

# 5 Hidden Thought Patterns That Keep Women Stuck During Major Life Transitions

(and how to change them)



*Your past doesn't  
dictate your future  
— your choices do.*

Discover what's really holding you back and  
how to move forward with courage and  
conviction.



## If you're a capable, successful woman who suddenly feels lost, stuck or no longer quite like yourself, you're not alone.

You've spent years being the strong one, holding everything together for everyone else, often at your own expense. No wonder exhaustion, self-doubt and resentment begin to creep in when life suddenly seems to be asking even more of you.

In my years of leadership and coaching, I've seen these same hidden thought patterns appear time and time again in women who find themselves at a crossroads, wondering: "Is this as good as it gets?"

These patterns can keep them second-guessing themselves, feeling stuck and struggling to see what else might be possible.

These patterns are not who you are. They don't define your future or what comes next. Once you begin to see them more clearly, things start making sense — and that creates space for new choices and a different way forward.

It's time to stop simply surviving, and start creating a life that feels like yours again.....with clarity and courage.

*Paula* ♥



# Thought #1

## *“Investing in myself is selfish”*

You’ve always been the reliable one—the giver, the caretaker, the rock. You’re used to putting everyone else first, because that’s just what strong women do. But somewhere along the way, you learned that prioritising yourself is indulgent... maybe even selfish. So you wait. You postpone. You say, “I’ll get to me later.” But later never comes, and slowly, you start to disappear from your own life.



*When you thrive, everyone around you benefits. You can't pour from an empty cup.*



### **Journal Prompt:**

- Where in my life am I putting everyone else first at my own expense?
- What belief am I carrying about what it means to focus on me?



### **Take Action:**

Choose one way to value yourself today, without guilt. Say no to something. Say yes to rest. Or book time for something that energises you.



### **Paula's Precept:**

Self-care isn't a luxury. It's leadership.

**Reframe:**  
*“Prioritising myself isn't selfish —it's the key to showing up fully for those I love”.*

# Thought #2

## *“What if I make the wrong decision?”*

You’ve built a life on smart, thoughtful decisions. You’ve weighed every pro and con, planned responsibly, and made choices that felt safe and sensible. But now, when it comes to choosing something bold or a bit ‘different’, fear creeps in. Suddenly, confidence is replaced by a host of doubtful ‘what ifs?’ What if I make a mistake? What if I regret it and can’t turn back? What if everything falls apart? So you wait. You second-guess. You convince yourself you need more clarity, more certainty. And you stay stuck.



*Life doesn’t come with guarantees. And staying stuck is also a decision that has a price.*



### **Journal Prompt:**

- What’s a decision I’ve been avoiding out of fear?
- What’s the real cost—emotionally, energetically, spiritually—of staying stuck?



### **Take Action:**

Take one small step today: book a coaching call, research an opportunity, have that conversation you have been avoiding.



### **Paula’s Precept:**

You don’t need to see the whole path—just the next courageous step.

### **Reframe:**

*“The only way to know what’s possible is to take a step forward. I trust myself to handle whatever comes next”.*

# Thought #3

*“I should just be grateful for what I have”*

You have so much to be thankful for: family, a career, a home, stability. And yet a quiet desire for more whispers at you. But every time it rises, you hush it with guilt: “I should just be grateful.” You’ve internalised the message that wanting more means being ungrateful, greedy, or unspiritual. So you settle for less than you deserve. You shrink back and play small. You silence your potential in the name of politeness or people pleasing.



*Gratitude and growth are not opposites. You're allowed to want more and still be deeply thankful*



## **Journal Prompt:**

- Where have I confused gratitude with settling?
- What desire have I been suppressing out of guilt?



## **Take Action:**

Write down three things you secretly want but haven't admitted to yourself. Choose one small way to honour one of them today.



## **Paula's Precept:**

Desire isn't a flaw. It's a compass.

*Reframe:*  
*“I can appreciate everything I have while still allowing myself to dream bigger and reach for more”*

# Thought #4

## *“It’s too late to start over”*

You glance back and wonder where the years went. You used to dream but now you tell yourself the window has closed. “I should have done this sooner, it’s too late now.” Yet that dream inside you that’s still whispering, “There must be more”, hasn’t gone away. There is a much more important question to ask yourself.



*What’s more painful:  
starting over now, or  
staying stuck forever?*



### **Journal Prompt:**

- What dream have I dismissed because of my stage in life?
- Who inspires me that started something meaningful later in life?



### **Take Action:**

Look up one story of someone who made a powerful shift after 45, 55, 65! Let their proof rewrite your story.



### **Paula’s Precept:**

You’re not too late. You’re right on time.

### **Reframe:**

*“It’s never too late to create the life I want. My best years are still ahead of me.”*

# Thought #5

## *“I don’t have what it takes”*

You’ve achieved so much, but that inner critic still whispers: “What if I’m not good enough? What if I just got lucky?” You look at others and assume they have something you don’t: more talent, more confidence, more permission to succeed. So you hold back. Comparison becomes the thief of joy as you wait to feel “ready.” But that day never arrives and resentment start to creep in.



*You don’t need to become someone else. You are already that which you seek*



### **Journal Prompt:**

- What success have I downplayed or dismissed?
- What strengths helped me achieve it?



### **Take Action:**

Write down three wins that prove your brilliance. Read them aloud. Ask someone you trust to reflect your greatness back to you.



### **Paula’s Precept:**

You’ve always had what it takes, now it’s time to believe it.

### **Reframe:**

*“I have everything I need within me to succeed. I am capable, worthy, and ready”*

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*You are not defined.  
A new future awaits.*

It's time to understand what's been running your life, master your inner world, and create the life you choose.

If you'd like to explore working together, get in touch.

No pressure, just a supportive conversation with someone who understands and can help.

**Book Now**

