

FREE GUIDE

The Midlife GlowGetter

A Mini Roadmap to Awakening in Midlife

8 Powerful Shifts for Women 40+ Ready for More

Mindset

Identity

Healing

Purpose

Vision

"You are not too late. You are not broken. You may be awakening."

Jax Stys | The Midlife GlowGetter

ABOUT JAX

Jax Stys is a Certified Life Coach, Midlife Lifestyle Creator, and host of The Midlife GlowGetter Podcast. As of September 2026, she has lost 200 lbs, paid off \$45K in debt, and rebuilt her entire life as a single mom. She shares it all: the lifestyle, the journey, and the real, unfiltered truth of glowing up in midlife.

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What Is Midlife Awakening?

Midlife awakening is the moment you begin to realize you don't want to keep living the same way. Something inside you starts noticing:

- What no longer fits
- What feels heavy
- What you've outgrown
- What you've been avoiding
- What you truly want more of

Awakening is not selfish. It is often the beginning of a woman finally telling the truth about her own life.

The 8 Pillars of Midlife Awakening

Pillars 1-4 • Your awakening begins here

1 Awakening

This is where it all begins. Awakening is the moment you start to feel: *I cannot keep doing life like this. Something in me is changing. There has to be more for me than this. I do not want the next 10 years to look like the last 10.* This pillar is about getting honest with yourself, about what you feel, what is no longer working, and what your life may be asking of you right now.

Ask yourself:

What feels off in my life right now?

2 Identity

This pillar asks: *Who have I been... and who am I becoming now?* So many women build their lives around roles: mom, wife, worker, caregiver, helper, the strong one. But beneath all of those roles lives a deeper self. This pillar helps you notice the old labels you've been carrying, the roles you've outgrown, the survival patterns you may have confused with your personality, and the woman you are becoming now.

Ask yourself:

What old identity no longer fits me?

The 8 Pillars (Continued)

Pillars 3-5 • Healing, Body & Relationships

3 Healing

Many women are functioning just fine on the outside, but still need real healing on the inside. This pillar helps you look at old pain, grief, shame, resentment, patterns that grew out of wounds, and the places where you are still carrying far too much. Healing is not weakness. It is often the moment a woman stops saying "I'm fine" and finally starts giving herself the care she truly needs.

Ask yourself:

What am I still carrying that needs care?

4 Body

For many women, the body is where midlife becomes impossible to ignore. This pillar is not just about weight, it is about your relationship with your body. It looks at body shame, body grief, body trust, nourishment, movement, rest, and dignity. It is about learning to care for your body instead of constantly fighting it.

Ask yourself:

How have I been speaking to and treating my body?

5 Relationships

Midlife has a way of revealing the truth about the relationships in your life. This pillar helps you look at where you feel drained, where you feel unseen, overgiving, people-pleasing, poor boundaries, loneliness, friendship shifts, and what kind of love and connection you truly want now. This is where many women realize they have confused love with self-abandonment.

Ask yourself:

Where am I disappearing in my relationships?

The 8 Pillars (Continued)

Pillars 6-8 • Reclaim your power, purpose & vision

6 Power

You may have been strong for years, but are you fully living in your power? This pillar is about your voice, self-trust, standards, boundaries, decision-making, confidence, and self-leadership. It is about no longer waiting for permission to honor what is true for you. Power is not becoming hard. It is becoming more honest, more rooted, and more self-led.

Ask yourself:

Where do I keep giving my power away?

7 Purpose

This pillar asks: *What is my life meant to be about now?* Purpose is not only about your career. It is about meaning, contribution, what makes you feel alive, what keeps calling to you, what your life experience may now be preparing you to offer, and what kind of life you want the second half to stand for.

Ask yourself:

What keeps pulling at me that I need to take more seriously?

8 Vision

This is where everything starts turning into direction. Vision asks: What do I want my next chapter to look like? What do I want my life to feel like? What am I ready to create? What am I no longer willing to repeat? This pillar is about hope, intention, and designing a life that feels more aligned with who you are becoming.

Ask yourself:

What do I want this next season of my life to feel like?

What This Awakening May Be Telling You

If this mini roadmap hit home for you, your awakening may be telling you:

- You are ready for more truth.
- You are ready to stop living on autopilot.
- You are ready to understand yourself more deeply.
- You are ready to heal what still hurts.
- You are ready to reclaim your body, your voice, your power, and your peace.
- You are ready to create a more intentional next chapter.

And the beautiful part? **You do not have to do it alone.**

Ready to Go Deeper? Work With Me 1:1

My **6-Week Strategy Session** is private 1:1 coaching for women over 40 who are ready to work on their body, money, mindset, and next chapter, one habit at a time. Enrollment opens January 2027.

Inside the 6 weeks, you will get:

- 3 private 1:1 coaching calls
- A personal plan for your habits and goals
- Text and email check-ins between calls
- A week 6 review of your progress
- Real support from a coach who has been there

Enrollment opens January 2027

Founding spots are limited

The waitlist is free

To join the waitlist, DM **@JaxStys** on any platform or email **hello@jaxstys.com**

Just say: *"I'm interested in the 6-Week Strategy Session."*

Stay Connected

If this spoke to you, I would love for you to keep going deeper with me.

Read the Blog

www.jaxstys.com

Deeper weekly teaching on each of the 8 pillars, every week.

Listen to the Podcast

[The Midlife GlowGetter Podcast](#)

There is a full 8-week Awakening Series that goes deeper into each pillar. Find it on Apple Podcasts, Spotify, or wherever you listen.

Subscribe to the Newsletter

[The Midlife GlowGetter Newsletter](#)

Encouragement, reflection, and updates on coaching, resources, and future experiences, delivered to your inbox.

A Final Note

If you have been feeling restless... if you know something inside you is changing... if you are ready for more honesty, healing, peace, and purpose... please do not ignore that.

You may be standing at the beginning of a beautiful new chapter.

And maybe... just maybe... this is your time.

Again, DM me @JaxStys anytime. I would love to hear from you.

Jax