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The Midlife Manifesto

Your Guide to a Healthy, Wealthy, Purpose-Led Life (Without Apologising for Wanting More)

Dale Darley

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"God it. I want more.

And I will not apologise for wanting it."

Welcome

If you've found your way here, something inside you is stirring. Maybe it's a whisper. Maybe it's a roar. Either way—it's saying: There has to be more to life than this.

I see you.

You've lived, loved, worked, created, cared, achieved, endured. You've done all the things you were supposed to do—and now, something deeper is calling.

This is your invitation to answer that call.

The Midlife Manifesto isn't about fixing yourself. It's about reclaiming yourself. It's about honouring your desires, your energy, your body, your voice, and your vision for what comes next. And it's about doing it without guilt, without apology, and without playing small.

Inside this guide, you'll find:

- The 7 essentials of a truly thriving life
- Journal prompts to help you tune into your own truth
- A soul declaration to align with your unapologetic, authentic self
- And a gentle nudge (or a wild shove!) to say yes to more

Because you deserve more than just getting by.

You deserve to be lit up, turned on, and fully alive.

So take a deep breath.

Turn the page.

And say it with me...

Sod it. I want more.

And I'm ready to claim it.

With love and wild belief in you,

Retirement Reimagined: The Return to Self

Beyond the Word "Retirement"

The word "retirement" no longer serves us. It never really did.

Retire: to withdraw, to retreat, to recede from view.

Is that truly what this next magnificent chapter is about? Becoming smaller, less visible, less vital?

I think not.

For too long, we've been fed a narrative that reaching our 60s means stepping back, winding down, and preparing for a quiet fade. But this story was never written for us or by us—it was crafted in boardrooms by those who benefit from our belief that our most productive, creative, and meaningful years are behind us.

What if we discarded this limiting language entirely?

What if, instead of "retiring," we are finally **returning**—to ourselves, to our deepest truths, to the dreams we set aside while building careers, raising families, and meeting others' expectations?

The Homecoming

This isn't retirement as you know it. It's not about slowing down, fading out, or settling. It's about rising up, tuning in, and turning on—on your terms.

Midlife isn't the end of the story. It's the sacred threshold where the truth of who you are begins to speak louder than the noise of who you were taught to be.

And the truth is:

- You were never meant to disappear.
- You were meant to reappear—as more of yourself.

This phase of life isn't about retreating—it's about **reclaiming**. Reclaiming your time, your energy, your sovereignty, and your right to define success on your own terms.

It's a homecoming to the self you've always been beneath the roles and responsibilities. The self that perhaps got muffled by societal expectations, career demands, or family needs.

The Great Remembering

When we frame this time as "retirement," we focus on what we're leaving behind. But what about all that we're moving toward?

This is not an ending but a magnificent beginning—a renaissance of spirit, purpose, and possibility.

In indigenous cultures, elders aren't retired—they're revered. They're the wisdom-keepers, the storytellers, the ones who have earned the right to speak their truth without apology. They hold essential roles in their communities not despite their age but because of it.

What might happen if we approached this phase with the same reverence? If we saw it not as stepping

away from relevance but stepping into our fullest power?

You've done the roles, worn the masks, ticked the boxes. Now, it's time to ask:

- What do I want?
- What lights me up?
- What am I here to experience, create, and express?

These questions aren't self-indulgent—they're revolutionary. Because a world full of awakened, purposeful, unapologetic women in their 50s, 60s, 70s and beyond is precisely what our planet needs right now.

The Revolution of Return

This revolution isn't about fighting against something. It's about standing firmly for something—for yourself, for your joy, for a life that reflects your truest values.

It's about:

- **Redefining productivity** beyond paychecks and promotions
- **Reclaiming creativity** as your birthright, not a luxury
- **Remembering wisdom** that lives in your bones, not just your brain
- **Reimagining community** beyond workplace connections
- **Releasing outdated identities** that no longer contain your vastness

This is your Revolution. A full-body YES to vitality, freedom, meaning, and income that feels good.

No hustle. No burnout. No compromising your soul. Just you—bold, beautiful, and on fire with purpose.

From Retirement to Renaissance

What if we replaced "retirement planning" with "renaissance planning"?

Renaissance: rebirth, revival, renewal.

Isn't that more aligned with the truth of this journey? A magnificent rebirth into the next evolution of who you are meant to become?

This renaissance isn't about leisure alone, though pleasure and rest are sacred parts of it. It's about contribution, creation, and connection—on your terms, in your time, in ways that honour your energy and essence.

It might include:

- Starting that business, you've always dreamed of
- Writing the book that's been whispering to you
- Teaching what you've learned to those who need your wisdom
- Creating art that expresses your unique perspective
- Building a community around shared values and visions
- Advocating for causes that matter deeply to your heart
- Exploring the world with fresh eyes and an open heart
- Deepening your spiritual practice and inner knowing

None of these are about "retiring." They're about expanding, evolving, and emerging as more of who you truly are.

The Invitation

So, let's retire the word "retirement." Let's create a new language that honours this sacred passage for what it truly is—not an end, but a magnificent beginning.

A homecoming. A remembering. A renaissance. A revolution.

Welcome to the Midlife Manifesto. This isn't about retiring from life—it's about returning to yourself, reclaiming your power, and revolutionising what this phase of life can mean.

Not just for you, but for all of us.

Because when you stand in the fullness of who you are, without apology or shrinking, you give permission for others to do the same.

And that, is the most revolutionary act of all.

The 7 Essentials of a Healthy, Wealthy, Purpose-Led Life

You don't need another to-do list. You need a truth list—a soul map for the kind of life that feels real and right for you. These seven essentials are not rules. They're invitations. Anchors. Possibilities. Start with one. Let it ripple.

1. Health as Your Foundation

Your energy is everything. Without it, you're running on fumes. This isn't about perfection—it's about partnership with your body.

- What if you treated your body like your wisest ally?
- What if you slowed down enough to listen?

You don't need a guru—you need gentleness, nourishment, and trust. This is your time to feel good in your skin and at home in yourself.

Ask yourself:

- What does my body need from me today?

2. Wealth on Your Terms

Wealth isn't just money—it's freedom, time, peace of mind. But yes, money matters, too. Especially money that feels clean, empowering, and aligned.

- Maybe you want extra income.
- Maybe you want a financial buffer.
- Maybe you just want options.

You're allowed to want all of that.

Residual income. Community-led business. Something that lets you thrive without hustle.

That's why I share opportunities that offer—no pressure, just possibility.

Ask yourself:

- What would it feel like to create wealth with joy and ease?

3. Purpose with Soul

Purpose doesn't always shout. Sometimes it's a whisper: "This matters." "This feels good." "This is what I'm here for." You don't need to know it all. Just follow the thread of what feels alive, loving, and true. You are not here to grind—you're here to glow and grow.

Ask yourself:

- What brings me joy—even when no one's watching?

4. Creative Self-Expression

You are a creator—whether you write, garden, paint, speak, dance, dream, or hold space. Expression is how your soul breathes. There is no "right way" to be creative. There is only your way. And when you express yourself without apology? That's freedom.

Ask yourself:

- Where am I silencing myself—and what do I long to say?

5. Connection And Community

You're not meant to do this alone. Not now. Not ever. We thrive when we feel seen, heard, and held. When we gather with others, who remind us who we are.

Find your people. Nurture your circle. Or better yet—be the one who creates it.

Ask yourself:

- Who lifts me up? Who do I feel safe being real with?

6. Freedom And Flexibility

Rigid schedules. Outdated beliefs. People-pleasing. They've had their turn. Now, it's time to honour your rhythm. Time to create a life you don't need to escape from.

- Wake when your body wants to.
- Work on things that inspire you.
- Make space for rest, creativity, movement, and magic.

Ask yourself:

- What would freedom look like for me today?

7. Self-Led Legacy

Legacy isn't just about what you leave behind. It's about how you live now. You are the author of this chapter. Not your age, your past, or anyone else's opinion.

- Your legacy is every truth you speak.
- Every dream you honour.
- Every time you say, "This is who I really am."

Ask yourself:

- What kind of legacy do I want to embody—starting today?

Write Your Midlife Manifesto

A guided journey to write the statement your soul is ready to make

So far, we've explored the 7 essentials for a life led by purpose, health, and unapologetic truth. Now it's time to own it—to put pen to paper and make a sacred, soul-fired declaration of who you are, what you stand for, and what you're calling in next.

This is your moment to write your own Midlife Manifesto. This isn't about being clever or polished—it's about being real. Let your truth pour out without judgment.

What Is a Manifesto?

A manifesto is a written statement of your intentions, beliefs, and vision. It's your way of saying to the Universe (and yourself): This is who I am. This is what matters. And this is how I'm going to live. It becomes the anchor you return to, the lighthouse in the fog, the core of everything you create or offer.

How to Write Your Midlife Manifesto

Step 1: Set the Space

Create a ritual. Run a bath. Light a candle. Walk in nature. Then, come back to the page with a warm cuppa and a wide-open heart.

- Ask: What do I know to be true about me right now?

Step 2: Burn the Elevator Pitch

Let go of the tired labels, the job titles, the "I'm just..." Burn your old elevator pitch (symbolically or literally). You're not here to shrink into someone else's idea of success. You're here to tell your truth—and live it.

Step 3: Explore Your Truth

Use these reflective questions to tune in. Free-write without judgement:

- What are my core values?
- What am I passionate about?
- What am I here to do—and why does it matter?
- What do I want to be remembered for?
- Who do I love to help—and how do I help them?
- What do people experience when they work with or connect with me?
- What beliefs do I hold about life, purpose, creativity, or success?
- What is my BIG WHY?
- What motivates me to keep going?
- What legacy am I living now?

Step 4: Write "My Perfect Day"

Imagine your future self—thriving, unapologetic, radiant. Describe one perfect day in vivid sensory detail. Not "I will" or "I hope to"—write as if you're already living it.

Then, pull out the details and "things" that matter most:

- Where are you?
- What are you doing?
- Who are you with?
- How do you feel?

Group them into themes like:

- Lifestyle And Environment
- Health And Wellbeing
- Purpose And Contribution
- Creativity And Expression
- Spirituality And Connection
- Financial Freedom

Step 5: Create Your Manifesto

Under each theme or subheading, write a few sentences about what that part of your life means to you. It might be poetic, bold, or simple. Let it feel like you.

Step 6: Distil Your Wisdom

Reduce it to one paragraph – This becomes your IKIGAI or your core message.

What is Ikigai?

Ikigai (pronounced ee-kee-guy) is a Japanese concept that means “a reason for being” or “your reason to get up in the morning.” It’s about discovering the sweet spot where what you love, what you’re good at, what the world needs, and what you can be paid for all intersect.

Think of it as a purpose map for your life or work. When you find your Ikigai, life feels more meaningful and aligned.

Here’s how it breaks down:

- What you love = Your passions
- What you’re good at = Your skills or talents
- What the world needs = Your sense of purpose or contribution
- What you can be paid for = Your profession or value to others

Your Ikigai is at the centre of all four. It can evolve over time, especially in midlife or times of reinvention.

What is a Core Message?

Your core message is the central idea or belief you want to share with the world. It’s the heartbeat of your

personal brand, your work, or your story.

It answers questions like:

- What do you stand for?
- What truth are you here to tell?
- What do you want others to understand, believe, or do?

If Ikigai is your “why,” your core message is the “what” you want to say and be known for.

For example:

- Core message: “You’re never too old to start over and live a life you love.”
- Core message: “Your story holds the power to heal you and inspire others.”

Your **core message** guides your writing, courses, content, or business – and connects you to your audience on a soul level.

- Find your strapline – This is your rallying cry. A few powerful words that sum it up. (Examples: Unapologetically Me / Sod it. I want more. / Alive, Free, On Purpose)
- Define your Experience Proposition – What do people feel and experience when they work with you, read your words, or receive your energy?

Final Thought

This is a living document. You'll return to it again and again—as you grow, heal, evolve, and become even more you.

- You are not behind.
- You are not too late.
- You are exactly on time.

Now write it. The world is waiting.

A Declaration for the Woman Who's Done Shrinking

I will no longer wait for permission.

I will no longer apologise for wanting more.

I will not dull my light, my truth, or my desires to make others comfortable.

I will honour the wisdom I've earned.

I will speak kindly to my body and treat her like the miracle she is.

I will follow what feels good, alive, expansive, and true.

I will redefine success on my terms.

I will say yes to opportunities that nourish me—and a loud, unapologetic no to what doesn't.

I will surround myself with people who see me, hear me, and love me as I am.

I will create, not because I have to, but because I get to.

Because my voice matters. My dreams matter. I matter.

I will live in a way that makes me proud—not just when I'm gone, but while I'm here.

I will rest without guilt.

I will rise without fear.

And when doubt whispers, "Who do you think you are?"

I will answer boldly:

I am a woman who knows her worth.

I am a woman who is just getting started.

I am the revolution.

Part 4: Journal Prompts And Soulful Reflections

Take a deep breath. Put your hand on your heart. Let your pen become your truth-teller. There are no wrong answers here.

- What am I ready to release that no longer fits who I'm becoming? Old stories. Old habits. Old roles. Let them go.
- If I could give myself full permission, what would I do next? Say it out loud. Dream it onto the page.
- What does a "wealthy" life mean to me—beyond money? Think energy, freedom, joy, ease.
- Where in my life am I currently settling—and what would "more" look like? Be lovingly honest.
- What lights me up, even if I've forgotten how to let it in? Trace the glow.
- What does my body need from me right now to feel cared for? Not punished—cherished.
- What makes me feel like the most 'me' version of myself? A moment, a place, a way of being.
- If I trusted myself completely, what would I stop doing today? And what would I start? Let your inner compass speak.
- Who do I become when I stop holding back? Write about her. Describe her. Invite her in.
- What would my 80-year-old self thank me for choosing today? Let her wisdom be your guide.

Part 5: My Story

For the woman who's been trying to fit in—I see you.

There was a time when I thought I had to do everything by the book. Get the degrees. Collect the qualifications. Work hard. Be good. Fit in.

And I did all of that.

I have an MBA and an ILM Level 7 in Executive Coaching. I wore the hats, played the roles, and chased the approval. But somewhere along the way, I realised—I was building a life for them, not for me.

Because the truth is... I was never meant to.

I'm not someone who fits neatly in a box. I'm an Emotional Projector (in Human Design terms, someone who thrives on recognition and invitation rather than pushing forward). An INFJ. A dreamer, creator, guide, and rebel. I need variety. I need soul. I need to follow what lights me up.

So, I started building a life that feeds every part of me:

- I teach on Udemy (and other platforms) because I adore sharing wisdom.
- I joined Livegood because the model made sense—and the health products support my healing journey (osteoporosis, thyroid issues, MGUS).
- I use Lifewave patches for myself and my rescue dogs, and they've become part of my self-care.
- I write ebooks and self-help books because it's how I heal, create, teach, and leave a legacy.
- I opened a Redbubble shop to honour my artistic mum—and I see future magic waiting there, too, for me.

Each of these feeds a different part of me: The teacher. The healer. The creator. The businesswoman. The artist's daughter. The wild-hearted woman who refuses to shrink.

Together, these varied pursuits create not just fulfilment but also financial sustainability—proof that you don't need to choose between meaning and money in this next chapter.

And you know what? I finally feel like me.

I no longer want to fit in. I want to stand out—as the fullest version of who I really am.

And if any part of you resonates with that—Welcome. You're in the right place.

Part 6: Rock Your Life After 60

1. Redefine Who You Are

- **Rewrite Your Story:** Reflect on how you see yourself and consciously create a new narrative. Who do you want to become in this new chapter?
- **Embrace Change:** Let go of outdated roles and identities. Instead, explore who you are without labels like "mother," "career woman," or "wife."
- **Manifest Your Vision:** Use vision boards, affirmations, or journaling to design the life you dream of living.

2. Discover New Passions

- **Follow Curiosities:** Try hobbies or activities you've never explored, like pottery, creative writing, or digital art. See where your curiosity leads!
- **Reignite Old Dreams:** Revisit dreams you set aside earlier in life. It's never too late to learn to play the piano, write a book, or travel the world.
- **Purposeful Living:** Consider how your interests can bring value to others—start teaching, mentoring, or creating something meaningful.

3. Invest in Personal Growth

- **Learn Something New:** Enrol in a class or workshop, whether it's learning a language, mastering a skill, or studying a topic you've always been curious about.
- **Reassess Goals:** Your goals at 60+ might look different from earlier in life. Define what success means to you now.
- **Coaching and Support:** Work with a reinvention coach or join a supportive group to explore your next steps with confidence.

4. Prioritise Wellness

- **Transform Your Health:** Start a new exercise routine that feels empowering, like yoga, dance, or swimming.
- **Redesign Self-Care:** Treat yourself to nurturing routines like journaling, aromatherapy, or spa days that rejuvenate your mind and body.
- **Mindfulness and Presence:** Meditate, practise gratitude, or spend time in nature to align with your new direction.

5. Reinvent Your Career or Purpose

- **Encore Career:** Pivot to work that aligns with your passions and values, whether that's consulting, freelancing, or starting a business.
- **Legacy Projects:** Write your memoir, create art, or contribute to your community in a way that leaves a lasting impact.
- **Volunteer:** Give back in ways that align with your heart, such as mentoring young professionals or supporting charitable organisations.

6. Build New Connections

- **Find Your Tribe:** Surround yourself with people who inspire and support your reinvention. Join clubs, meetups, or online communities.
- **Seek Role Models:** Follow and learn from others who have successfully reinvented themselves at 60+.
- **Nurture Relationships:** Reconnect with old friends or deepen existing bonds by sharing your journey.

7. Refresh Your Style and Environment

- **Personal Makeover:** Experiment with new styles, whether it's clothes, accessories, or a bold new haircut that reflects your transformation.
- **Reinvent Your Space:** Declutter and redesign your home to reflect your current energy and aspirations.
- **Travel with Purpose:** Explore new destinations that align with your values and passions, offering inspiration for your reinvention.

8. Embrace the Journey

- **Celebrate Small Wins:** Honour every step you take, no matter how small, toward your reinvention.
- **Be Playful:** Approach reinvention with curiosity and joy, trying things for the fun of it without worrying about outcomes.
- **Live Authentically:** Stay true to yourself and pursue what lights you up, even if it's unconventional.

9. Shift Limiting Beliefs

- **Reframe Ageing:** View ageing as a time of growth and opportunity, not decline.
- **Practise Gratitude:** Reflect on the wisdom, experience, and strength you've gained over the years.
- **Own Your Power:** Recognise that reinvention is about stepping fully into your truth and making choices that serve your happiness.

10. Create a Legacy of Inspiration

- **Share Your Story:** Inspire others by sharing your reinvention journey through blogging, social media, or speaking engagements.
- **Be a Role Model:** Lead by example, showing others that it's possible to transform at any age.
- **Mentor Others:** Use your life experiences to guide and uplift women who are just beginning their own journeys of reinvention.

Reinvention after 60 is all about embracing this time as an opportunity to evolve, grow, and live authentically—designing a life that aligns with your passions, purpose, and heart's desires.

Part 7: Ready to Begin?

You don't need to have it all figured out. You don't need to feel 100% ready. You just need to say one small, defiant YES to yourself.

- Yes, to your energy.
- Yes, to your desires.
- Yes, to building a life that feeds every part of you—body, mind, heart, and soul.

This is your Midlife Manifesto.

Your moment to stop shrinking and start shining. To claim your worth. To choose your way. To live your next chapter louder, freer, and more you than ever before.

So... what's next?

Want to go deeper?

Explore the Retirement Revolution and explore opportunities for purpose-led income, holistic well-being, and creative expression—without the hustle. Because this isn't the end. It's the beginning of everything you truly want.

[Explore the Retirement Revolution →](#)

Free Resources

Start your journey today with these complimentary resources:

[Access Free Resources →](#)

Meet Dale



Helping Women Over 50 Tell Their Stories, Share Their Wisdom, and Step Into Their Next Chapter with Purpose, Clarity, and Soul

Life moves in cycles—like the moon—inviting us to release what no longer serves and rise into the truth of who we are becoming.

My journey has followed those rhythms: through reinvention, healing, self-inquiry, creativity, and the gentle return to what really matters. These experiences shape the heart of everything I share.

For over 13 years, I've supported women in writing transformational books and journals—believing in the power of story not just as legacy, but as *liberation*. Writing,

whether in a journal or on the page of a book, is a mirror. A medicine. A way home.

Today, I offer soul-led mentoring, courses, and tools for women over 50 who are ready to rediscover themselves and write a new chapter—on their terms.

The Reinvention Journey

This isn't about fixing yourself. It's about remembering who you are.

Through intuitive writing, self-reflection, and energy practices, I guide women to:

- Reconnect with their inner compass
- Ignite their purpose
- Live with clarity, confidence, and heart

This is for women who feel called to create a life that aligns with their values, desires, and truth.

The Retirement Revolution

This isn't retirement—it's your rise.

I work with women who are redefining midlife and beyond as their most powerful, creative, and liberating season yet.

Through writing, self-expression, and soulful visioning, I help you:

- Reclaim your time, energy, and voice
- Explore new paths for purpose, income, and joy
- Create a life that reflects who you *really* are

Book Mentoring with Soul

If you feel called to share your story, your message, or your hard-won wisdom—I'm here to walk beside you.

I support women to:

- Write a book that heals, inspires, and empowers
- Turn their lived experience into something lasting and meaningful
- Create a legacy beyond the label of retirement

Together, we bring your story to life—with clarity, confidence, and heart.

My Approach

Everything I offer is grounded in four soul-aligned pillars:

- **Heart-Led Intuition** – Trusting your inner wisdom and embracing your truth
- **Creative Flow** – Reconnecting with joy and self-expression through writing and ritual
- **Strategic Reinvention** – Blending soul and structure to navigate life's transitions with clarity
- **Empathetic Support** – Holding space for you to be seen, heard, and deeply supported

If you're standing at the threshold of something new—ready to write your story, rediscover your purpose, and live a life that reflects your soul—I invite you to begin here.

www.daledarley.com