

LOVE MIDDLE LIFE PRESENTS



The 7-Day Midlife Reset

A gentle but powerful week to get clear, get calm, and get honest
about what comes next.

Midlife didn't break you. It revealed you.

BY GINA FROMME

Love Middle Life | lovemiddlelife.com



WELCOME

I'm so glad you're here.

You didn't stumble onto this by accident. Something in you is ready, even if another part of you isn't sure what it's ready for.

This isn't a program. It's not a challenge. It's not something you can fail.

It's seven days of honest questions, one per day, designed to help you slow down long enough to hear yourself think. Some days will feel easy. Some will crack something open. Both of those are exactly right.

HOW IT WORKS

- ♥ Read the day's prompt in the morning
- ♥ Carry it with you through your day
- ♥ Write something, anything, before bed
- ♥ There are no wrong answers. Ever.

NEW: TAKE IT DEEPER WITH AI

Each day now includes an optional AI prompt. If you'd like a thoughtful conversation partner, copy it into ChatGPT or Claude and let it walk with you. Totally optional. Pen and paper works beautifully too.

You've been taking care of everyone else for a long time. This week is yours. Let's go.

xoxo, Gina



1 Where Are You, Really?

TODAY'S RESET PROMPT

Not 'how are you' in the way you answer it at work. Really. Where are you? If your life were a road trip right now, where would you be? Pulled over on the side of the road? Lost but moving? Somewhere beautiful you didn't expect? Stuck in traffic you didn't choose?

WRITE ABOUT THIS

Describe where you are in your life right now. Not where you're supposed to be, not where you thought you'd be. Just where you actually are. No editing. No explaining.

A GENTLE NUDGE

*You cannot get to where you're going until you're honest about where you're standing.
This is your starting point. Honor it.*

TAKE IT DEEPER WITH AI

Optional: copy this into ChatGPT or Claude for a deeper conversation.

I'm a woman in midlife doing a 7-day reset, and today's question is: where am I, really? Act as a warm, honest thinking partner. Ask me one gentle question at a time, about five total, to help me describe where I actually am in my life right now, without judgment. Then reflect back what you heard, kindly and honestly.



2 What Are You Carrying That Isn't Yours?

TODAY'S RESET PROMPT

Most of us are walking around carrying weight that was never ours to carry: other people's expectations, old stories we were handed, guilt about things we didn't choose.

WRITE ABOUT THIS

What are you still carrying that you never consciously agreed to pick up? Whose voice is in your head telling you you're not enough, too much, too late, too far gone? What would feel lighter if you just set it down?

A GENTLE NUDGE

You are allowed to put things down. Even things you've been holding for decades.

TAKE IT DEEPER WITH AI

Optional: copy this into ChatGPT or Claude for a deeper conversation.

Today I'm exploring what I'm carrying that was never mine: other people's expectations, old stories, guilt I didn't choose. Ask me one question at a time to help me uncover what I've been holding. When we're done, help me name one thing I'm ready to set down this week.



3 What Do You Miss About Yourself?

TODAY'S RESET PROMPT

Somewhere between being responsible and being needed, most of us quietly lost parts of ourselves we loved. Not dramatically. Just slowly, one small compromise at a time.

WRITE ABOUT THIS

What version of you do you miss? What did you used to love doing, being, feeling? What lit you up before life got loud? You don't have to know how to get back to it. Just name it.

A GENTLE NUDGE

Missing something about yourself is not weakness. It's your soul keeping inventory.

TAKE IT DEEPER WITH AI

Optional: copy this into ChatGPT or Claude for a deeper conversation.

Help me remember the version of myself I miss. Interview me, one question at a time, about what I loved doing, being, and feeling before life got loud. Then suggest one small, realistic way I could reconnect with her in the next seven days.



4 What Are You Most Afraid Of?

TODAY'S RESET PROMPT

Not spiders. Not turbulence. The real stuff. The fear that lives under the surface of your everyday life and quietly runs things.

WRITE ABOUT THIS

What is your actual fear right now? That it's too late? That you'll never feel okay again? That you'll make the wrong choice? That you'll make the right choice and still be unhappy? Name it plainly. Fear loses power when it's written down.

A GENTLE NUDGE

Courage isn't the absence of fear. It's being afraid and doing the thing anyway, starting with being honest about what scares you.

TAKE IT DEEPER WITH AI

Optional: copy this into ChatGPT or Claude for a deeper conversation.

I want to name the fear that's been quietly running my decisions. Ask me gentle but direct questions, one at a time, to help me get underneath the surface. Once I name it, help me look at how true it really is, and what I might do if it weren't in charge.



5 What Does "Enough" Look Like for You?

TODAY'S RESET PROMPT

We live in a world that tells us we always need more: more achievement, more optimization, more growth. But what if enough is actually a destination worth aiming for?

WRITE ABOUT THIS

What would your life look like if it were genuinely enough? Not perfect. Not Instagram-worthy. Just enough: peaceful, meaningful, yours. Describe it in detail. Where are you? Who is there? What does a Tuesday feel like?

A GENTLE NUDGE

Knowing what 'enough' looks like is the first step to building it.

TAKE IT DEEPER WITH AI

Optional: copy this into ChatGPT or Claude for a deeper conversation.

Help me describe what 'enough' looks like for my life. Not perfect, just peaceful, meaningful, and mine.

Interview me about an ordinary Tuesday in that life: where I am, who's there, how it feels. Then write it back to me in present tense, as if it's already real.



6 What Do You Need to Forgive?

TODAY'S RESET PROMPT

This one is tender. Forgiveness isn't about saying something was okay. It's about deciding you're no longer willing to carry the weight of it.

WRITE ABOUT THIS

What, or who, are you still holding a grudge against? Including yourself. Especially yourself. What would it feel like to lay that down? Not for them. For you.

A GENTLE NUDGE

Forgiveness is not a gift to the person who hurt you. It is freedom for yourself.

TAKE IT DEEPER WITH AI

Optional: copy this into ChatGPT or Claude for a deeper conversation.

I'm working on forgiveness today. Not excusing what happened, just deciding to stop carrying the weight of it. Go slowly with me, one question at a time, as I explore who or what I'm still holding onto, including myself. Please don't rush me or push me to forgive before I'm ready.



7 What Do You Want Your Next Chapter to Feel Like?

TODAY'S RESET PROMPT

Not look like. Feel like. Most of us have spent our whole lives building toward things that looked right. This time, let's start with how you want to feel.

WRITE ABOUT THIS

Imagine it's three years from now and you are genuinely, quietly happy. Describe your life. What does it feel like to wake up? What matters? What doesn't anymore? What did you have the courage to change?

A GENTLE NUDGE

You are not too old. You are not too far gone. You are not too broken. The next chapter hasn't been written yet, and that is a gift, not a threat.

TAKE IT DEEPER WITH AI

Optional: copy this into ChatGPT or Claude for a deeper conversation.

Imagine it's three years from now and I'm quietly, genuinely happy. Interview me about that life: how mornings feel, what matters now, what I stopped carrying, what I found the courage to change. Then write me a short, loving letter from my future self.





YOU DID IT.

Seven days. Seven honest conversations with yourself.

That matters more than you know.

Every week on my Substack, I write honestly about what it really means to rebuild a life after everything changes: grief, reinvention, money, identity, and the quiet knowing that there is more life waiting for you.

Join me on Substack

lovemiddlelife.substack.com

Hit reply on any of my emails. I read every single one.

From the messy middle,

xoxo, Gina

