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She's Not Done Yet – Midlife Comeback Series Worksheet

Episode 2: Reclaiming Your Purpose

By Theresa Thomas

Introduction

Welcome to Part One of Episode 2 in the Midlife Comeback Series: '*Reclaiming Your Purpose*.' In this session, we're diving deep into rediscovering the calling and passion that may have been buried under life's responsibilities, setbacks, or detours. This worksheet will help you reflect on your journey, identify what truly matters now, and take intentional steps to walk boldly into your next chapter.

Faith Anchor

Jeremiah 29:11 – 'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'

Key Talking Points

- Recognizing when you've drifted from your purpose
- How to silence the noise and listen for God's direction
- Steps to re-align with your calling and passion

Reflection

Think about the dreams and passions you once had that were put on pause. What caused you to step away from them? How has God been nudging you to return?

Journal Jot

What is one God-given dream or purpose you feel called to reclaim in this season of life? What is the first small step you can take toward it this week?

Action Steps

1. Identify and write down your top three passions or callings.
2. Pray over each one and ask God for clarity and next steps.
3. Commit to one actionable move in the next seven days to reignite one of them.

Affirmations

1. I am walking boldly into the purpose God designed for me.
2. My age is not my limit; it is my advantage.
3. Everyday, I take steps toward my God-given dreams.



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Episode 3: Breaking The Lie Of Loneliness

By Theresa Thomas

Introduction

Welcome to Part Two - Episode 3 in the Midlife Comeback Series: '*Breaking The Lie Of Loneliness*.' This worksheet is designed to help you process and reflect on this Episode of The Midlife Comeback Series. In this episode, we confront the myth of loneliness and step into the truth that God places us in family, community, and purpose..

Faith Anchor

Hebrews 13:5 "I will never leave you nor forsake you."

Key Talking Points

- Recognizing loneliness can creep in quietly
- God's Word tells a different story - He did not create us to be alone
- Steps to re-align with your community and tribe

Reflection

How has a shift in life, change in community or new season impacted you, positively? Can you look back in retrospection and see how God was setting you apart?

Journal Jot

What lie about loneliness have I been believing? And what is God's truth about my life in this season?

Action Steps

1. Pray about who you should reconnect to, or meeting someone new.
2. Get connected to a community, or women's group. She's Not Done Yet is here.
3. Replace any negative thoughts about loneliness with God's Word.

Affirmations

1. I am never truly alone, God is always with me.
2. I am surrounded by love, favor, and divine connections.
3. My life is still unfolding and my best days are ahead.