

Stephanie Colson Coaching

Reclaim Your Fire: A 7-Day Reset & Revival for Midlife Empty Nest Women



Welcome to The Rekindle Week

First of all...

Take a breath.

You did it.

You raised the kids.
You built a wonderful life.
You showed up for everyone.

And now?

The house is quieter.
The calendar looks different.
And you're standing in the middle of a question you didn't expect:

"What's next for me?"

Let me tell you something exciting...

This is not the slow fade.

This is the spark.

This week is not about “fixing” you.

You are not broken.

You are becoming.

For the next 7 days, we are turning the focus back where it belongs — on YOU.

Not the carpool.

Not the college group chat.

Not the endless to-do list.

You.

What This Week Is About

This is your reset.

You're rekindling.

Your reminder that midlife is not the beginning of the end — it's the beginning of your most intentional chapter yet.

Over the next seven days, you will:

- ✦✦ Reconnect with the woman underneath the roles
- ✦✦ Reignite energy in your marriage
- ✦✦ Rediscover what lights you up
- ✦✦ Reset your vitality and confidence
- ✦✦ Create a vision that actually excites you

And we're doing it without overwhelm, guilt, or pressure to reinvent yourself overnight.

Small shifts.

Big awakenings.

A Few Ground Rules

1. This week is about honesty — not perfection.
2. You are allowed to want more.
3. You are not selfish for desiring joy.
4. You are just getting started.

Say that again:

I am just getting started.

Your Only Job This Week

Show up.

Not as the mom.

Not as the wife.

Not as the responsible one.

Show up as the woman who is ready to feel alive again.

Because here's the truth:

The fire didn't go out.

It's been waiting.

And this week?

We strike the match. 🔥

Goal: Reconnect with self → reignite marriage → reawaken joy → reset health → create forward momentum.

Each day builds on the last.

Day 1: The Identity Reset – “Who Am I Now?”

Focus: Reconnecting with self beyond motherhood.

Teaching Theme:

You are more than the roles you’ve played.

Exercises:

- Life Timeline: Who were you before kids? During? Now?
- Values rediscovery worksheet
- “If no one needed me tomorrow, what would I choose?” journaling

Action Step:

Do one small thing this week that is only for you.

Notes:

Day 2: Emotional Clearing – Letting Go of the Quiet Grief

Focus: Acknowledge the transition.

An empty nest can hold grief, relief, pride, and confusion all at once.

Exercises:

- Write a letter to the chapter that ended
- Release ritual (symbolic — tear, burn safely, or store letter)
- Identify 3 emotions you've been avoiding

Action Step:

Have one honest conversation with someone about how this transition really feels.

Notes:

Day 3: Marriage Reignite – From Roommates to Partners

Focus: Shifting relationship dynamics.

Parenting often becomes the glue. Now what?

Teaching Theme:

Intimacy is built intentionally.

Exercises:

- “Before kids, we used to...” reflection
- Love language rediscovery
- 10-question reconnect conversation guide

Action Step:

Plan one intentional micro-date this week (at home counts).

Notes:

Day 4: Desire & Passion Discovery

Focus: What lights you up now?

Many women don't know what they enjoy anymore.

Exercises:

- Curiosity list (25 things you'd try if no one judged you)
- Hobby exploration brainstorm
- Energy audit: What drains vs fuels you?

Action Step:

Sign up for or schedule ONE new activity.

Notes:

Day 5: Body & Vitality Reset

Focus: Health without punishment.

Midlife health is about longevity and energy, not shrinking.

Teaching Theme:

Vitality equals freedom.

Exercises:

- Energy inventory
- Sleep + movement + nourishment audit
- Create a “Minimum Viable Health Plan” (realistic habits)

Action Step:

Start one daily vitality habit (walk, protein goal, hydration, strength training, etc.)

Notes:

Day 6: Adventure & Expansion

Focus: Travel, novelty, and growth.

We shrink when we stop expanding.

Exercises:

- Dream destinations list
- "Next 12 Months Adventure Map"
- Identify one experience to book within 90 days

Action Step:

Research + put a date on one adventure. Something local works, too.

Notes:

Day 7: Vision & Reclamation Ceremony

Focus: Integration and future identity.

Exercises:

- Write your “Next Chapter Woman” description
- 6-month vision board (digital or physical)
- Choose 3 non-negotiables for your next season

Closing Ritual:

Declare who you are becoming.

Notes:

Next Steps:

Download:

Rekindle Resource Suite:

"Marriage Reignite Conversation Guide"

"The Midlife Vitality Checklist: Simple Shifts for Energy, Strength & Confidence"

"Adventure Planning Template"

Click [HERE](#) to download