Let’s Coach - 40 Things to Release After 40

1. Pressure to prove yourself
2. Seeking external validation
3. Old dreams that no longer fit
4. Comparing yourself to younger versions of you
5. Comparing yourself to others
6. People Pleasing
7. Overcommitting
8. Apologizing for taking up space
9. Fearing change
10. Fearing aging
11. Perfectionism
12. Harsh self talk
13. Shrinking your voice
14. Guilt for prioritizing yourself
15. Expectations of who you 'should' be
16. Chasing busyness
17. Trying to fix everything for everyone
18. Believing you’re running out of worth
19. Needing permission
20. Carrying others’ emotional loads
21. Old identity labels
22. Staying where you’ve outgrown
23. Believing ambition has an age limit
24. Hiding your wisdom
25. Relationships that drain you
26. Clinging to control
27. Fear of starting again
28. Outdated definition of success
29. Self Neglect
30. Society’s timeline
31. Worrying what others think
32. Carrying regrets
33. Fear of resting
34. Negative body narratives
35. Unrealistic beauty standards
36. Minimizing your needs
37. Rushing life
38. Suppressing desire

39. Fear of taking up new space
40. Doubting your future