

### **Introduction:**

As every woman knows, half the battle of planning any journey is gathering the right wardrobe. For runners, having good shoes and running gear made from quality technical fabric are crucial. The best fabric for the journey into midlife is a *stance* you can embrace to help you get ready for catching your second wind. I've identified five characteristics that are crucial to successfully navigating the midlife journey. These need to be nurtured and developed if you are striving to re-define yourself, re-vision your life, or re-kindle the energy you need to move forward during transition.

Without ***audacity, authenticity, intentionality, resilience and accountability***, you can try to make changes in your life, but they will only be what psychologists call "first order changes," or changes that are easily reversible. In other words, they will not be foundational, sustainable changes--only surface alterations.

In this four week group course, we will focus on the 5 Second Wind Traits listed above. Our goal: To get participants ready for catching and sustaining a second wind through the midlife years! Each week will feature a brief talk from Cami focused on the traits, what they are, why they are so critically important, how they function, and how to develop and practice them in your life. Then there will be an open discussion with participants on the call and an exercise given for homework during the following week.

**Week 1:** An overview of the traits. We'll answer the questions: Why are these 5 traits so life-changing and crucial for happiness in midlife? Why not focus on other important character qualities such as kindness, wisdom, and practicality?

### **Homework/Exercise**

**Week 2:** Our first two traits: *Audacity* and *Authenticity*!

*Audacity* is more than risk-taking; it's strength, tenacity, and guts all rolled into one. Throw in just a touch of determination, just a smidgen of "Sure I can ride that angry bull!" and you've got audacity. *Authenticity* means not lying--about who you are, what you like, what you want, and what you'll accept in this life. Knowing your truth and telling it to others is harder than one would expect, but if you're ready to do this, you're ready to catch your second wind.

### **Homework/Exercise**

**Week 3:** Our next two traits: *Intentionality* and *Resilience*!

*Intentionality* shouts, No more "come what may!" When we are younger, before we know much about the world or ourselves, we women are often inclined to take what is offered us and do the best we can with it. From now on, we will craft our lives with the utmost consideration. Intentionality is not paralyzing caution or life-numbing carefulness. Rather, it is consciousness, eyes-wide-open, choicefulness. *Resilience* means recovering quickly from life's blows. It means crying our tears, but never believing that sadness is all that life offers. Resilience is bouncing back up when we've been knocked down. Life is not always kind, and those without resilience hold their hands over their heads waiting for the next tragedy. To live a "second wind" life, we have to brush ourselves off and start again... and again... and again.

### **Homework/Exercise**

**Week 4:** Our last and most challenging trait: *Accountability*!

*Accountability* is required to live a life full of vibrant passion and commitment to our values. If we lack accountability in our community, we must develop it and nurture it so that it serves as our encouragement and our witness as we reach for our goals.

### **Closure exercise**