40's
SOMETHINGS
with Simplee Bree

A FREE GIFT FOR YOU

The 40's Somethings Starter Kit

For the woman who's been everybody's everything — and is finally learning to be herself again.

Hey, friend. If you found your way here, chances are you've spent a lot of years taking care of everybody else first. I get it — I lived that way for a long time, and I'm still learning how to make room for Bree again. I made this little kit as a soft place to start, no pressure and no perfect answers required. Just you, a quiet minute, and some honest questions.

— Bree

LEARNING TO BE ME AGAIN

A 7-Day Rediscovery Journal

One honest prompt a day. Your notes app counts, a scrap of paper counts.

DAY 1 Time

For years, my time belonged to a schedule somebody else needed — school, work, games, dinners, all of it. Now some of my days look different, and honestly, that quiet can feel strange at first. Today we're just noticing where your time actually goes, without judging it.

> PROMPT
>
> *If I had one hour this week that was only mine — no errands, no helping, no catching up — how would I want to spend it? And when was the last time I actually did?*

Today's tiny step: Put that one hour on your calendar this week. Even if it's just 20 minutes to start. Write it down like it's a real appointment, because it is.

DAY 2 Guilt

Can we talk about the guilt that shows up the minute we rest, say no, or do something just because we enjoy it? It doesn't mean you're doing something wrong — sometimes it just means you're doing something *new*. Today we're naming it so it doesn't get to run the whole day.

> PROMPT
>
> *What do I feel guilty about enjoying, resting from, or wanting more of? Where do I think that guilt came from, and is it actually true?*

Today's tiny step: Do one small thing today without explaining it or apologizing for it. A walk. A closed door. A treat you don't share. Let it be simple.

DAY 3 What I Like Now

Here's a funny thing: when somebody asked me what *I* liked — not what my son liked, not what was easiest for everybody — I had to think about it way too long. We change in our 40s. Our taste, our music, our food, our fun — it might not be what it was at 25, and that's okay.

> **PROMPT**
>
> *What do I like now? List 10 things — foods, songs, places, colors, quiet moments, silly things — just for me, not because they're practical or because someone else loves them.*

Today's tiny step: Pick one thing from your list and enjoy it today, even in a small way. Play the song loud. Make the snack. Wear the color.

DAY 4 Rest

Rest is not a reward for finishing everything, because everything is never finished. I had to learn that the hard way. Today isn't about a big vacation or a perfect self-care day — it's about giving yourself permission to stop for a little while.

> **PROMPT**
>
> *What does real rest look like for me — not just sleep, but the kind that makes my mind and body feel settled? When do I feel most tired in a way sleep doesn't fix?*

Today's tiny step: Rest on purpose for 15 minutes today. No phone scrolling, no folding laundry while you "rest." Sit, lie down, step outside — just be still and let that be enough.

DAY 5 My Body / My Peace

My body has carried a lot — a child, long workdays, stress, joy, all of it — and I'm learning to speak to it with a little more kindness. Same with my peace: in this season, I'm a lot more protective of what (and who) I let disturb it. Today is about listening to both.

> **PROMPT**
>
> *What is my body trying to tell me lately? And what situations or conversations have been costing me my peace — and what boundary, even a small one, would help?*

Today's tiny step: Do one kind thing for your body and your peace today. Stretch, drink the water, take the walk — and say a soft "not today" to one thing that drains you.

DAY 6 Dating, Or My Heart

This one is only if it fits where you are — no pushing, I promise. Maybe you're dating, maybe you're thinking about it, maybe your heart is still healing or happily closed for business right now. Wherever you are is fine, and today is just about being honest with yourself about it.

> **PROMPT**
>
> *What does my heart actually want in this season — companionship, fun, something serious, or just peace on my own for a while? And what do I know now, in my 40s, that I wish I'd known about love sooner?*

Today's tiny step: Write one sentence you'd want a future partner — or your own heart — to know about you now. Keep it somewhere you can read it again.

DAY 7 Who I’m Becoming

You are not starting over from nothing. You’re starting from everything you’ve lived, learned, survived, and loved through — that’s not nothing, that’s wisdom. Today we look forward, gently, at the woman you’re becoming.

> **PROMPT**
>
> *Who am I becoming in this season of my life? What do I want more of, what am I ready to leave behind, and what would life look like if I really believed it wasn’t too late for me?*

Today’s tiny step: Write yourself a short note — two or three lines — from the woman you’re becoming to the woman you are today. Save it in your phone. Read it on a hard day.

More room to write

For the day that brought up more than three lines’ worth — keep going here.

KEEP THIS CARD

5 Questions to Ask Before Getting Serious

Ask early, listen closely, and believe the answers — including the ones he doesn't say out loud.

1. "What are you actually looking for right now?"

Why it matters: In our 40s, we don't have time to guess and hope he means the same thing we do.

A good answer sounds like: He's clear and honest, even if it's simple — "I'm dating intentionally" or "I'm looking for something serious" — and his actions match it.

A red-flag answer sounds like: Vague, changing, or joking around it — "We'll see where it goes" for months, or telling you what he thinks you want to hear.

2. "How do you handle it when you're upset or we disagree?"

Why it matters: Anybody can be sweet when things are easy. How he handles hard moments tells you what a real relationship with him would feel like.

A good answer sounds like: "I might need a little space to think, but I'll come back and talk." He can name how he communicates without getting defensive.

A red-flag answer sounds like: Silent treatment for days, blowing up, blaming everybody else, or "I just don't talk about stuff like that."

3. "What did your last serious relationship teach you about yourself?"

Why it matters: You're not asking for gossip about his ex. You're listening for growth, accountability, and honesty.

A good answer sounds like: He can name something he learned or would do differently — without making his ex the villain in every story.

A red-flag answer sounds like: Every ex was "crazy," nothing was ever his fault, and he learned nothing at all.

4. “What does your real, everyday life look like right now?”

Why it matters: You’re dating a whole life, not just good conversation — work, kids or family, faith, responsibilities, and all.

A good answer sounds like: He’s honest about his schedule, his priorities, and where a partner would realistically fit — and he asks about *your* life, too.

A red-flag answer sounds like: Everything is secretive or last-minute, there’s never time for you in the actual plan, or he loves the idea of you but not making room for you.

5. “How do you take care of your health — and how do you feel about getting tested and sharing results before we get intimate?”

Why it matters: We’re grown. Protecting your health is part of respecting yourself, and a man who respects you won’t make you feel awkward for asking.

A good answer sounds like: He’s calm, open, and willing — “That’s fair, let’s both do that and share our results.”

A red-flag answer sounds like: He gets offended, makes jokes to dodge it, refuses, or tries to make you feel like you’re “doing too much” for asking.

Remember, friend: *a good question doesn’t ruin the mood. It protects your heart — and it saves you time you cannot get back.*

40's
SOMETHINGS
with Simplee Bree

Thank You For Being Here

Thank you for being here — for watching, for reading, and for reminding me (and each other) that we're not doing this season alone. Whether you've been here since the beginning or you just found me today, I'm glad you stayed a while.

I'm **@iamsimpleebree** everywhere, and on YouTube I'm **@IAmSimpleeBree**.

New here? Start with these:

1. I Was "Mom First" For Years — Now I'm Learning To Be Bree Again
youtube.com/shorts/TtGJFp8usgg

2. 3 Things Changed When My Son Grew Up
youtube.com/shorts/MP8mZTATuPI

3. Dating In Your 40s Hits Different
youtube.com/shorts/vi1s-F9s2TM

And read more on the blog: iamsimpleebree.com

If this kit made you think of a friend in her 40s who's been everybody's everything, please share it with her. She might need it more than you know.

With love,
— Bree