



# PROJECT: IMPROVE ME

## *LIFE MAP WELCOME GUIDE*

A starting point for midlife women ready  
to make one meaningful fix at a time



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By Kari Lee • Project: Improve Me™  
(PIM = Project: Improve Me)

# WELCOME TO YOUR LIFE MAP

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**Thanks for showing up — even if life feels like a lot right now.**

If you're anything like me, **midlife hasn't been smooth sailing**. It's been full, unpredictable, and honestly... a bit of a rollercoaster.

I started **Project: Improve Me (PIM)** because I was tired of feeling buried by digital clutter, money stress, half-finished notebooks, and the nagging feeling that I was running out of time to make things better.

I'm not here to tell you how to handle your hormones or fix your relationships — those things matter, but they're **outside my lane**.

What **I can help** with is this:

- Clearing the digital and mental mess
- Rebuilding money habits, especially if you're doing it solo
- Slowing down to remember who you've been - and who you still are

This isn't a workbook to rush through. It's a quiet **nudge in the right direction**; a way to check in with yourself and decide what needs your attention next.

Thanks for taking the time to check out what the **PIM Life Map** is all about. I truly hope it helps you get through midlife just a little easier. Questions and comments always welcome at [hello@projectimproveme.com](mailto:hello@projectimproveme.com).

All My Best,  
*Kari* 

*You can't do everything all at once!  
Focus on one fix at a time.*

# RESET PATH

## Clear the Digital + Mental Mess

Sometimes the mental clutter is digital clutter in disguise.

If your inbox, files, apps, tabs, or phone notifications are starting to feel like a second full-time job — this path is for you.

The Reset Path helps you stop the digital noise, create space to think clearly, and finally take control of your tech habits instead of letting them control you.

It's not about deleting everything or going off-grid. It's about making space for what matters without the overwhelm.

### Try This:

#### ✓ **Download the ClearMind Starter Guide**

*A free intro to the 5-step method I use to reset your digital life, one fix at a time.*

#### ✓ **Read: *Digital Decluttering Hacks That Actually Help***

*Get quick wins and fresh ways to start clearing the digital noise (without deleting your whole life).*

#### ✓ **Explore the ClearMind Challenge Series**

*Follow the 52-week blog journey for small, doable digital decluttering steps — no pressure, just progress.*

#### ✓ **Join the ClearMind Insiders Club**

*Inside the membership, you'll get guided monthly tools — starting with the full **Inbox Detox** course, plus my printable email flowchart that makes decisions easier.*

# REBUILD PATH

## Get a Handle on Your Money — One Step at a Time

Managing money in midlife — especially on one income — comes with challenges most people don't talk about.

Whether you're navigating things solo by choice, by change, or by necessity, the Rebuild Path is here to help you get organized, feel steadier, and take small steps toward a system that actually works for your life.

No shame. No budgeting guilt. Just one fix at a time.

### **Try This:**

#### **Visit the Solo Money Hub**

*Start here for blog posts, tools, and practical help made for midlife women managing money solo.*

#### **Download the Solo Money Starter Kit**

*Not sure where to begin? This free kit walks you through the real-life first steps to get your money organized — no spreadsheets required.*

#### **Read: Smart Money Management for Women 45+**

*This 6-part blog series breaks down real-life steps for getting unstuck and staying consistent — no financial jargon required.*

#### **Browse the Solo Money Shop**

*Explore tools built specifically for women managing their finances paycheck to paycheck — including my new budget planner with extra features and real testimonials.*

# REFLECT PATH

## Tell the Stories You Don't Want to Forget

For a lot of us, midlife means we've been so busy keeping life afloat for everyone else — we've barely paused to ask: What parts of me are still here? What parts have I lost — or want to remember?

The Reflect Path isn't about writing a perfect memoir. It's about writing something down before the details fade.

Whether it's for your kids, grandkids, or just yourself... your story matters — even if no one's ever asked to hear it.

### Try This:

#### **Download the Pen Your Past Starter Kit**

*A free printable guide with journal prompts and ideas to help you write down pieces of your life that deserve to be remembered.*

#### **Join the 'One Story at a Time Series' on the Blog**

*Each post includes writing tips, encouragement, and a story from Kari's own life — so you're never doing it alone.*

#### **Join the Waitlist for more printable prompt Collections**

*Get early access when new curated prompt sets (15–20 per theme) become available for printing, gifting, or keeping.*

## What's Next?

You've just seen the three Life Map paths inside Project: Improve Me™. Now it's time to take one small step — whatever feels most right for where you are today.

## Explore the PIM Blog

- ✓ ClearMind Challenge: A weekly digital fix, one step at a time.
- ✓ Solo Money Hub: Simple money tools for women on one income.
- ✓ Pen Your Past Series: Interesting writing prompts and memory guides.

## Get All the Freebies in One Place

**Unlock the Freebie Vault** for printable tools, memory prompts, tech tips, quote collections, and more — including extras that don't appear in the Life Map.

👉 [projectimproveme.com/freebie-vault](https://projectimproveme.com/freebie-vault)

*One fix at a time. That's the only pace that matters.*

## STAY CONNECTED

You'll also receive little emails from me when:

- A new blog post or prompt goes live
- Someone from the PIM circle shares a win
- I find a tool, quote, or idea worth passing along

Thanks so much for your time! Take care!

Kari 