

Rediscover love and life after 40 today

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Love and Life After Forty Rediscovered



Join a journey of love,
confidence, and motherhood
empowered.

7 Days to Reclaim You A Reset for Women Dating While Raising Everything Else

I'm going to say something that might feel uncomfortable at first—you didn't stop being a woman when you became a mother. You just got busy surviving.

This guide isn't about adding more to your plate. It's about helping you take something back—your time, your voice, your identity, and your standards.

For the next seven days, we're not chasing perfection. **We're reclaiming you.**



Day 1: Remember Who You Are

You've spent so much time being everything for everyone else, you may have forgotten what it feels like to just be you.

Today, ask yourself: **Who was I before life got this heavy? What did I enjoy without guilt?**

This isn't about going backwards. It's about reconnecting with the parts of you that never left.

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Day 2: Take Back Your Time

Your time is not flexible—

it's valuable.

Today's Practice

Block out just **30 minutes for yourself**. No multitasking. No guilt.

- ☐ When you protect your time, you're teaching the world how to treat you.

Day 3: Understand Loneliness

There's a difference between being alone and being lonely.

Being Alone

Being alone can be peaceful.

Being With the Wrong Person

Being with the wrong person can feel isolating.

Today, sit in your own space and ask: **Do I actually feel lonely—or just unused to being still?**

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Day 4: Set a Boundary

Boundaries are not walls. They are standards.

Today's Action

Say **no** to one thing that drains you.

You don't need permission to protect your peace.

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Remember

Every "no" to what drains you is a "yes" to what restores you.



Day 5: Raise Your Standards

What you tolerate becomes your reality.

Today, write down **three things you will no longer accept**—in dating or in life.

1

In How You're Spoken To

Your voice deserves to be heard and respected.

2

In How Your Time Is Valued

Your schedule is not an afterthought.

3

In What You Settle For

Not because you're difficult. Because you're clear.

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Day 6: Date Differently

Old Mindset

Dating to fill space.

New Mindset

Dating to **add value** to a life you already respect.

Today, shift your mindset: **You are not being chosen—you are choosing.**

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Day 7: Step Forward Intentionally

This isn't about becoming someone new. It's about showing up as who you really are—**with clarity, boundaries, and self-respect.**

→ **You don't need to chase love.**

Move forward knowing this truth.

→ **You need to align with it.**

Step forward intentionally, as your whole self.

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Step Forward Intentionally

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Final Thought

The noise will always be there.

The dishes will wait. The noise will always be there.

But your life? Your identity? Your joy?

That deserves your attention now.

Your identity? Your joy? That deserves your attention now.

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