

THE BEST BIT YET

The Reset Guide

THE LIFE AUDIT EDITION

*Five exercises for taking stock of your life, so the
second half is the best bit yet*

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ABOUT

The Best Bit Yet

Midlife is when so many of us start taking stock of where we are, and deciding how we want to live and make the most of what's ahead. The Best Bit Yet was born out of my own planning exercise, to make sure the second half of my life would be the best bit yet. It brings together the tools I found most useful in working out my own career pivot and life plan for what comes next — and I hope you'll find them just as useful. It's my mission, and my greatest hope, that working through them helps you believe the best bit really is still to come.

This Guide

I am deeply invested in this guide because I used the tools and resources to guide me through my own reflections and reset: rebuilding after divorce, working through a near-burnout in my forties and re-evaluating my career pathway. I know how disorienting that in-between place can feel, and how much clearer everything gets once you've done the work in this guide.

If you'd like a hand with any of the above, please get in touch at thebestbityet.com/work-with-me.

BEFORE YOU BEGIN

Why these five things

If you're reading this, you're probably wondering whether the way you live and work now is the way you want to spend the years ahead. That's a good question to be asking, and it's much easier to answer on paper than in your head.

This isn't a guide about changing everything. It's about getting clear on where you are: what your money can realistically do over a longer life, what you actually value, what really gives you energy versus what quietly drains it, what you're better at than you give yourself credit for, and who can help you think it through. What you do with that is up to you.

Do these in order, out of order, over a weekend or over three months. There's no right pace. The more complete you are with each one, the more useful it becomes.

A NOTE BEFORE YOU START — This guide offers general, educational information and a set of reflective prompts. It isn't financial, legal, medical, or personalised professional advice, and it's not a substitute for regulated advice from a qualified professional. Please seek independent, qualified advice before making financial or major life decisions.

Your Money Picture

Many of us reach midlife without having looked properly at our pensions, or thought about how long our money may need to last. You don't need to become a financial expert. You need a clear view of what you have, and a more realistic idea of how long you may be living on it.

The exercise

THREE STEPS

1. **Long-term position:** Locate every pension pot you hold (workplace, private, any from previous employers) and get a current projected value. Check your State Pension forecast. Add it up. This is your long-term floor.
2. **A longer life:** Most of us underestimate how long we will live. Use the Office for National Statistics life expectancy calculator as a starting point, then plan for a little longer than it says, so the money doesn't run out before you do.
3. **Reset your expectations:** Put what you had assumed (how long you will live, when you can slow down, what your pensions will provide) next to what you now know. Where they differ is where the useful decisions are.

RESOURCES WORTH YOUR TIME

- **MoneyHelper:** free, government-backed pension guidance and a State Pension forecast tool
- **Pension Wise:** free appointments (phone or in person) for anyone 50+ with a defined contribution pension
- **Life expectancy calculator:** Office for National Statistics (ons.gov.uk)
- **@penniestopounds** (Kia Commodore): strong on pensions, debt, and credit for UK audiences

A note on regulated advice: the resources above are brilliant for building financial literacy and confidence, but none of them replace a conversation with a regulated financial adviser once real decisions are on the table. Use them to get informed enough to ask that adviser good questions.

TRY THIS WITH CLAUDE / CHATGPT

"I'm working through a pension and longevity exercise. I'll share my pension pots, my State Pension forecast and the age I might plan to. Help me organise this into a clear picture, then ask me questions that challenge my assumptions about how long my money needs to last. Please don't give regulated financial advice; help me work out what to ask a professional."

PILLAR TWO

The Values Exercise

It's hard to design a next chapter around values you've never actually named. Most of us can list what we don't want. Far fewer of us can say, precisely, what we do value — and fewer still can say what living into that value actually looks like day to day.

This exercise is inspired by Brené Brown's book **Dare to Lead** (2018), which includes a “Living Into Our Values” process. That was built for leadership teams; this is a simpler version, in our own format, pointed at your own life. If you'd like the original, the book is well worth reading.

The exercise

NARROW, THEN DEFINE

1. Start with Brené Brown's published list of values (search “Dare to Lead list of values” — she makes it freely available) and circle everything that resonates. Don't filter yet.
2. Narrow ruthlessly to your two core values: the two that, if you lost them, you'd stop recognising yourself. Two, not five. The difficulty of narrowing is the point; it's what separates the values that really matter to you from the ones you just like the sound of.
3. For each value, write three “support behaviours” — specific, observable things you do when you're living into that value.
4. For each value, write three “slippery behaviours” — the specific ways you betray that value when you're stressed, tired, or playing small.
5. Ask yourself: do my current work and the way I spend my time make it easier or harder to live into these two values day to day? That answer tells you more than any pros-and-cons list will.

TRY THIS WITH CLAUDE / CHATGPT

“I'm trying to narrow a long list of personal values down to just two core ones. Here's my list: [paste values]. Ask me questions one at a time to help me test which ones really matter to me versus which ones I just like the sound of.”

PILLAR THREE

The Energy Audit

Before you redesign anything, you need real data on what actually energises you versus what quietly empties you out — not your assumptions about it, which are often wrong.

This exercise is inspired by the Good Time Journal idea in **Designing Your Life** by Bill Burnett and Dave Evans. This is a simpler version, in our own format. If you'd like the original, the book and its companion workbook are well worth a look.

The exercise: the Energy Audit

TRACK FOR TWO WEEKS

1. Each day, jot down the main activities you spent time on: work and personal, big and small.
2. Next to each, rate your engagement: were you absorbed, present, in flow — or watching the clock?
3. Next to each, rate your energy: did this activity fill you up, or drain you, regardless of whether you were good at it?
4. After two weeks, look for the overlap: activities that scored high on both engagement and energy. That overlap is far more reliable than any job title as a guide to what to build your next chapter around.

The counter-intuitive finding most people have doing this: competence and energy don't always travel together. You can be excellent at something that quietly drains you every time, and mediocre at something that lights you up. This exercise is designed to surface that gap.

TRY THIS WITH CLAUDE / CHATGPT

"I've been tracking my activities, engagement, and energy levels for two weeks. Here's my log: [paste notes]. Help me spot patterns, where engagement and energy overlap, and where they diverge in surprising ways."

PILLAR FOUR

Your Unique Advantage

Most people, especially those with a long and varied career behind them, chronically undersell what they're actually good at, because it's come easily, so it doesn't feel like a skill. It feels like just how you are.

The exercise

ANSWER FULLY, THEN LOOK FOR THE PATTERN

1. What do people repeatedly come to you for? Not what's in your job description, but what colleagues, friends, or family actually ask you to do or help with.
2. What's a problem you've solved more than once, in more than one context, without really trying to specialise in it?
3. What do you find almost embarrassingly easy that other people seem to find really hard?
4. If you had to teach one thing you know to a room of strangers tomorrow, with no prep, what would it be?
5. Look across your answers for a repeated verb or pattern, not a job title — 'translating complexity into decisions,' 'holding a room through conflict,' 'connecting people who wouldn't otherwise talk.' That pattern is closer to your actual unique advantage than any past title was.

A few established frameworks worth exploring if you want to go deeper:

- **Ikigai** — the Japanese framework mapping what you love, what you're good at, what the world needs, and what you can be paid for
- **CliftonStrengths** (Gallup) — a paid assessment identifying your top strength themes from a set of 34; free alternatives are also available online
- **The 6 Types of Working Genius** (Patrick Lencioni) — identifies where you generate energy versus where you drain it across the working process

TRY THIS WITH CLAUDE / CHATGPT

"I want to find the pattern behind what comes easily to me. I'll answer these four questions: what people come to me for, problems I've solved repeatedly, what I find easy that others find hard, and what I'd teach with no prep. Once I've answered, help me spot the repeated verb or theme, not a job title, in what I've said."

Don't Do It Alone

You can do all four of the exercises above by yourself, with a notebook and a clear weekend. Most people who do, though, find that having someone to reflect back what they're noticing — and to gently push where they're avoiding something — is what turns insight into an actual decision.

A good coach doesn't do the exercises for you. They stay alongside you while you do them: asking the follow-up question you wouldn't ask yourself, noticing the pattern across your values, your energy audit, and your unique-advantage answers, and helping you turn all of it into a next step rather than a folder of reflections you never revisit.

TRY THIS WITH CLAUDE / CHATGPT

"I've done the four exercises above. Here's a summary of what I found: [paste summaries]. Play the role of a thoughtful, curious coach: ask me the follow-up questions I might be avoiding, and help me turn this into one concrete next step rather than just more reflection."

Want to go deeper?

I hold a small number of slots to work with women who want to take stock and make the most of the next chapter of life and work, including those navigating a corporate career or considering a pivot, using this grounded, values-first process.

I offer 1:1 coaching and coaching packages, including a 6 session package where I can guide you through The Reset Programme over 12 weeks.

If you'd like to find out more, please go to thebestbityet.com/work-with-me and get in touch to book a free discovery call.