

Navigating a midlife crisis can be overwhelming, bringing about questions of purpose, identity, and direction. Many men face challenges during this time, such as managing stress, reassessing priorities, and dealing with feelings of uncertainty. **However, with the right tools and strategies, it is possible to regain control, find clarity, and move forward with confidence.** This workbook is designed to provide practical worksheets that target key areas of emotional well-being, personal growth, and goal-setting, helping you to rediscover fulfillment and balance in your life.

Here is a brief introduction to each worksheet included in this workbook:

1. Setting SMART Goals

This worksheet helps you set Specific, Measurable, Achievable, Relevant, and Time-bound goals. This structured approach allows you to break down large or overwhelming tasks into manageable steps, making it easier to stay motivated and on track.

2. Values Inventory

This worksheet helps you identify and prioritize what truly matters to you, especially during times of personal reflection, such as a midlife crisis. By clarifying your core values, this exercise guides you in making decisions that align with your authentic self and long-term fulfillment.

3. Cognitive Restructuring

This worksheet helps you challenge and reframe negative or self-defeating thoughts that may arise during a midlife crisis. By shifting your mindset, this exercise empowers you to manage stress and make more constructive choices moving forward.

4. DBT PLEASE Skill

This worksheet focuses on improving your physical well-being, which can directly impact emotional stability during a midlife crisis. By addressing key areas like sleep, exercise, and nutrition, this exercise helps you build a foundation for better mental health and resilience.

5. Self-Care Inventory

This worksheet encourages you to assess and prioritize your physical, emotional, and mental well-being during a midlife crisis. By evaluating your current self-care habits, this exercise helps you create a balanced routine that supports your overall health and personal growth.



Setting SMART Goals

SMART Goals is a structured goal-setting method that can help men experiencing a midlife crisis create clear, actionable objectives. By breaking down larger life changes into manageable steps, **SMART Goals can reduce feelings of overwhelm, boost motivation, improve focus, and foster a sense of accomplishment** during this transitional time.

S

Specific

What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

Example: "I will go for a 10-minute walk in my neighborhood every morning."

M

Measurable

How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

Example: "I will track my daily walks in a journal and aim to complete at least 5 walks per week."

A

Achievable

Is your goal realistic? What steps can you take to make your goal achievable? Break down your goal into smaller, manageable tasks.

Example: "I will start with a 10-minute walk and gradually increase the duration by 5 minutes each week, aiming for a 30-minute walk by the end of the month."

R

Relevant

Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

Example: "I will focus on walking because physical activity has been shown to improve mood and reduce symptoms of depression."

T

Time-Bound

What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

Example: "I will achieve my goal of walking 30 minutes every day by the end of the next 4 weeks."



Setting SMART Goals

Use the prompts to answer the questions below and start setting your own SMART goals.

S

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Values Inventory

During a midlife crisis, gaining clarity on your core values can help you navigate life's changes with purpose and intention. **Understanding what truly matters to you allows you to make decisions that align with your authentic self.** To begin, set a timer for two minutes and review the list of values below. Mark the ones that resonate with you most—the timer encourages you to trust your instincts without overthinking.

Values List

- | | | |
|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Empathy | <input type="checkbox"/> Happiness |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Entertainment | <input type="checkbox"/> Health |
| <input type="checkbox"/> Animals | <input type="checkbox"/> Equality | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Art | <input type="checkbox"/> Excellence | <input type="checkbox"/> Humility |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Exercise | <input type="checkbox"/> Humour |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Faith | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Family | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Bravery | <input type="checkbox"/> Financial stability | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Calmness | <input type="checkbox"/> Friendships | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Career | <input type="checkbox"/> Fun | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Generosity | <input type="checkbox"/> Love |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Growth | <input type="checkbox"/> Mercy |



Values Inventory

Values List

- | | | |
|--|--|---|
| <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Quality | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Minimalism | <input type="checkbox"/> Reading | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Music | <input type="checkbox"/> Relationships | <input type="checkbox"/> Thoughtfulness |
| <input type="checkbox"/> Nature | <input type="checkbox"/> Resilience | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Open mindedness | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Order | <input type="checkbox"/> Respect | <input type="checkbox"/> Vulnerability |
| <input type="checkbox"/> Parenting | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Passion | <input type="checkbox"/> Risk-taking | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Patience | <input type="checkbox"/> Safety | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Perverserance | <input type="checkbox"/> Security | |
| <input type="checkbox"/> Pleasure | <input type="checkbox"/> Self-compassion | |
| <input type="checkbox"/> Politics | <input type="checkbox"/> Self-respect | |
| <input type="checkbox"/> Privacy | <input type="checkbox"/> Spirituality | |



Values Inventory

Next, rank your values in order of importance from most to least.

My Most Important Values

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____



Values Inventory

Core values are the ones that guide most of your decisions and actions. Look at the top 3-5 values you've ranked. Ask yourself, "Do these truly reflect what drives me?" Core values tend to influence big life choices and the way you approach challenges, relationships, and goals.

Think about how often you live according to these values. Are they present in your day-to-day decisions and actions? If a value is truly core, it will show up consistently in your choices, and when it's absent, you'll likely feel off-balance or unsatisfied.

My Core Values

Value

What actions can I take in line with this value?

Value

What actions can I take in line with this value?



Values Inventory

My Core Values

Value

What actions can I take in line with this value?

.....

.....

.....

Value

What actions can I take in line with this value?

.....

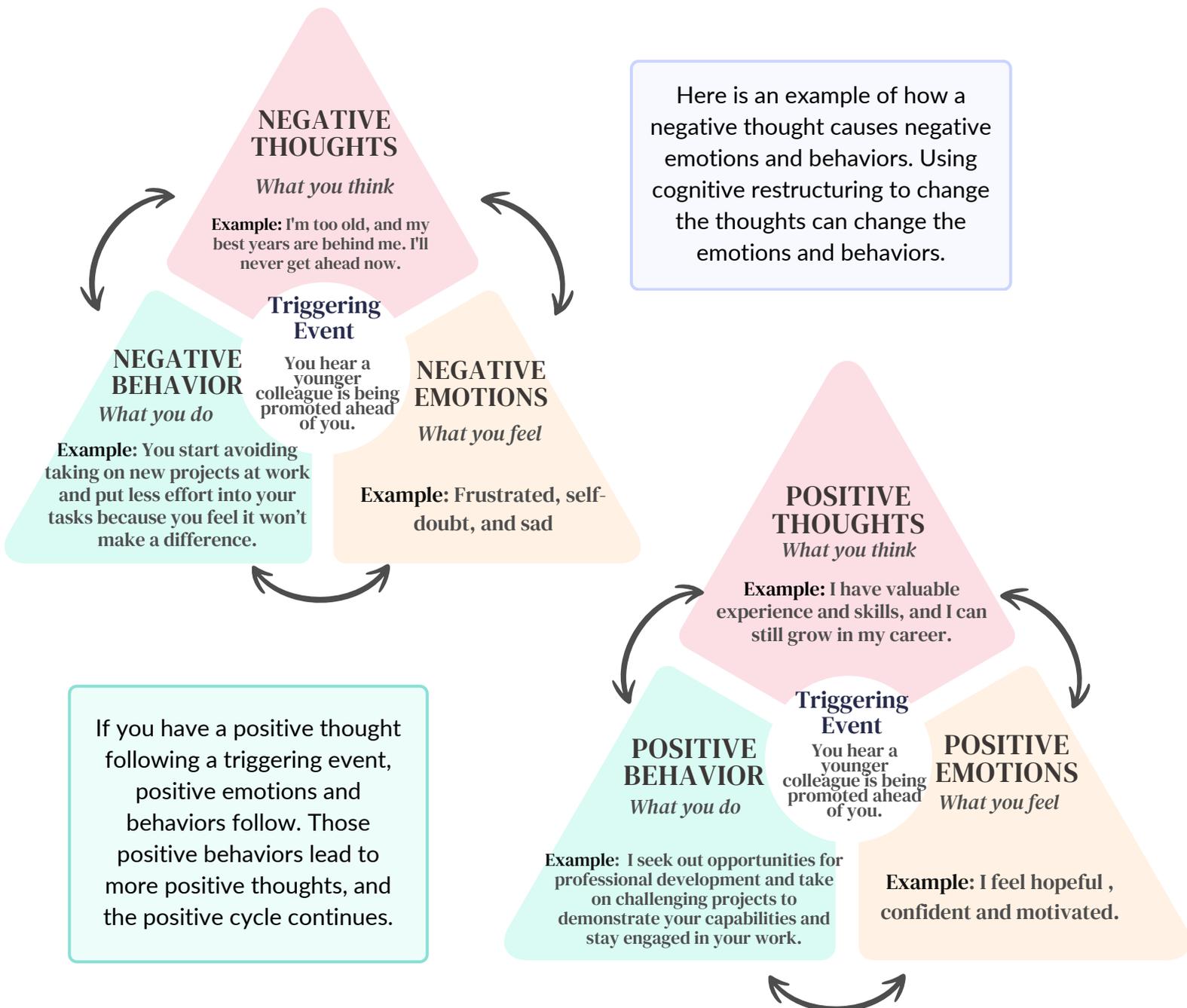
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Cognitive Restructuring

Cognitive restructuring is a CBT tool that helps you identify and challenge negative or unhelpful thoughts. By examining these thoughts more closely, you can replace them with more constructive and realistic ones. **During a midlife crisis, cognitive restructuring can help you break down mental barriers and rethink the limiting beliefs that may be preventing you from moving forward.**



THOUGHT

What you think in a situation
Ex: I'm the worst friend

EMOTION

How you feel
Ex: I feel sad and hopeless

BEHAVIOR

How you handle the situation
Ex: Isolate and withdraw

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are making your depression symptoms worse by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thought:

Is my thought factual?

What evidence do I have to support my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?



Self-Care Inventory

Self-care is any technique that enhances your well-being and replenishes your mind and body. For example, practicing daily gratitude, laughing with a loved one, and taking daily walks can boost your mood and improve overall well-being. A self-care routine is not one-size-fits-all but requires experimenting with different strategies to understand what works best for you.

This worksheet is designed to help you explore a variety of specific self-care activities that can improve your well-being. You will be asked to rank each activity on a scale from 1-3 to determine how well you are currently engaging in these practices. After ranking, you can “star” the activities you would like to do more often. The goal of this worksheet is to help you recognize the different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.				
<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.				
<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.				
<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.				
<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.				
<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.				
<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.				
<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.				
<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.				
<input type="checkbox"/>	Paying attention to your body's needs, such as stretching when tense or resting when tired.				



Self-Care Inventory

1 2 3



Emotional Self-Care: Processing & expressing your emotions.

<input type="checkbox"/>	<input type="checkbox"/>	Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.
<input type="checkbox"/>	<input type="checkbox"/>	Spending time with friends and family to build support and reduce feelings of isolation.
<input type="checkbox"/>	<input type="checkbox"/>	Practicing mindfulness to stay present and manage negative thoughts.
<input type="checkbox"/>	<input type="checkbox"/>	Writing down thoughts and feelings to process emotions and gain insights.
<input type="checkbox"/>	<input type="checkbox"/>	Keeping a gratitude journal or reflecting on things you are thankful for.
<input type="checkbox"/>	<input type="checkbox"/>	Using positive affirmations to counter negative self-talk and build self-esteem.
<input type="checkbox"/>	<input type="checkbox"/>	Using music to relax, uplift your mood, or express your emotions.
<input type="checkbox"/>	<input type="checkbox"/>	Expressing your emotions through art, music, writing, or other creative outlets.
<input type="checkbox"/>	<input type="checkbox"/>	Set achievable goals and celebrate your progress, no matter how small.
<input type="checkbox"/>	<input type="checkbox"/>	Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



Social Self-Care: Fostering & maintaining healthy relationships.

<input type="checkbox"/>	<input type="checkbox"/>	Spending time with people you like and make you feel good about yourself.
<input type="checkbox"/>	<input type="checkbox"/>	Asking for help from friends or family when you're feeling down or overwhelmed.
<input type="checkbox"/>	<input type="checkbox"/>	Learning to say no and establishing boundaries to protect your emotional well-being.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in support groups to gain insight and emotional support from others.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in clubs or organizations that align with your interests to meet new people.
<input type="checkbox"/>	<input type="checkbox"/>	Giving your time to help others in your community to foster connection and purpose.
<input type="checkbox"/>	<input type="checkbox"/>	Going to social gatherings, parties, or community events to build your social network.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.
<input type="checkbox"/>	<input type="checkbox"/>	Actively listening when talking with others, which helps strengthen your relationships.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling intentional alone time with your romantic partner.



Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

Stepping away from work to recharge, through daily short breaks and using vacation time.

Talking to a supervisor or HR about mental health challenges (if it feels safe).

Exploring available support options, such as employee assistance programs (EAP).

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

Ensuring your work environment is comfortable and conducive to productivity.

Establishing achievable work goals and celebrating small accomplishments.

Being kind to yourself during work and avoiding excessive self-criticism.

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

Practicing meditation to connect with your inner self and find peace and clarity.

Engaging in prayer or other forms of communication with a higher power.

Spending time in nature to experience connection to the world around you.

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

Participating in spiritual or religious community activities.

Engaging in artistic activities, such as painting, music, or writing.

Performing acts of kindness and service to others, fostering a sense of purpose.

Acting in accordance with your morals to create a sense of integrity in your life.

Spending time with the people who give your life meaning.





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

