



YOUR MIDLIFE STARTING POINT

*A gentle ten-minute check-in for women who are
ready to rebuild — not overhaul*

MOVE · UNDERSTAND · GLOW · REAL TALK

W E L C O M E

START WHERE YOU ARE.

If you've picked this up, something's shifted. Maybe the things that always worked have quietly stopped. Maybe you don't feel like yourself and can't quite say why. Maybe you're just tired of being told to try harder.

I want to offer you something different. Not a plan, not a programme, not one more thing to fail at. Just ten honest minutes to notice where you actually are — because you can't rebuild from a place you haven't looked at clearly.

This isn't a test. There's no score, nothing to pass, no wrong answers. It's a snapshot, taken gently, on an ordinary day in a busy life.

By the end, you'll know one thing: where the most relief is available to you — and one small step you can take toward it.

That's enough. That's how a rebuild begins.

WITH YOU,
ANNETTE

HOW TO USE THIS

TEN MINUTES, HONESTLY.

It takes about ten minutes. You don't need to do it all at once, but it's easier in one sitting with a cup of something.

Answer for right now — not how you wish things were, and not how they used to be. Honest beats aspirational every time.

There's nothing to add up. You won't be scoring yourself or landing in a category. You're simply noticing patterns.

Nothing here is a diagnosis. This is a gentle check-in, not a medical assessment. It won't tell you what's wrong — it'll show you where to begin.

You'll move through my four pillars, with five short statements each. Read each one and mark how true it feels today:

Rarely · Sometimes · Often · Almost always

PILLAR ONE MOVE

How your body carries you through the day.

1 I move my body in some way most days, even briefly.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

2 I feel reasonably strong for the things daily life asks of me.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

3 My joints and body feel mobile rather than stiff when I get going.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

4 I notice my posture and can reset it when I've been sitting a while.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

5 Movement feels like something I do *for* my body, not *against* it.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

PILLAR TWO

UNDERSTAND

How informed and in control you feel.

1 I understand what's changing in my body at this stage of life.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

2 When a new symptom shows up, I have a sense of why it might be happening.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

3 I feel informed enough to ask good questions about my own health.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

4 I can tell the difference between trustworthy information and noise.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

5 I feel more in control of what's happening than at the mercy of it.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

PILLAR THREE GLOW

How you care for yourself, inside and out.

1 I have small self-care rituals that help me feel settled.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

2 I look after my skin in a way that feels caring rather than corrective.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

3 I make a little time for myself without feeling guilty about it.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

4 I have simple ways to calm myself when things feel like too much.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

5 I treat looking after myself as a genuine need, not a luxury.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

PILLAR FOUR

REAL TALK

How you're really doing, underneath it all.

1 I feel like myself lately.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

2 My energy is enough to get through the day without running on empty.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

3 My mood feels reasonably steady from one day to the next.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

4 I can be honest with someone in my life about how I'm actually doing.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

5 I feel hopeful about this next stretch of life, not just braced for it.

RARELY

SOMETIMES

OFTEN

ALMOST ALWAYS

MAKING SENSE OF YOUR ANSWERS

THERE'S NO SCORE. JUST A SNAPSHOT.

First — well done. Taking ten honest minutes for yourself is the whole thing in miniature. There's nothing to pass or fail here. This is just a picture of where you are today.

Now look back over your four pillars. Notice which one has the most marks on the left-hand side — the *Rarely* and *Sometimes* answers.

That pillar isn't your weakness. It's simply where the most relief is available to you right now — the place where a small change will be felt the most. So if you're not sure where to begin, **begin there.**

But you know yourself better than any assessment does. If a different pillar is quietly calling you — the one you *want* to give attention to — start there instead. The best starting point is the one you'll actually return to.

One pillar. One small step. That's how a rebuild begins.

YOUR SIGNPOSTS

A SMALL STEP, AND WHERE TO GO DEEPER.

MOVE — START WITH YOUR POSTURE

Next time you're waiting for the kettle, roll your shoulders back and lengthen up through the top of your head. Ten seconds. That's a movement practice.

Go deeper: the Move section on the Fortia Women Resources page.

UNDERSTAND — START WITH ONE HONEST FACT

Your changing body isn't a discipline failure — it's physiology in transition. Read that again.

Go deeper: the Understand pillar and the researchers I trust, on the Resources page.

GLOW — START WITH THIRTY SECONDS OF CARE

Tonight, do one small thing for your skin slowly and with attention — not as a chore, but as a moment that's yours.

Go deeper: the Glow section on the Resources page.

REAL TALK — START BY TELLING THE TRUTH TO YOURSELF

Finish this sentence, honestly: "*Lately, I've been feeling...*" No editing. Just name it.

Go deeper: the Real Talk pillar and the reflections in this guide.

If the Real Talk pillar is where you felt the most on the left-hand side, you're not alone — for so many women, "I don't feel like myself" is the quietest and heaviest part of all this. That's exactly why I made the next piece. My self-embodiment booklet takes that one honest sentence — "Lately, I've been feeling..." — and gently helps you come back home to yourself, at your own

pace. When you're ready, it's waiting for you.

WHAT HAPPENS NEXT

YOU DON'T HAVE TO REBUILD EVERYTHING.

You just have to begin — one pillar, one small step, and
then the next.

That's what the Fortia Women weekly email is for: one honest,
evidence-based email a week to keep you going, gently. No noise,
no overwhelm - just what helps.

JOIN FORTIA WOMEN

YOU'RE NOT FAILING AT MIDLIFE. YOU'RE
REBUILDING IT. AND YOU'VE ALREADY STARTED.

With you,

Annette



*Fortia Women is an educational resource. Everything shared here is general lifestyle
and wellness information — not individual medical advice. For concerns specific to
your health, please consult your own registered healthcare practitioner.*