

Women @ Halftime

BY SHAYNE MOORE &
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Reading Guide and Journal

Getting Started

Women at Halftime is a guide tailored to help you get unstuck and start dreaming again through a four-part process including exercises for self-discovery and application.

We believe a meaningful and abundant life is available to you, and we are eager to help you explore your identity and values, discover your strengths and spiritual gifts, leave behind fear and limitations, and awaken to your truest self, grounded in Christ.

We invite you to work through this guide with a group of trusted friends in your local community, use the questions for focused personal reflection, or dive deeper into these topics with a Halftime Certified™ Coach.

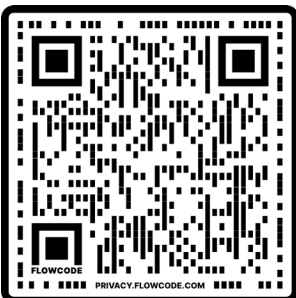
Enjoy the journey!

With Joy and Purpose,

Shayne Moore & Carolyn Castleberry Hux, Co-Authors

P.S. Don't miss out on the opportunity to gain clarity and build connections with other women like you!

Explore ways to get engaged with the Halftime community:



Chapter I: Embrace Change

Reflection Questions

1. Does the idea of embracing change excite you or unsettle you? Why do you think that is?

2. Did you envision any new possibilities for your next stage of life as you read this chapter perhaps something that's been on your mind for a while and/or something brand-new? If so, what were they?



Chapter I: Embrace Change

Essential Practices Journal

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Chapter 2: Turn Your Dreamer Back On

Reflection Questions

1. Which, if any, of the struggles on page 30 do you resonate with? Can you expound on your experience?

2. What could it mean for you to rediscover an old dream, or to begin to dream something new?



Chapter 2: Turn Your Dreamer Back On

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Chapter 3: Reclaim Your True Self

Reflection Questions

1. Is it easy or hard for you to feel loved, accepted, and whole just as you are? What past circumstances do you think might be contributing to your answer either way?

2. If you completed the Clifton Strengths assessment referenced on page 54, what surprised and/or encouraged you most about your own strengths?



Chapter 3: Reclaim Your True Self

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Chapter 4: Identify Your Values

Reflection Questions

1. Have you ever reached a point where, like Marnie, you realized you hated your life or had lost sight of your values? What was that situation was like?

2. What, if any, new information or insights did you gain when reading about the six emotional intelligence competencies on pages 77-78?



Chapter 4: Identify Your Values

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Chapter 5: Leave Behind Fears and Limiting Beliefs

Reflection Questions

1. What fear or limiting belief from this chapter do you most relate to?

2. Have you experienced freedom from this fear? If so, how can you use your experience to help others? If not, can you identify something that could help you take a step toward freedom?



Chapter 5: Leave Behind Fears and Limiting Beliefs

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Chapter 6: Create Capacity for Your New Path Forward

Reflection Questions

1. Do you tend to hold a mindset of scarcity or abundance? What life experiences do you think may be contributing to your answer?

2. Does the idea of creating space in different areas of your life seem foreign to you? If so, what next step can you take to begin creating space in one specific area? If not, how has this practice benefited you in a way you could encourage others to do the same?



Chapter 6: Create Capacity for Your New Path Forward

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Chapter 7: Embrace Forgiveness

Reflection Questions

1. What comes to your mind when you are challenged to forgive? Did this chapter open up any new perspectives you had not previously considered? If so, how?

2. In your life experience, how do you think forgiveness has been misunderstood or misrepresented by you or others? How can a lack of understanding what forgiveness truly means keep people from wanting to forgive?



Chapter 7: Embrace Forgiveness

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Chapter 8: Take the Pulse of Your Passions

Reflection Questions

1. What surprised you most as you explored what makes you mad, sad, and glad?

2. How do you see your revealed passions aligning with God's heart?



Chapter 8: Take the Pulse of Your Passions

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Chapter 9: Discover What Fits You

Reflection Questions

1. You may need to take some time to consider and explore various options regarding your next stage of life. How do you feel about living through an extended time of uncertainty until you're ready to make a decision or commitment?

2. Have you taken any test-drives yet? If so, what are you learning or what did you learn about yourself in that process?



Chapter 9: Discover What Fits You

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Chapter 10: Write a Purpose Statement

Reflection Questions

1. What obstacle or obstacles felt most daunting to you as you formed your purpose statement?

2. Consider sharing your purpose statement and inviting feedback from others in your discussion group, or with a trusted friend or two. Who could you share with, and how might this kind of transparency be beneficial?



Chapter 10: Write a Purpose Statement

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Chapter II: Keep Moving Despite Confusion and Setbacks

Reflection Questions

1. What have you learned through your wilderness experiences that you can share with others?

2. If you're still feeling the pain of one season ending before another begins, consider sharing your circumstances with others and receiving encouragement from them. If you decided to take this step, how did it help you keep moving forward?



Chapter II: Keep Moving Despite Confusion and Setbacks

Essential Practices Journal

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Chapter 12: Go Together

Reflection Questions

1. When seeking an intentional community, the authors say, “It may be that God is calling you to step back from some relationships that are no longer in alignment with your mission statement” (page 238). In what way or ways has it been perhaps difficult and/or refreshing to find other women you can respect and trust and who believe in you and celebrate you?

2. Did the celebration stories on pages 242–243 give you hope? What celebration story of your own could you share, even while your journey is ongoing? Take some time to write it down or communicate it to others in your inner circle.



Chapter 12: Go Together

Essential Practices Journal

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Get Engaged

If you liked this book, don't miss out on the opportunity to keep gaining clarity and build connections with other women like you!

Free yourself from the uncertainty of going it alone. By connecting with other women experiencing this midlife phenomenon of halftime, you can shift into positivity and tap into your inner confidence and enduring joy as you are propelled by others' support, friendship, and inspiration – and then do the same for them!

Explore opportunities for deeper discovery at www.womenathalftime.org.

Our coaches are trained to facilitate your exploration through customizable programs so you can understand and unleash your unique power as you find and live out your Ephesians 2:10 calling.

Embrace the joy of activating a future so compelling you can't not bring it to life. And know that you'll have the support and community you need every step of the way.

Never feel alone or defeated on your journey again! Join us today:

