

3 Secrets to Breaking through Thirtysomething Panic™

SPECIAL REPORT!



by Carrie Spaulding, CPC
The Thirtysomething Coach

Are you dealing with Thirtysomething Panic?

*Thinking about a **career change**, but don't know where to start?*

*Struggling to **find a partner** or **get over a breakup**?*

***Moving** to a new place and looking for support with your transition?*

*Trying to **improve your relationships** with your family and friends?*

You're in the right place.

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For further information please email carrie.spaulding@gmail.com or call **602.684.2458**.

For more information on The Thirtysomething Coach, please visit <http://carriespaulding.com/>.

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Welcome!

Dear thirtysomething,

Congratulations on your smart choice to download and spend time with this report!

Your decision to get your hands on these secrets and *actually read them* means you're already on your way to improving your relationships, career, and life.

[You could have just done nothing and let the opportunity pass you by. Or you could have downloaded the report and never bothered to actually make use of it. The fact that you're reading these words right now is a great sign that you're ready to make something happen for yourself.]

Ooookay. So you're here. Now take a deep breath. And now take another one.

Because if the title of this report resonated with you, chances are that you are right in the eye of **the perfect storm that is Thirtysomething Panic**.

[You know what I'm talking about, right? It's that voice in your head shouting, *OMG—I thought I'd have figured it out by now! OMG—everyone else has figured it out! OMG—how am I going to figure it out?!]*

If that describes you, you are not alone!

I promise. How do I know?

Well, one, because I've been there myself. [In a minute, I'll tell you my story.]

And two, because I work with people navigating their ways through that storm every day.

As The Thirtysomething Coach, I hear from thirtysomethings around the world who aren't who or where they want to be—or think they should be—in their careers, relationships, and lives.

And I know that it can FEEL very lonely.

And very confusing.

And *super-freaking-frustrating!* Like you're doing something wrong but you have no idea what "right" would even look like.

But not to worry...help is on the way!

If:

- you feel like your life is in a “perfect storm” of transitions...
- a breakup, negative relationship, or LACK of relationship is sucking all of your energy...
- your career is not commanding your interest or passion...
- you’re struggling to adjust to or are considering a move to a new place...
- the transitions of your friends (*marriage! baby! OMG I’m soooo happy for you [but internally just a li'l crushed by what it means for me]!!!*) are throwing YOU into transition (not to mention the occasional tornado of comparison)...
- and despite being the evolved person that you are, you’re starting to feel panicked about where your life is...

then you are right where you need to be to turn Thirtysomething Panic into the best thing that ever happened to you.

No, seriously.

My mission is to help you **get back in the driver’s seat** and recreate your life so that you feel confident, in control, and totally in love with life in your thirties.

And, keep reading, because I’m going to tell you about three steps you **MUST** take if you want to break through your panic and create the life you love.

Your choice to break through Thirtysomething Panic will have a tremendous impact on every aspect of your life. So get ready for an exciting journey!

Here’s to your success!



Carrie

Carrie Spaulding

The Thirtysomething Coach

P.S. I want this support to reach as many thirtysomethings as possible. If you have friends you think could benefit, please feel free to email this report to them!

I've sooo been there

Before we jump into the secrets, you may be wondering: why has this woman totally dedicated herself to helping people break through Thirtysomething Panic?

It's because *I have been there*—and I know how scary, hopeless, embarrassing, and confusing it can feel.

There was a time when I felt soooo stuck, perplexed, afraid, and torn that I couldn't move forward.

I know what Thirtysomething Panic is like, and I don't want anyone to have to go through it alone.

And because I know what is possible on the other side, I don't want anyone to stay stuck in Thirtysomething Panic, never achieving the potential that is inside, never experiencing the joy, peace, and contribution to this planet that are possible for them.

I'll be eternally grateful that I was able to break through my own Thirtysomething Panic, and that I get to spend my life helping other people do the same.

Here's my story...

The Panic

I never thought I'd be one of *those* people.

As a twentysomething, I would hear my slightly older friends moaning and groaning about their impending thirtieth birthdays.

Though I didn't say anything, inwardly I thought, *What's the big deal?! It's just a number, not much different from any other birthday, really! If we weren't in the base 10 number system, 30 wouldn't even be remarkable.*

While I tried to say encouraging things to my friends who were all in a tizzy about turning 30, I took comfort in knowing that I wasn't the kind of person who would freak out over something so superficial.

Pretty evolved, right? Welllllllll...

Cut to a few years later, and imagine me near hyperventilation.

How did this happen?! I inwardly screeched.



Thirtyangst...

I thought by now I'd have it all figured out. I have a good job and I'm good at it, but there's something off and I'm not sure I'm on the right career path anymore. I'm totally compelled by an on-again, off-again relationship that isn't working. I don't have kids and I'm not even sure if I want them, but if I do, how am I ever going to do it in time??!? Meanwhile, friends from elementary school are posting pictures

of their third children on Facebook!

If I were in my twenties this would be fine, but now time is flying by. What if I just keep doing what I'm doing because I don't ever decide what to do? I wish I could just pause my life while I figure all this out!

Having thought I was somehow immune to the resistance that others felt as they entered their thirties, I was humbled by my own cascading angst.

I didn't know it at the time, but I was to discover that Thirtysomething Panic (the name I later gave to this spectacular shitstorm) is a near-universal experience, and that on the other side of the panic is a remarkable opportunity for self-discovery and creation.

The Process

One day I finally woke up and realized I was getting nowhere, and that this panic wasn't going to just go away on its own. The answers and changes I wanted would never just fall into my lap.

After so long spinning my wheels, stuck in paralysis by analysis, wanting clarity and change, but having no idea what to do and being way too scared and confused to take action, I finally made a decision.

I decided it was time to get clear about what I wanted.

I decided to take 100% responsibility for my life.

I got courageous about looking closely at my life and asking myself how much of my potential I was really living up to.

I had to admit that the itch I'd had to explore other career paths wasn't going away.

I started to notice patterns in my challenging personal and professional relationships—to pick things up and look under them to see what I could find. I got real about my own contributions to the challenges.

I began studying relationships and communication and careers in earnest—what makes people successful, and what makes them struggle. I stayed up late at night reading, voraciously exploring, reluctantly turning out the light...and, weirdly, wishing I could do this all the time.

[Looking back, this was clearly a sign of what was to come.]

I filled a binder—page after page of loose-leaf paper—with lists and questions and plans and exercises and observations.

[Later, my binder was what prompted one mentor to say to me, “Did you ever think about being a coach? I feel like a lot of people could use what you’re creating.”]

Little by little, this binder started to become a sort of roadmap for change.

As I sought to figure out and improve my own career and relationships, I became fascinated by careers, relationships, communication, transitions, and happiness in general. And I started to realize that my interest in these topics was more than just personal.

Because as I studied, questioned, and explored, my awareness and consciousness opened waaaay up. I started noticing that many other thirtysomethings around me were asking themselves the very same questions and panicking about the very same things—so many that I coined the phrase “Thirtysomething Panic” to give this phenomenon a name.

I soon realized that I had my finger on a very distinctive pulse. I'd felt so alone—but I really wasn't. I had identified a tribe of people who, like me, desperately needed resources and support.

I was teaching third grade at the time, and as I dove deep into exploring relationships, communication, fulfillment, and transitions, I started to notice the parallels between my students' challenges and those of my adult friends; between what kids need and what adults need.

I began bringing my discoveries into my work with children and parents, even as I was using them to radically shift my own life. I saw massive transformation and empowerment in the kids and their parents as a result of my new tools and approach.

As I continued to develop my tools and knowledge, I began to informally share some of my insights, materials, and growing expertise with my thirtysomething friends. I found that my discoveries, tools, and resources were not only helping me out of my own panic, but also had the potential to help other thirtysomethings who were feeling lost in the swamp of “thirtyWHAAAT?!”

And gradually, what I'd started to cram into every available minute became what I wanted to do all the time.

What had started as a personal quest had evolved into a professional mission.

A LOT of soul-searching, questioning, learning, support-seeking, exploring, and daring later, I began professional coach training. This was the culmination of my years of formal and informal studying, creating, honing, and experimenting.

I clearly remember **the** moment on the Sunday morning of my first module of coach training. I sat in the classroom breathless and stunned. “Oh my god,” I thought. *“It's like they made a job for who I am.”*

The Passion

That's how I feel about my work. It's more than a job—it's a mission. A mission to help you on your own journey to clarity and fulfillment.

Today I have the job of my dreams and even on hard days, I know that I am “on path.”



Thirtyawesome!

My mission is to help you design and create the life, career, and relationships YOU want.

I've been where you are, and I know how scary and confusing it can be. I also know what you are capable of.

I know that you can be in the driver's seat of your life, navigating with a roadmap that's custom-made for you.

As painful as it is, the freakout that you feel as your thirties approach or advance is a *catalyst* for you to check in with yourself and take stock—of where you are, and of where you want to be.

No matter what level of fulfillment you have or haven't reached, you *can* get there.

I know because I have been in your shoes—lost, on autopilot, wishing I could just pull over—and my own panic led me to create a process that will help you create the thirtyAWESOME life you were meant to live.

It may seem far away—but I'm here to tell you that it IS possible.

Whether you're going to work at a job where you watch the clock every day...

finding yourself with the same wrong partners over and over [or having the same fight with the *right* partner over and over]...

uprooting yourself and moving, on your own, to a new city, at a time when you thought you'd be more firmly rooted already...

struggling to communicate with your partner, family, colleagues, or children...

dreaming of making changes, but way too scared, overwhelmed, or confused to move forward...

you are right where you need to be to do the work of creating the life you want.

You have everything you need.

You are exactly where you need to be to start.

Together, we have what it takes to **make Thirtysomething Panic the best thing that ever happened to you.**

If you are ready to banish the overwhelm and get into action, let's get started!



The road to thirtyawesome!

The Three Secrets

Are you ready to learn three secrets to breaking through Thirtysomething Panic?

I've found that these secrets have the power to launch people on their journey out of "thirtyWHAAAT?!" and toward "thirtyAWESOME."

Of course, every person is unique. We are not robots. It's not like everyone jumps on the "career change conveyor belt" or the "find a partner freeway" at the same place, goes through the same machine, and comes out with the same life. [Nor would they want to!]

People start this journey with different circumstances, different goals, different personalities, different resources, different levels of clarity and consciousness, and so forth. So naturally, the journey to break through Thirtysomething Panic is different for everyone.

But in preparing this report for you, I spent a lot of time thinking over all the people I've ever coached. I thought about *every single person* I've helped, and I asked myself:

What did they *all* need to do—no matter who they are or what their situation was—in order to achieve their dreams?

Here's what I found in my research:

YES—every person I've worked with is absolutely unique.

And yet, in spite of everything that makes people different, I did discover some significant commonalities amongst everyone—no matter what their situation, who they are, or what they wanted to accomplish.

There are certain things that EVERYONE must do at the outset, in order to successfully break through Thirtysomething Panic and create what they want.

You're about to learn what those things are!

Thirtysomething Secret #1: The first step to *breaking through* Thirtysomething Panic is to fully recognize and acknowledge that you *have* Thirtysomething Panic.

The first necessary ingredients to breaking through Thirtysomething Panic are **awareness, understanding, recognition, and acknowledgment**.

For many people, just having a *name* for what they're dealing with can be a huge relief. I get emails telling me, "As soon as I read that phrase on your website, I said, 'OMG! That is *totally* what I have!'"

Thirtysomething Panic can feel very lonely and confusing, so even being able to articulate it can be a great comfort—AND can perfectly position you to move forward.

After all, if you can't acknowledge and understand a problem, you can't attack it head on.

So...

What is Thirtysomething Panic?

Let's look right into the belly of this beast (to build your **awareness** and **understanding**). As we do, you'll unpack your own panic and assess yourself on some of the most common thoughts that run on a spin cycle in the thirtysomething mind (thereby **recognizing** and **acknowledging** your situation).

ThirtyWHAAAT?! The core of Thirtysomething Panic

Your thirties are one special time. Right?!

When we are young, we develop an image of what a "Real Grownup" is.

Most of us carry a picture in our minds of what we will do, be, and have when we have arrived at true adulthood. This picture comes from our own hopes and dreams, the models we have in our lives, and the implicit and explicit messages we get from our parents, teachers, friends, and the media.

All along, throughout your childhood and teen years (and, if you're anything like most of my clients, throughout your twenties), this Real Grownup is a Someone Else. Then, one day you wake up and you realize—it's supposed to be YOU!

Having carried this picture of what we "should" be into our thirties, many of us feel like imposters as we compare ourselves to that image and don't see ourselves measuring up.

When you start to see the gaps between who you thought you'd be as a Real Grownup and who you actually are now, it can be disconcerting to say the least.

You scroll down your Facebook feed and see the posts of people you went to elementary school with, holding their second and third babies, getting married, celebrating promotions at companies that sound really glamorous and important.

We all started in the same place, you think. We took our spelling tests next to each other and were in the same seventh grade science class and now she's taking care of her perfect children with her perfect husband in their perfect house while doing her perfect job, and I'm proud of myself if I have cereal in the house.

What if I had taken that path? Should I have taken that path? How did I get so behind? What's the secret? What am I doing wrong?!?

Do you have Thirtysomething Panic?

Check off the thoughts that apply to you:

- ☐ *"I thought I'd have it all together by the time I reached this age. Things are okay, but not where I'd like them to be, and I'm starting to panic that I'm running out of time!"*
- ☐ *"I should have figured it out by now."*
- ☐ *"Every birthday and holiday fills me with panic as I realize another year has gone by, and I'm no closer to who or where I want to be."*
- ☐ *"It was okay to be experimenting in my twenties, but now it's time to get serious."*
- ☐ *"When am I going to be a Real Grownup? Are we there yet?"*

- ☐ *“I feel really behind. Like I didn’t get some REALLY FREAKING IMPORTANT memo...”*
- ☐ *“I can’t believe I’m thirty-_____ and starting over...”*
- ☐ *“Facebook feels like one constant reminder of how behind, inert, or alone I am.”*
- ☐ *“I’ve felt so stuck for so long, I’m starting to get down on myself. I’m failing myself....and everyone who believed in me.”*
- ☐ *“I’m worried that it’s too late to live up to my potential. Maybe I missed my chance.”*
- ☐ *“I did everything I was supposed to. They didn’t prepare me for this.”*
- ☐ *“I have so many ideas of things I could do, but I don’t know what to pick—so I don’t do anything.”*
- ☐ *“If only I hadn’t wasted that time in my 20s, I’d have it all together by now.”*
- ☐ *“At least one area of my life seems waaay off-track. I feel like I need to get it under control SOON.”*

Did you check off one or more boxes? If so, you are dealing with Thirtysomething Panic. Congratulations—awareness is the first step toward breaking through the panic. And as you know by this report, you’re not alone, and there IS help available for you.

What are your Thirtysomething Panic Points™ ?

Now that we’ve identified what Thirtysomething Panic can look and feel like, let’s take a look at some of the most common ways Thirtysomething Panic shows up.

We’re going to zoom in on the aspects of life where Thirtysomething Panic tends to be most potent.

CAREER

For many people, a career is central to their image of a Real Grownup. You may have expected your career to give you a sense of purpose, provide income, create structure and stability in your life, and more.

Many of us grew up with the idea that we'd begin on a career path in our twenties and be well-established professionals by our thirtieth birthdays.

We were brought up with the message, "You can do anything you want to do, and be anything you want to be!"

Many of us heard that message as, "You can do *everything* you want to do, and be *everything* you want to be!" and some of us internalized, "You *should* do everything, and be everything!"

Pressure much?

If you've hopped from job to job, or landed on a career path that's not a match for who you are, you can start to feel very lost...or very stuck.

What's more, the so-called "typical" path has changed. We no longer live in a world where most people start out in a company and stay there. The path you once assumed you'd step onto may not even exist.

Even if you did everything you were "supposed" to do, you may find that work life looks nothing like the picture you grew up with.

Is your career a Thirtysomething Panic Point?

Check off the thoughts that apply to you:

- ☐ *"I never really planned to be a (insert career here). I just kind of fell into it."*
- ☐ *"I'm successful with a good job that I should love—but I'm not passionate. It just isn't right."*
- ☐ *"I feel like I'm wasting my time and energy on this planet."*
- ☐ *"I don't know what I want, but I know it's not this."*

- ☐ *"I spend all day, every day watching the clock. I spend all week, every week waiting for the weekend."*
- ☐ *"I know there's something more powerful for me to contribute. I just don't know what."*
- ☐ *"I'm lucky to have a job with security and benefits. That's what holds me back from leaving and embarking on the career that really excites me."*
- ☐ *"I've decided to change careers but I'm overwhelmed by everything involved. I need help getting organized and getting going!"*
- ☐ *"I keep thinking I could create something really great. But then I think I'm just kidding myself. Who the hell do I think I am?"*
- ☐ *"I used to love this work, but I've lost my sense of purpose, focus, and joy. I want to get that back."*
- ☐ *"My family values totally different things than I do. I know I'll let them down if I go after my dream."*
- ☐ *"I'm underused/underappreciated at my job. A little recognition would be nice."*
- ☐ *"The career I worked toward turned out to be nothing like how I dreamed it would be. But I've invested so much of my life in it, and I'm afraid I'm not qualified for anything else. What now?"*
- ☐ *"What if I never find the thing I'm really supposed to do?"*

Other career panic thoughts I have:

Did you check off one or more boxes? If so, your career is a Thirtysomething Panic Point. Don't freak out, though—you *can* get through this to create a career you love!

RELATIONSHIPS

Relationships touch every aspect of our lives—so it's no wonder this is a major panic point for many thirtysomethings!

Romantic relationships—or lack thereof—can be a huge source of panic. Whether you're single, recovering from a breakup and starting over, or in a relationship that's not thriving, relationship challenges in your thirties can take on a different weight.

Suddenly, we feel the time ticking in a different way—and we start to fear we're running out. The stakes begin to feel much higher.

Some of us always assumed we'd be partnered and settled down with “the one” by now, and are surprised and frustrated to find ourselves still single, exhausted from the search, and scared that “it” will never happen.

Some of us have partnerships that don't match the image we had, and we are wracked with relationship frustration, guilt, or ambivalence.

Our **friendships** can also feel uncomfortably transient.

The changes in our friends' lives can throw our *own* lives into transition. As those we've been close to move away, get married, or have children, we can feel our social circles shrinking and shifting.

Meanwhile, you may find that you've grown apart from certain long-time friends; these friendships once worked well, but now bring you down more than they boost you up.

Or maybe you never did quite feel socially content, and you wonder what's wrong with you...why didn't you ever find your tribe?

Whatever the reason, it can be really tough to find yourself in your thirties feeling like you no longer have a satisfying group of friends.

Family relationships can cause a new kind of stress and strain, too. We start to deal with our parents' aging. We suddenly realize that the relationship we've always

had with our parents (functional or dysfunctional) needs some tweaking now that we are all adults.

If we're still single, many of us deal with pressure of the Bridget Jones variety (tick tock, tick tock!). If you have siblings, you may face constant comparisons.

If you're a parent yourself, you may struggle to communicate with your children. The social drama starts way earlier than you remember it starting when you were a kid. It's hard to know when to get involved, and how. You had an image of who you'd be as a parent, and who your children would be. But your child is her own person and didn't come with an instruction manual!

Or perhaps you're not a parent yet, and you want to be. You may find yourself obsessively calculating just how wide your "window" is, and just how old you'll be when your imagined children reach various milestones.

Or maybe you're still not sure whether or not you want to have kids, but you're afraid you won't make the decision "in time"—whatever that means to you. *And then there's adoption...and then there's freezing my eggs...I could do it on my own...* you turn the options over and over in your head until you are totally overwhelmed.

For some thirtysomethings, discovering and/or choosing to come out about your sexual **orientation** or gender **identity**, or choosing to transition, adds an additional layer of challenge. Not only do you find yourself navigating new (and sometimes uncomfortable or even scary) territory with your family, friends, and coworkers, but you may feel like you're learning to date all over again.

The bottom line? Whatever the specifics of your challenges, relationships are central to our lives—so if you're not fulfilled in your relationships, chances are you are not as happy as you could be.

Are your relationships a Thirtysomething Panic Point?

Check off the thoughts that apply to you:

☐ "What if I never find anyone?"

- ☐ *"I want to get out there, but dating terrifies me!"*
- ☐ *"One by one, my friends have gotten married and had children. I didn't want that yet—and I don't even feel ready for it NOW—but I'm starting to get scared that it won't happen in time."*
- ☐ *"Online dating SUCKS. Or maybe I just suck at dating."*
- ☐ *"I can't stop thinking about him/her. I'm smart, successful, and independent—so why am I letting a breakup control me?"*
- ☐ *"All the good ones are taken."*
- ☐ *"My relationship doesn't make me happy and is clearly not the right match—so why can't I let it go?"*
- ☐ *"My partner/kids/family and I can't communicate."*
- ☐ *"My friends all moved or had babies. I'm lonely. It's so much harder to make friends in your thirties..."*
- ☐ *"Okay, I'm ready to come out. Now what?!"*
- ☐ *"Do I want kids or not?"*
- ☐ *"I always get too attached too fast."*
- ☐ *"I'm afraid I'll never be able to really love anyone who loves me—for more than a few months, anyway."*
- ☐ *"I'm so ambivalent about my relationship. Should I stay or should I go?"*
- ☐ *"Other people in my life don't approve of who or how I love."*
- ☐ *"I keep dating the same wrong person with a different face."*
- ☐ *"I seem to rub people the wrong way, and I'm not sure why."*
- ☐ *"I hate to admit it, but I don't actually LIKE some of my friends anymore. I don't think I'd be friends with them if I met them today. We've been friends for so long...but we're not on the same wavelength anymore."*

- ☐ *“Now that we’re all grownups, I don’t know how to ‘do’ my relationship with my parents. And the fact that they’re aging is terrifying me.”*
- ☐ *“I’m so busy with work and other commitments, I feel like I don’t have TIME to date.”*
- ☐ *“What is wrong with me that I don’t have a solid friend group by now (or anymore)?”*
- ☐ *“Maybe I should have married him/her.”*
- ☐ *“My gender identity/sexual orientation/transition make navigating my thirties even more confusing.”*
- ☐ *“I don’t want to be needy. I know I should be happy without a partner. But the truth is I really want someone, and I think about it all the time.”*

Other relationship panic thoughts I have:

Did you check off one or more boxes? If so, your relationships are a Thirtysomething Panic Point. But the good news is, you’re on your way to breaking through your relationship panic!

HOME

Home is another piece of the thirtysomething puzzle—one that tends to feed into and off of the other primary Panic Points of career and relationship.

For some of us, home feels like a temporary place—somewhere we’re staying for now, until we figure out where we’re really supposed to be.

You may long to be settled and create the living space you always dreamed of growing up, but feel that this aspect of your life hinges on what happens with your career and relationships. If those areas are in flux, home can feel like a sort of purgatory—a place you’re stuck in until you “figure it all out.”

In your thirties, a big move can be more daunting than it would have been a decade ago. Starting over in a new city means establishing new roots and seeking new friends at a time when many people around us seem settled and rooted already.

Many thirtysomethings experience an inner tug-of-war between the desire to experiment with living in new places and the “nest and invest” instinct to settle into one place.

The stakes of uprooting yourself can feel a lot higher than they did in earlier stages of life. For those who have always been adventurous explorers, it can be startling and even unsettling to find that you have an increased desire for stability.

On the other hand, those who have always been happy to stay in one place may suddenly notice an inner drive toward exploration and feel resentful that they never jumped around. For some thirtysomethings, **the stakes of staying put** feel higher than they used to, as the fears of “Is this it?” and “Now or never” set in.

Feeling out of place in your own home can be incredibly draining, and can feed an overarching fire of discontent.

Whether you’re unhappy in your house/apartment, your geographical location, or both, it’s perfectly understandable that your living environment is impacting your overall satisfaction and sense of agency in your life.

Is your home a Thirtysomething Panic Point?

Check off the thoughts that apply to you:

- ☐ *“My home doesn’t work for me. But I don’t want to invest in making it better, or moving, because what if I meet someone to move in with, or what if I get a job somewhere else? I’d just have to move again. So I stay stuck in this place...”*
- ☐ *“If I don’t make a move now, I’ll never go. Is this really where I want to be forever?”*
- ☐ *“I’ve always embraced jumping around and enjoyed the possibilities that new places bring. But I’m starting to long for roots and the feeling of being settled.”*
- ☐ *“I’m in the wrong place. I need to get out of here.”*
- ☐ *“I just can’t find my tribe in this town. Where are my people?!”*
- ☐ *“Moving here wasn’t what I wanted—I had to for work/my relationship—and I am miserable.”*
- ☐ *“I’m moving, and the idea of starting all over again somewhere new is terrifying.”*
- ☐ *“I feel shame when I compare my home to my friends’ homes.”*
- ☐ *“For years, I’ve dreamed of moving to _____. But that would mean disrupting my entire life. Still, I worry I’ll always regret it if I don’t go...”*
- ☐ *“I’m in a holding pattern in this apartment. Every year when my lease renewal comes up, it’s a reminder that I’m still unhappy here but still don’t know where I want to go.”*

Other home panic thoughts I have:

Did you check off one or more boxes? If so, your home is a Thirtysomething Panic Point. Good thing you are on your way to moving forward!

AND THE CHERRY ON TOP: GRAY HAIR ALREADY?!

Don't forget all the physical changes we didn't know would happen so soon!

When I was a kid I thought people got gray hair when they were 60. Nothing could have prepared me for the night I was brushing my teeth and spotted my very first (well, first that I was aware of) gray hair in the mirror. I knew it was coming, but in the same way you know you'll die someday—intellectually, but not *really*.

In your thirties, your body starts to change in sometimes subtle, sometimes obvious, and sometimes subversive ways. Parts of your body that were always willing to go along with your plans suddenly start demanding special attention.

Suddenly your smile leaves a line on your face that doesn't go away after a moment. Suddenly you feel winded as you walk up the stairs. Suddenly a good night's sleep is waaay less optional.

For many thirtysomethings, observing their aging parents and older friends creates heightened awareness of the changes and trials of an aging body and mind. Not only do we begin to deal with the emotional and energetic toll of being an adult child whose parents need support, but we also begin to really see, for the first time, what lies ahead for us.

That will be me someday, we realize. Mortality takes on a whole new reality.

Our bodies are our always-homes. So it's no wonder that all these changes cause us to panic.

Is your body or physical aging a Thirtysomething Panic Point?

Check off the thoughts that apply to you:

☐ *"It's freaking me out the way my body is changing. I can't stay up late like I used to, or eat like I used to. My hair is turning gray, and certain things are starting to hurt. Is it just going to get worse from here?"*

☐ *"As I see people around me get old, sick, and more vulnerable, it makes me so much more aware of what could happen to me. That just makes the panic about other areas of my life even worse!"*

- ☐ *“It feels impossible to find the motivation or discipline to exercise.”*
- ☐ *“I know I should see a doctor about that nagging concern—but I keep putting it off.”*
- ☐ *“I’m perpetually exhausted. In my 20s I could stay up till 4am and feel fine the next day. Now a change in my sleep schedule knocks me over for days.”*
- ☐ *“I’m sick of hating my body. When am I going to be comfortable and confident in my own skin?”*
- ☐ *“I know I’m not taking care of myself, but I don’t feel like I have time or energy to.”*

Other body/physical aging panic thoughts I have:

Did you check off one or more boxes? If so, your body/physical aging is a Thirtysomething Panic Point. That’s totally normal—you are not alone!

Put your awareness to work for you

Sometimes we refuse to acknowledge a problem, hoping that it will just go away. We may think we can’t do anything about it, which alternately results in panic, apathy, rationalization, and complacency. Since we feel completely stuck, we may avoid thinking about or doing anything about our Panic Points.

Can you relate to that?

If so, here's what you need to know: avoidance and ignorance are NOT true bliss.

If you are experiencing Thirtysomething Panic, stop arguing with your head, heart, and gut and start LISTENING TO YOURSELF.

Your intuition knows that something isn't right. You've tried to push it aside, ignore it, rationalize it, get over it, and so forth—but this feeling isn't going away. In fact, it may be getting stronger with each day that goes by.

It's time to fully recognize and acknowledge what's going on for you.

In order to move forward, you must first accept that you have Thirtysomething Panic, and accept *yourself*, exactly where you are.

I know it's hard, but do the best you can to release judgment of yourself. You are not alone in this, and there is nothing wrong with you.

You deserve to break through this panic and live a life you love.

Here's your action step:

Right now, read this statement to yourself: *"I am aware and I acknowledge that I'm dealing with Thirtysomething Panic. I'm not alone, and this doesn't mean there's something wrong with me. I know that I deserve to break through this panic and live a life I love."*

Now read it again, with even more conviction!

Congratulations—you have just taken one small-but-huge step forward. By building your awareness and understanding of what Thirtysomething Panic is, and recognizing and acknowledging your Panic Points, you have just moved closer to breaking through your panic.

It may seem little, but it's actually a really freaking big deal. You've pushed through the denial, and instead of beating yourself up for it, you are perfectly positioned to launch yourself forward.

And you're ready to learn the second secret.

Thirtysomething Secret #2: Getting THROUGH Thirtysomething Panic starts with getting REAL about your current situation and your desires for the future.

What would it be like to wake up every morning knowing that you are living your life on purpose?

How would it feel to go to bed every night knowing that you are building the career, relationships, and life you're meant to have?

Right now, close your eyes and picture that.

Really feel it in your body.

What would it be like to be in your thirties and *absolutely loving it*?

Once you've fully become aware and acknowledged that you are dealing with Thirtysomething Panic, you're ready for the next step: to get real about what you want.

In order to do that, you need to **declare your dreams**.

Do you have the courage to name what you want for yourself?

Can you step up for yourself and name what you want to be different in your life?

If you want to break through Thirtysomething Panic, you must get your dreams out on the table: truly NAME, ACCEPT, and OWN them.

Get REAL about them.

That can be a lot easier said than done.

[And it's totally normal if that feels hard for you. It's hard for a lot of people. That's why it's one of the first things I help my new clients to do.]

Why it's hard to get real about your dreams

It takes tremendous courage to dream for many reasons.

1. Dreaming can mean facing the huge gap between where you are and where you want to be. That can be painful.

“I feel so, so far away from where I want to be...”

2. Dreaming can mean speaking up for what YOU want, and speaking out YOUR truth, as opposed to what your parents, friends, colleagues, and so forth want—as opposed to the truths they’ve implanted in you. That can feel like a big risk.

“If I go after what I want, THEY won’t like it...”

3. Naming your dreams—especially if you name them to someone else—also plants a little seed of accountability.

“If I say it, I might have to do something about it...”

4. Naming a dream can be challenging because you may not have clarity about what that dream even really looks like.

“I don’t know what I want, but it’s not this.”

5. When we start to declare our dreams, obstacles tend to pop up in our minds and knock them down. No sooner do most of us name a dream than the “yeah buts,” “that won’t work because,” and “if only” start to rear their ugly heads.

“I can’t do/have that because...and because...and because...”

We all face outer and inner obstacles that get in the way of **even daring to dream** of the life we want. They slow us down, get in the way, and even sabotage our success. And just like our unlived dreams, our obstacles are generally big pain points.

It's hard? Do it anyway.

Challenging though it may be, the process of naming, accepting, and owning your dreams is a critical element in breaking through Thirtysomething Panic. If you want to get THROUGH the panic, you've gotta get REAL about your dreams.

To **name** your dreams means to get super-clear and super-honest about what you want—including the hidden dreams that you haven't even identified or articulated before.

This may mean digging deeper than you ever have into who you *really* are. It means to stop arguing with reality, and to start speaking the truth.

To **accept** your dreams means to let go of judgment of and resistance to what you want. It means to embrace, honor, and love your dreams—even if your dreams are not what you thought they would be, once upon a time; even if it would be more convenient *not* to have these dreams; even if they are not the dreams you or others in your life think you *should* have. Even if your dreams scare you.

It means to forgive yourself for wanting something different from what you were taught you should want, or thought you wanted, or pursued up until now. To accept your dreams means to embrace what you actually desire.

To **own** your dreams means to take full responsibility for them. It means to remove any “but” from the equation. No more “*I want to make a contribution...BUT I don't know what.*” “*I want to find a partner...BUT I don't have time.*”

When you own your dreams, you acknowledge that you are the only person who can make them happen. You stop looking for outside forces to give you permission or to carve out your path for you. You start doing what you can, with what you have, where you are.

You recognize that no one else can do it for you.

Here's your action step:

Take out a piece of paper and journal for ten minutes about these questions:

What do I dream for myself?

What do I want to be different in my life?

If I could wave a magic wand, what would I create?

Give yourself permission to include very vague, can't-quite-put-my-finger-on-it dreams, as well as super-specific dreams.

When a "Yeah, but" or a "That won't work because" or a "Then I'd have to" comes up, take a big, brave breath and keep writing.

Include dreams you "shouldn't" have or that "people like you" don't achieve.

Put the "but monster" and the "supposed to be" in another room, just for a bit.

Just for now, put aside the "how" and allow yourself to dream the "what."

Thirtysomething Secret #3: Change begins with a choice.

Once you've started the process of boldly laying your dreams out on the table, you're ready to take the next crucial step to break through Thirtysomething Panic.

It really boils down to one word:

DECIDE.

In order to break through Thirtysomething Panic, you must **make a decision that you are going to deal with or remove any obstacles and make those dreams happen.**

“But how can I decide to do this if I'm not even sure I can? If I don't know how?”

That's a reasonable question.

Deciding—not hoping, wishing, or pondering—but DECIDING—might feel like a leap of faith.

And in some ways, it is.

But here's the thing.

I have worked with so many thirtysomethings who have broken through panic to create careers, relationships, and lives they love, and I can tell you one thing they all have in common:

They have each made the **choice** that *it is time*—that they are going to *do this freakin' thing*. Whatever that means.

It's like something inside of them is putting its proverbial foot down and saying, “ENOUGH!”

That's how it was for me. *At some point, the fear of NOT "figuring it out" exceeded the fear of what might happen if I tried.*

That was the point at which I **decided**.

And that's when things really started to change for me.

Even though I didn't yet know how I would do it.

Even though I didn't even 100% understand why I wanted to do it.

The *decision* itself catapulted me forward.

If you're serious about changing your life and pursuing the dreams you've laid out, the first key step is to make the commitment to yourself—the decision that you are going to do this.

It's okay if you aren't sure how you're going to do it.

It's okay if you're not 100% confident in yourself right now.

It's okay if you need support in order to do it.

It's okay if you don't even know what "it" looks like yet.

But no matter how you do it, *the first key to success is deciding that it will happen.*

Until you make that decision, nothing is going to change.

Here's your action step:

Assess yourself right now:

On a scale of 1 to 10, how committed are you to breaking through Thirtysomething Panic? To finding the work you love? To building a relationship that is satisfying, fulfilling, and healthy? Or to whatever YOUR dreams are?

Your answer will tell you (and me) a lot about how successful you'll be at achieving your goals.

Congratulations!

Congratulations on investing in yourself by taking the time to read this report. You've just taken a step to shake yourself out of your super-frustrating present and move toward building your awesome future!

You've learned three **secrets** to breaking through Thirtysomething Panic:

1. The first step to *breaking through* Thirtysomething Panic is to fully recognize and acknowledge that you *have* Thirtysomething Panic.
2. Getting **THROUGH** Thirtysomething Panic starts with getting **REAL** about your current situation and your desires for the future.
3. Change begins with a choice.

...and you have taken **steps** to start the process of breaking through Thirtysomething Panic to create the career, relationships, and life you love.

HIGH FIVE!

Now: are you ready to ride this momentum forward and take the next step?

Your next step

What's next?

It's time to take action.

If **you** are ready to create the career, relationships, or life of your dreams, **I** am ready to help you.

Your next step is to sign up for a **“Break through Thirtysomething Panic” private coaching session.**

This is a powerful session in which you will:

- => get clearer on your goals and vision for a thirtyAWESOME life, so you know what you want and where you're headed
- => uncover any challenges that could be slowing you down or sabotaging you
- => assess how ready you are to achieve your goals right now

=> discuss the process we can go through and approaches we can take to help you achieve your goals

=> and leave the session with more energy, motivation, and commitment to really make your goals happen, as well as a decision about whether we are the right fit longer-term

No matter what you'd like to change or achieve, this session is the perfect next step to get you there.

GIMME THE DEETS!

Investment: This is a powerful session that would normally cost \$195, but as a warm welcome to you, I'm offering it at a special rate of just \$95.

How it works: You'll call me at **602.684.2458** for our session. My international clients often prefer to use Skype, which works great too. Before this call, I'll send you a questionnaire that will prepare us both for your session. [Countless clients have told me they gained clarity just from this questionnaire!]

Times available: This is a 90-minute session—but we'll block out two hours to make sure we have plenty of time. I typically offer these sessions on Mondays through Thursdays between noon and 6pm Eastern. Look at your calendar now to find some times that work for you.

Here's your action step:

Click here to email me and schedule your **Break through Thirtysomething Panic session** now: carrie.spaulding@gmail.com

In your email, tell me:

- That you found this offer through my Thirtysomething Panic special report and want to secure the special \$95 rate
- Three dates and times you're available for our session

I will respond to your email within two business days.

I know change can be scary! Don't worry—I've got you through this process. I am here to support you.

Together we'll turn your panic into an opportunity to boldly create the life you want, working through your fears and roadblocks so that you can make real, lasting changes.

The truth is that this moment, painful though it may be, is a tremendous opportunity for transformation. We'll work together to help you get clear and in gear.

You get to choose how you spend your one, unrepeatable life...and you are exactly where you need to be to start.

It will be my privilege to help you.

Get going, STAT!

If you're ready, don't spend another minute wondering if your life is passing you by. Get your **Break through Thirtysomething Panic** session now. Just email carrie.spaulding@gmail.com.

Did you get this report from a friend? Want to make sure you don't miss out on more good stuff? Visit www.carriespaulding.com and subscribe to get more free resources, tips, and tools from The Thirtysomething Coach.

***Congratulations on investing in yourself.
Here's to your success!***