



7 Things I Wish I Knew at 40

A Midlife Lioness Starter Kit

For every woman who thought midlife was the end of the story
— when really, it's the opening line.

By Liana — wife, mother, business owner, and unapologetic woman in her power



Dear 50-Year-Old Me (and You)

50 & rising ✨

Walking through menopause while rebuilding myself from the inside out.

Sharing the real journey of midlife — the weight gain, exhaustion, hormones, healing, confidence, strength, faith, and finding myself again.

After years of pouring into everyone else, this season is finally about choosing me.

Fitness. Wellness. Mindset. Soft life. Strength after 50.

No filters. No pretending. Just honesty, growth & becoming powerful.

Helping women realise life doesn't end at 50... sometimes it finally begins ❤️

When I turned forty, I thought something was wrong with me.

I was exhausted in ways sleep couldn't fix.

I woke up at 3am night after night, feeling like a fire had been lit inside my body.

The hot flushes, the emotions, the brain fog, the weight gain... nobody prepared me for any of it.

What nobody told me was that I wasn't falling apart.

I was standing at the beginning of perimenopause... and the beginning of the greatest reinvention of my life.

Ten years later, I now understand my body.

I've learned how to manage it, heal through it, strengthen myself, and rise through it.

You are not in a crisis.

You are in a coronation.

Welcome to the pride 🦁

With love,

Liana





THING #1

Perimenopause Starts Earlier Than They Tell You

"If you're in your late 30s feeling 'off,' you're not imagining it."

Perimenopause can begin 10 to 14 years before menopause. Symptoms arrive as sleep disruption, mood shifts, brain fog, irregular cycles, joint aches, and low libido.

Track your cycle. Find a menopause-literate doctor. Ask specifically about your hormones.

You are not imagining things. You are perimenopausal, and there is help.

THING #2

HRT Isn't What Your Mother Was Warned About

"The 2002 study that scared a generation of women has been largely revised. Your symptoms don't have to be a life sentence."

Modern HRT uses body-identical hormones and transdermal delivery, carrying significantly lower risk than the older medications your mother was warned about.

I started HRT at 49 after two years of debilitating symptoms. Within three months, I felt like myself again.

Your mother's warning was about different medication. This is a new era.





THING #3

Marriage Needs Renegotiation, Not Rescue

Sarah and Mark had been married for 27 years.

When they first got together, life revolved around raising children, paying bills, building careers, and surviving the chaos of everyday life. Sarah handled most of the emotional load at home, while Mark worked long hours believing providing financially was enough.

By their 50s, the children had grown up, Sarah was navigating menopause, exhaustion, and rediscovering who she was outside of motherhood... while Mark still expected life to continue the same way it always had.

They weren't falling out of love.

They had simply outgrown the version of marriage they created in their 20s.

What saved them wasn't grand romantic gestures or "fixing" each other.

It was sitting down and renegotiating their relationship.

New boundaries.

New communication.

New expectations.

More emotional support.

More honesty.

More partnership.

Because midlife marriage doesn't always need rescuing.

Sometimes it just needs two people willing to evolve together.

THING #4

Friendship Audits Are an Act of Self-Respect

"Some friendships are for a reason, a season, or a lifetime. Midlife is when you learn to tell the difference."

Every time they met for coffee, she left feeling drained.

The conversations were always negative.

Her dreams were mocked.

Her growth made Chloe uncomfortable.

When Emma started focusing on her health, healing, mindset, and peace, Chloe constantly made sarcastic comments like,

"Who do you think you are now?"

For years, Emma kept the friendship alive out of history, guilt, and loyalty.

But eventually she realised something important:

Not everyone is meant to grow with you forever.

A friendship audit isn't about arrogance or thinking you're better than anyone else.

It's about asking yourself:

- Who brings peace into my life?
- Who celebrates my growth?
- Who only knows the old version of me?
- Who leaves me emotionally exhausted?

Emma stopped forcing connections that no longer felt safe, reciprocal, or aligned.

And in doing so, she made room for healthier friendships, deeper peace, and a stronger relationship with herself.

Protecting your energy isn't selfish.

It's self-respect.





THING #5

Your Body Needs Different Fuel Now

"This isn't about losing weight. It's about learning to work with a body that has new operating requirements."

Your body in midlife operates differently. This isn't a character flaw — it's physiology.

Protein: Aim for 100-130g per day. Strength training: your metabolic engine and bone protector. Blood sugar balance: eat protein and fat before carbs. Sleep: non-negotiable.

This is not punishment. This is partnership with the body you actually live in.

THING #6

How to Stop Apologizing

"I stopped saying 'sorry' for things that weren't wrong, and my life got bigger almost immediately."

Save 'sorry' for when you've actually caused harm. Swap apologies for acknowledgments. Notice the pre-emptive apology. Stop explaining your 'no.'

This isn't about becoming hard or unkind. It's about recognizing that constant apology communicates that your presence is an imposition.

You are not an imposition. You are a woman in her full power. Move accordingly.





THING #7

Midlife Is a Coronation, Not a Crisis

"The woman I am at fifty — I wouldn't trade her for the woman I was at thirty for anything in the world."

Midlife is when the performance ends. The performance of having it all together. The performance of the body you thought you were supposed to have.

At fifty, I know what I think. I know what I want. I take up space without apology. I am, for the first time in my life, genuinely, sustainably happy.

This chapter doesn't need a crisis to make sense of it. It needs a crown. Put it on. It was always yours.

You Don't Have to Figure This Out Alone

The Midlife Lioness Community is waiting for you.

 Join the Free Community

A private space for women 40+ navigating menopause, reinvention, and everything in between.

 Read and download the free PDFs

Deeper dives into HRT, nutrition, relationships, and building a life you actually want.

Check out our store

www.lionesswellness.com.au

You are not too old. You are not too late. You are not too much.

You are exactly who you were always becoming.

Welcome to your coronation. 

— Liana