

Starting Over

First steps to calm the fear, understand where you are, and find your way back to yourself.

This isn't where you thought you'd be - and now you're trying to find your footing in a life that feels unfamiliar. This guide is here to sit with you in that.

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What Starting Over Really Feels Like

Before anything else - before steps or strategies or silver linings - I want you to feel seen. Because the hardest part of where you are right now isn't the uncertainty. It's the silence around it. The way everyone else seems to keep moving while you are standing very still, trying to understand what just happened to your life.

You're in the right place if any of these feel true right now:

You look around at your life and barely recognize it - like you're living in someone else's story.

You used to know what you wanted, but now it's all foggy, and you don't trust your instincts.

You're carrying a quiet fear that you won't find your way back to yourself - that this version of you might be permanent.

You feel frozen between "what was" and "what could be," unable to go back, unsure how to move forward.

You've been strong for so long that you're not sure you know how to ask for help - or even admit you need it.

"I remember standing in my kitchen the morning after everything changed, making coffee I wouldn't drink, looking out at a life I didn't recognize. I wasn't falling apart loudly. I was just very, very still - and terrified that still was all I had left. That moment was the beginning of something I couldn't name yet. This guide exists because of it."

~ **Andrea**



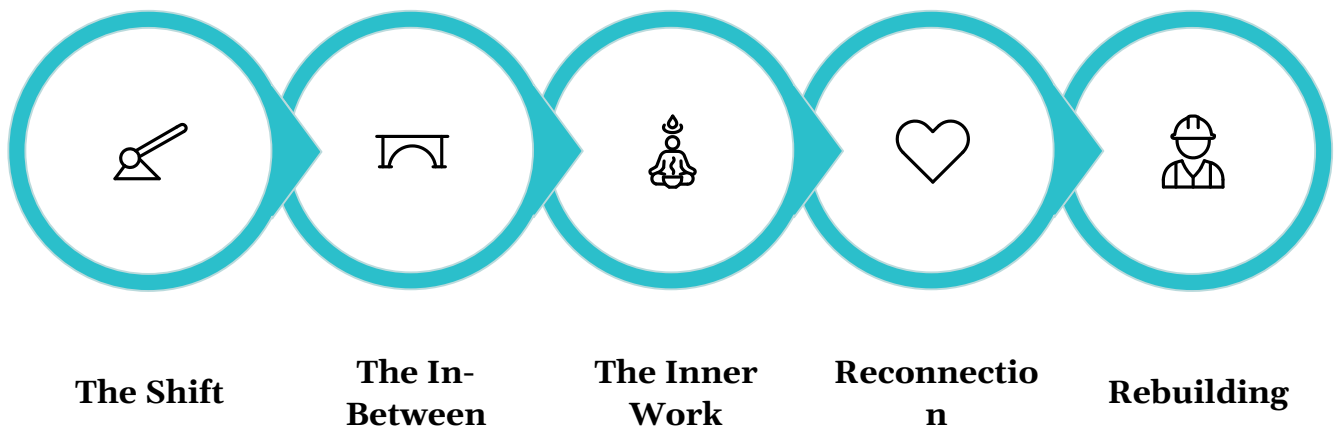
Reflection Prompt: *What part of me feels the most lost right now?*

You Are Somewhere Specific - Not Simply Lost

One of the most disorienting things about major transition is the feeling that you are *nowhere*. Between one life and the next. Not who you were, not yet who you're becoming. Just - suspended.

What I've learned, through my own divorce after 36 years of marriage and through coaching hundreds of women: you are not nowhere. You are somewhere very specific. And once you can name where you are, the ground under your feet becomes a little more solid.

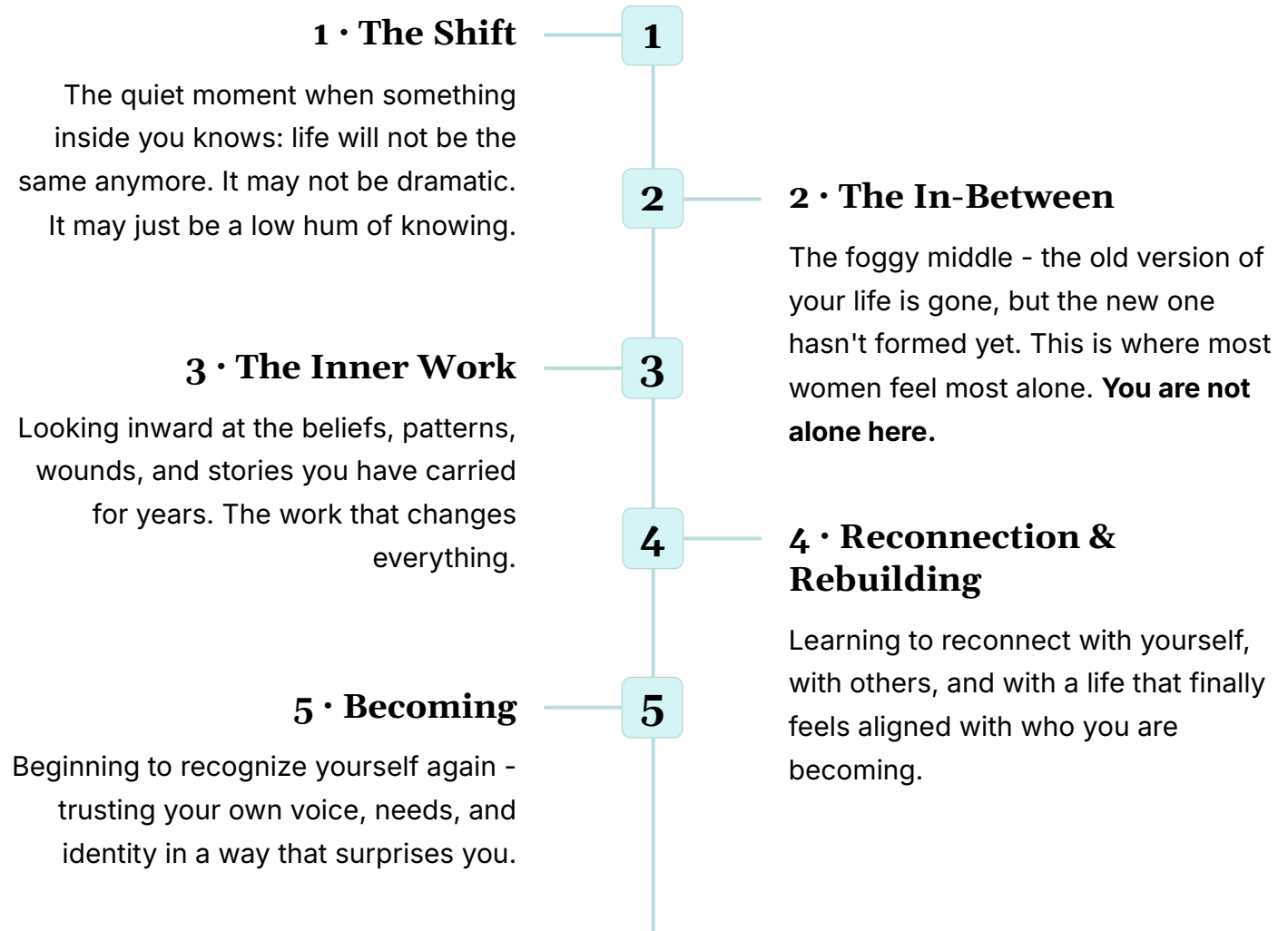
Over years of this work - and through my book *Navigating the In-Between* - I've mapped six phases that women move through during major life transitions. They don't follow a neat timeline. But they are real, they are recognizable, and most women who find this guide are somewhere in the first two.



These phases are not a checklist - they are a map. Knowing where you are changes everything.

Where Are You Right Now?

Most women who find this guide are in Phases 1 or 2. That is where this guide lives. Phases 3 through 6 are ahead - when you are ready.



Calm Before Clarity

We often think we need clarity to feel calm. But in truth, we need calm to access clarity.

Your nervous system cannot dream, create, or plan when it is overwhelmed. When you are operating in survival mode, your brain focuses on immediate threats - not future possibilities. The parts of you that can envision, choose, and imagine simply go quiet.

So the first step isn't figuring everything out. It's coming back to yourself. Learning to breathe again. Feeling safe in your own body again. This is the earliest, most essential work of Phase 2 - the In-Between.

Fear shouts. Truth whispers. You are learning to hear the difference.

A Simple Practice — Try This Now

Place your hand on your chest. Feel your heartbeat. Take three slow, deliberate breaths - longer on the exhale.

Then say quietly, aloud or to yourself:

"I am safe to go slow. I do not have to figure it all out today."

Your Anchor Questions

Right now, you don't need answers. You need a new kind of conversation with yourself. These three questions aren't meant to be solved - they're meant to be felt.

What I Need

What do I need more of right now?

Not what you *should* need - what you actually crave. Rest? Solitude? Movement? Let yourself want without editing.

What I'm Craving

What does my heart long for beneath the surface?

Safety? Freedom? Recognition? Permission to simply be? Name the emotional hunger underneath the practical.

What Would Help

What would feel nourishing today?

Not productive. Not impressive. What would actually fill your cup - and make you feel more like yourself again?



Rediscover What's Been Waiting

Here is what many women forget in the middle of reinvention: **you are not starting from scratch. You are starting from experience.**

You have accumulated wisdom, strength, resilience, and insight through every chapter you've lived. Those things don't disappear just because a season ended. They are still here - waiting to be reclaimed. This is the beginning of Phase 3, the Inner Work: not a dramatic overhaul, but a quiet return to what was always true about you.



The Passions That Got Buried

The interests and pursuits you loved before life got complicated - before you became so busy caring for everyone else that you forgot what lights you up.



The Voice That Got Quiet

Your authentic voice - the one that knows what you need, what you want, what feels right. It has been drowned out. But it is still there.



The Woman Who Got Left Behind

The version of you who existed before you learned to shrink, to accommodate, to make everyone else comfortable. She is ready to come forward.

Your identity isn't lost. It has simply been in the background for a very long time. Now it is asking - quietly, persistently - to come forward.



Reflection Prompts - Journal These:

- What part of me is asking to come back into the light?
- Who was I before I started disappearing — and what did she love?
- What have I been tolerating that no longer belongs in my next chapter?

You don't need to answer all of these today. One honest answer is enough.

Reconnection, Becoming & Rising

You don't need to be in these phases yet. You don't need to rush toward them. But I want you to see them - because sometimes the most stabilizing thing is knowing that what you are going through right now is not the destination. It is the passage.



4 • Reconnection & Rebuilding

This is where you begin making choices that match who you are becoming - not who you have been. Small, brave adjustments. Relationships that feel real. A daily life that starts to reflect your values rather than your old obligations. One aligned yes at a time.



5 • Becoming

The phase where you begin to recognize yourself again - and the recognition surprises you. You trust your instincts. You stop apologizing for your needs. You notice that the fog has thinned, and underneath it, there is someone you actually want to be.



6 • Rising

You stop waiting. For permission, for certainty, for someone to tell you you're ready. You step into your next chapter not because everything is figured out - but because you have learned to trust yourself enough to begin.

You are not starting over. You are starting from strength - from every hard thing you have already survived, and every quiet truth you are only now learning to trust.



One Small, Brave Step: You don't need a plan. You need one step. What is one thing you can do today - however small - that honors the woman you are becoming?

This Work Is Personal to Me

If you're standing in the rubble of "what used to be" and quietly thinking, *okay... what now?* - you're exactly who I was built to walk with.

I'm a Certified Life Coach (ICF/IPEC), with a Master's in Psychology, a speaker, and the author of *Navigating the In-Between*. I homeschooled nine children for over 30 years, and after a 36-year marriage ended, I walked through every single one of the six phases I've described in this guide.

I know what Phase 2 feels like from the inside. The fog. The stillness that isn't peace. The way mornings can be the hardest part. I also know what it feels like to reach Phase 6 - to stop waiting and step forward. That journey is why this work exists.

I don't coach from a distance. I coach from having lived it.

Credentials

- Certified Life Coach — ICF/IPEC
- Master's in Psychology
- Author, *Navigating the In-Between*
- Speaker & Educator
- 30+ years coaching women in transition

YOUR NEXT STEP

Let's Figure Out Which Phase You're In

In a free 30-minute Clarity Call, we'll identify exactly where you are in your journey - and map out one clear, honest next step together.

No Pressure

No pitch. No obligation.
Just an honest
conversation about where
you are.

No Agenda

Bring one current struggle.
We'll leave with a simple,
clear plan.

Just Clarity

The relief of knowing
exactly where you are —
and what comes next.

[Book Your Free Clarity Call](#)

[Visit AndreaDaley.com](https://www.andreadaley.com)

Continue the Journey:

- Read [Navigating the In-Between: How Women Rebuild Identity, Confidence & Purpose After Life Changes](#)
- Subscribe on YouTube @andreadaleylifecoach
- Visit [andreadaley.com](https://www.andreadaley.com) for free resources

You are not behind. You are not broken. *You are becoming.*

This season can change you - gently, powerfully, permanently. You don't have to navigate it alone.

