

20 Ways to Trigger a Real Breakthrough

MIDLIFE EDITION



By Mindy Baer

FREE GUIDE



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1. Answer honestly when someone asks how you are. Not "fine." Not "busy." The real deal. Find your safe person, not Debbie Downer. Start telling the truth. Just once. Watch what happens.

2. Say no. TODAY. Not tomorrow. Today. Say no to that thing you always do even though you don't want to. Bringing the damn fruit salad? Say no. Hosting the game night? No. NO is a complete sentence. Practice it.

3. Leave the group chat that gives you middle school flashbacks. If every ding makes your stomach clench or your soul cringe...exit quietly. You're not required to participate in adult peer pressure.

4. Make a "HELL NO" list. Write it out. Everything you're done tolerating. Start small or go big. This is your permission slip to reclaim peace, power, and your damn time.

5. Be the guest for once. Don't cook. Don't coordinate. Don't clean the bathroom "just in case." Show up late. Bring wine. Leave early. Let someone else carry the mental load.

6. Pick a pile and destroy it. Physical clutter = emotional constipation. Choose a stack: papers, mail, unread books from 2002. Trash it. Burn it. Shred it. Move the energy.

7. Say something out loud you've only ever thought. Fear feeds on silence. Try: "I hate my life right now." Or "I miss sex." Or "I feel invisible." You don't have to fix it today—but get it out of your head.

8. Admit you want more. Out loud. Write it on the bathroom mirror if you have to. Wanting more doesn't make you ungrateful. It makes you alive.

9. Believe you can actually have more. This is the hard one. Say it anyway: "I can have a life that excites me." Again. Louder. Till you believe it. Even 10% is enough to start.

10. Name your biggest heartbreak—and what it taught you. We all have a "before and after" moment. What did yours rip open in you? What new part of you was born from it? This is where your power lives.



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11. Toss one thing today that makes you feel bad. That dress you're going to "fit into again"? That book you pretended to love? That expired face mask that smells like fruit? BYE.

12. Write down what you've survived. Then read it out loud. Girl, you are unkillable. Make a list. Don't hold back. Read it to yourself in the mirror like a TED Talk. This is your origin story.

13. Clean out the produce drawer. You're not failing at life because you didn't eat the Swiss chard. You're human. Clean it out. Forgive yourself. Start fresh.

14. Try doing nothing... on purpose. Not scrolling. Not folding towels while watching Netflix. Just... sit. Stare. Breathe. Think. Cry. It counts. This is recovery time.

15. Unfollow someone who makes you feel like crap. That influencer with the flawless face and "just woke up like this" vibe? Gone. Comparison is poison. Clear your feed, clear your head.

16. Say the scary "what if..." out loud. What if you actually left the job? Started the business? Got back on the dating app? What if the worst didn't happen? What if it was amazing?

17. Write a letter to yourself one year from now. Dated today, next year. Tell her what you want for her. Who she's with. What she's feeling. What she's wearing. Make it real.

18. Be weirdly specific about one desire. Not just "I want love." Say: "I want someone who kisses the back of my neck while I'm chopping garlic." Boom. Now we're getting somewhere.

19. Admit what feels like too much right now. Because pretending you've got it all together is exhausting. Say it: "I need help." Or "I'm overwhelmed." That's the first exhale.

20. Celebrate that you made it to this list. You didn't turn away. You didn't numb out. You showed up. You're doing the hard thing. THIS is the beginning of breakthrough. Proud of you. You brave, gorgeous badass.



What's next?

If you've ever thought, Wait—this is it? Really?

No no no no...this is where you BEGIN.

This is where life gets good.

You're in the right place. You're not too old. It's not too late. And you are definitely not too fat! Cut that out!!

You're not too anything to start again.

I'm Mindy Baer. Let's talk and start your Life Take Two.

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What's next?

Let's not stop! You are most definitely killing it right now.

So, what do you need?

You need the support you deserve. The kind that will build you up and make you feel better than you have in a long time.

You can have your own life take two!

Are you ready? Schedule a free discovery call at calendly.com/mindy-mindybaer/discovery.

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