurate (and inspiring!) snapshot of what your life would look like if you were truly thriving. You can always adjust this statement as needed. But for now, it will provide a touchstone you can reference as you make progress on your health and fitness journey.

### MENOPAUSE VISION STATEMENT FORMULAS

Here are some formulas you can use if you need a little help crafting your Menopause Vision Statement. All you need to do is customise the pieces in brackets or fill in the blank lines.

Keep in mind: These are just to get you started! You may want to add more or change them up. The second and third examples demonstrate how you might vary a formula to suit your needs.



FORMULA	EXAMPLE
<p>1</p> <p>In my life, thriving during menopause means [surrounding myself with these people], [engaging in this activity on a regular basis], and [achieving this goal].</p>	<p>In my life, thriving during menopause means spending as much time as I can with my immediate family, tending to my beautiful garden, and being strong enough to do a push-up.</p>
<p>2</p> <p>During and after menopause, I want to prioritize [big rocks], spend my time doing [big rocks] with [people], and live according to my value of [value] by doing [this activity].</p>	<p>During and after menopause, I want to prioritize my family and friends, my health, and service to others. This will look like having my kids over for meals, helping care for my grandkids, and organizing charity walks with my friends. All of these activities help me live according to my values of purpose and connection.</p>
<p>3</p> <p>Thriving during menopause means I'm [doing this when it comes to nutrition, meals, and cooking], [doing this activity or sport to stay active and strong], [doing this to optimize my lifestyle], and [doing this to enhance my mindset and mental well-being].</p>	<p>Thriving during menopause means I'm experimenting with new meals in the kitchen (and enjoying the outcomes!), hiking up mountains and crushing heavy weights in the gym, practicing meditation on a daily basis for stress reduction, and continuing to see my therapist every other week – and most importantly, I'm not worrying about fitting into my skinny jeans because I'd rather put that mental and physical energy into living according to my value of strength.</p>
<p>4</p> <p>Because of my values of _____, _____, _____ and _____, thriving for me means spending this next phase of my life doing _____ and _____ with _____, and prioritizing _____.</p>	<p>Because of my values of adventure, independence, and joy, thriving for me means spending this next phase of my life traveling and exploring, both by myself and with people I love, and prioritizing rest when I can so I have the energy to do these activities.</p>
<p>5</p> <p>If I'm thriving during menopause, then I feel _____. I spend my time doing _____ with _____. I practice _____ to nourish my body and soul. And I make sure to prioritise _____ for my health and fitness.</p>	<p>If I'm thriving during menopause, then I feel alive and joyful. I spend my time playing pickleball, going kayaking, and spending time outdoors with friends who lift me up. I practice gratitude to nourish my body and soul. And I make sure to prioritize sleeping enough and eating enough protein for my health and fitness.</p> <p><b>WRITE YOUR MENOPAUSE VISION STATEMENT IN THE SPACE BELOW.</b></p> <p>Now, let's do a final check to confirm all the big stuff has made it in there.</p>

## WRITE YOUR MENOPAUSE VISION STATEMENT BELOW



Now, let's do a final check to confirm all the big stuff has made it in there.

**Ask yourself the following questions:**

- **Does this statement align with my top three values?**
- **Does this statement take my top three big rocks into consideration?**
- **Does this statement align with how I want to spend my time?**
- **When I close my eyes and envision living according to this statement, do I feel good? Do I feel joyful, expansive, light, excited, or inspired?**

If you can answer a confident “yes” to all of these questions, then fantastic job!

**You just crafted your Menopause Vision Statement.**

You can return to this worksheet again and again for inspiration and to use it as a touch-stone to determine what's truly important as you go through this next phase of your life.