

A FREE COMPANION GUIDE

5 Things Nobody Tells You About This Transition

*A short, honest companion to The Second Act — for the season
nobody quite prepared you for.*



Somewhere between the hot flashes and the last day at the office, nobody hands you a manual. So here it is — five honest things worth knowing before you're deep in the middle of it. No jargon, no toxic positivity. Just the truth, said plainly.



01

You're Allowed to Grieve and Celebrate at the Same Time

Nobody tells you that closing one chapter and opening another can happen in the same breath. You can miss your career and feel relieved it's over. You can mourn your old body and be curious about the new one. Both things are true at once — and that's not confusion. That's just what a real transition feels like.



02

Nobody Prepares You for the Identity Gap

For decades, "what do you do?" had an easy answer. Then one day, it doesn't. That gap — between who you were and who you're becoming — can feel like free-fall. It isn't a problem to solve quickly. It's space to actually ask who you are outside of the roles you've played.



03

Your Body Isn't Betraying You — It's Talking to You

A hot flash in the middle of a hard decision can feel like your body picking the worst possible moment. But it's not working against you. It's insisting, loudly, that you pay attention — to rest, to slow down, to listen to what you've been ignoring for years.



04

The Rushed Doctor Visit Isn't Your Fault

If you've ever left an appointment feeling unheard, you're far from alone — it's one of the most common frustrations women report during this season. Walking in with your top concerns written down, in order of priority, changes the conversation. Preparation isn't pushy. It's how you get actually heard.



05

There's No Timeline for "Figuring It Out"

There's no deadline for knowing what your next chapter looks like. Not six months. Not a year. Give yourself permission to set goals without rushing them, and to let this season take exactly as long as it needs to take.



If This Resonated...

The Second Act planner was built to hold all five of these truths — a weekly wellness tracker, a doctor-visit prep sheet, and reflection pages for exactly the identity questions this guide only had room to touch on. Your body and your becoming, held in one place.



THE PHOENIX
rising into who you're becoming