

The Delightfully Unbothered Printable Companion Kit



Reflection pages, reset prompts,
boundary worksheets & keepsake
printables for women who are done
apologizing after 50

Created for readers of
101 Ways to Stay Delightfully Unbothered
After 50

How to Use This Kit

This kit is not homework.

It is not another self-improvement project.

It is not something you need to complete perfectly.

It is a small, printable companion for moments when you need to remember:

your peace matters, your no is allowed, your joy does not need permission, and your age is not an apology.

Use it your way:

- Print the whole kit.
- Print only the page you need today.
- Fill it in with coffee.
- Share a page with a friend.
- Come back when life gets loud.
- Ignore any page that does not speak to you.

Delightfully, of course.

No pressure. No perfection. No need to fix your entire life before lunch.



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Part One

Boundaries Without the Guilt



A clean no.

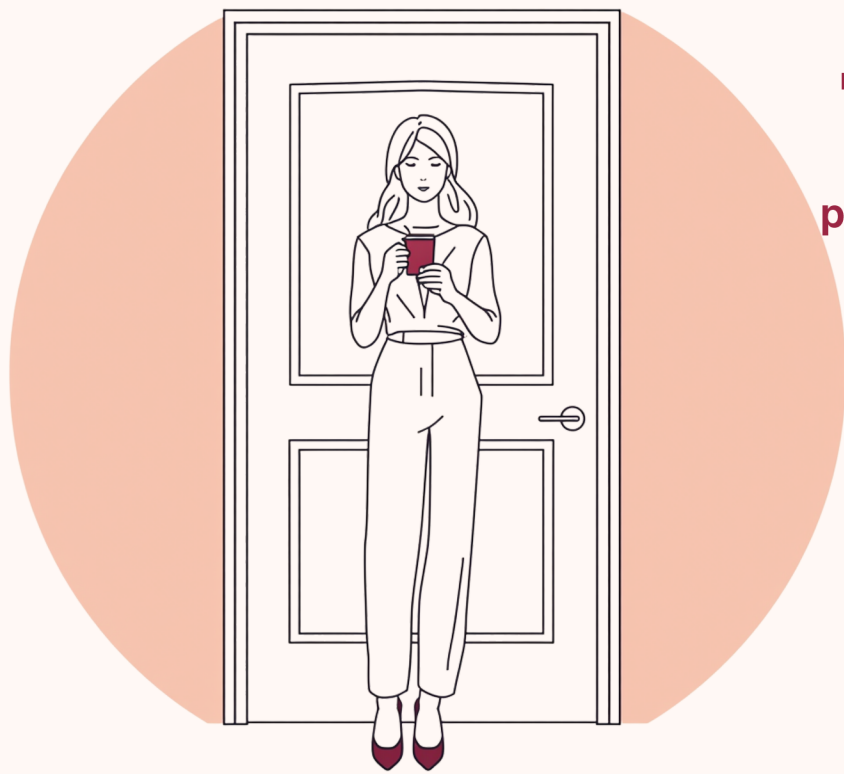
A calmer life.

A lot less nonsense.

You do not need a courtroom-level explanation for every limit.

This section is for naming what is done, what is changing, and what no longer gets front-row seats in your life.





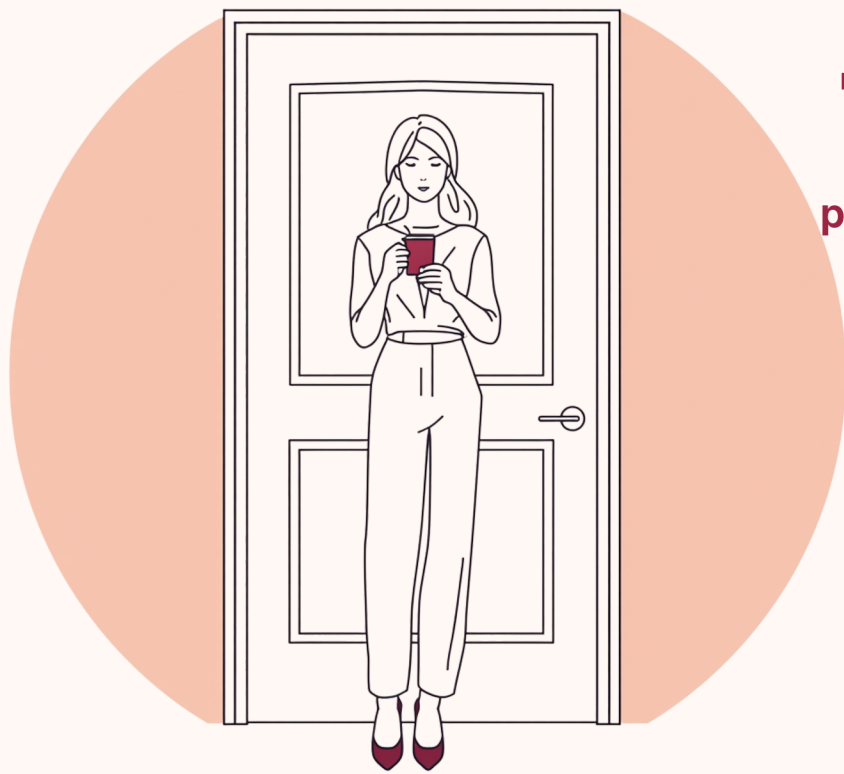
The No-More List

private policy update for your peace.

I am no longer available for:

I am done pretending I do not mind:





The No-More List

private policy update for your peace.

I am no longer explaining:

I am no longer shrinking for:

Tiny reminder:

A boundary does not become rude just because someone preferred you without it.

The Access Audit

Not everyone deserves the same version of you.



Premium Access

People who are safe, reciprocal, honest, and nourishing.

Polite Access

People I can be kind to, but not deeply available to.

Limited Access

People who need fewer details, fewer explanations, and slower replies.

The Access Audit

Not everyone deserves the same version of you.



No Emotional Access

People who do not get my vulnerability, urgency, or nervous system.

Who has been receiving more access than they have earned?

The Over-Explaining Detox

Say the thing. Stop talking. Survive the silence.



Situation:

What I usually say in guilt-language:

What I actually mean:

The shorter, calmer version:

Where I will stop talking:

Example:

Instead of:

"I'm so sorry, I wish I could, but things are just so busy..."

Try:

"That won't work for me, but thank you for thinking of me."



My Clean No Menu

For when "no" needs posture, not paragraphs.

Warm No

- "Thank you for thinking of me, but I can't."
- "I'm going to pass this time."
- "That sounds lovely, but I need a quieter day."

My own warm no: _____



Firm No

- "No, that does not work for me."
- "I've already answered."
- "I'm not discussing this further."

My own firm no: _____



Elegant No

- "I won't be able to make it."
- "Enjoy yourselves - I'm sitting this one out."
- "I'll leave that one to you."

My own elegant no: _____



Silent No

- No reply
- Delayed reply
- Change of subject
- Leaving the room
- Not taking the bait

My silent no will look like: _____

Things That Deserve Less of Me

Your energy is not public seating.

Less time:

Less explanation:

Less emotional labor:

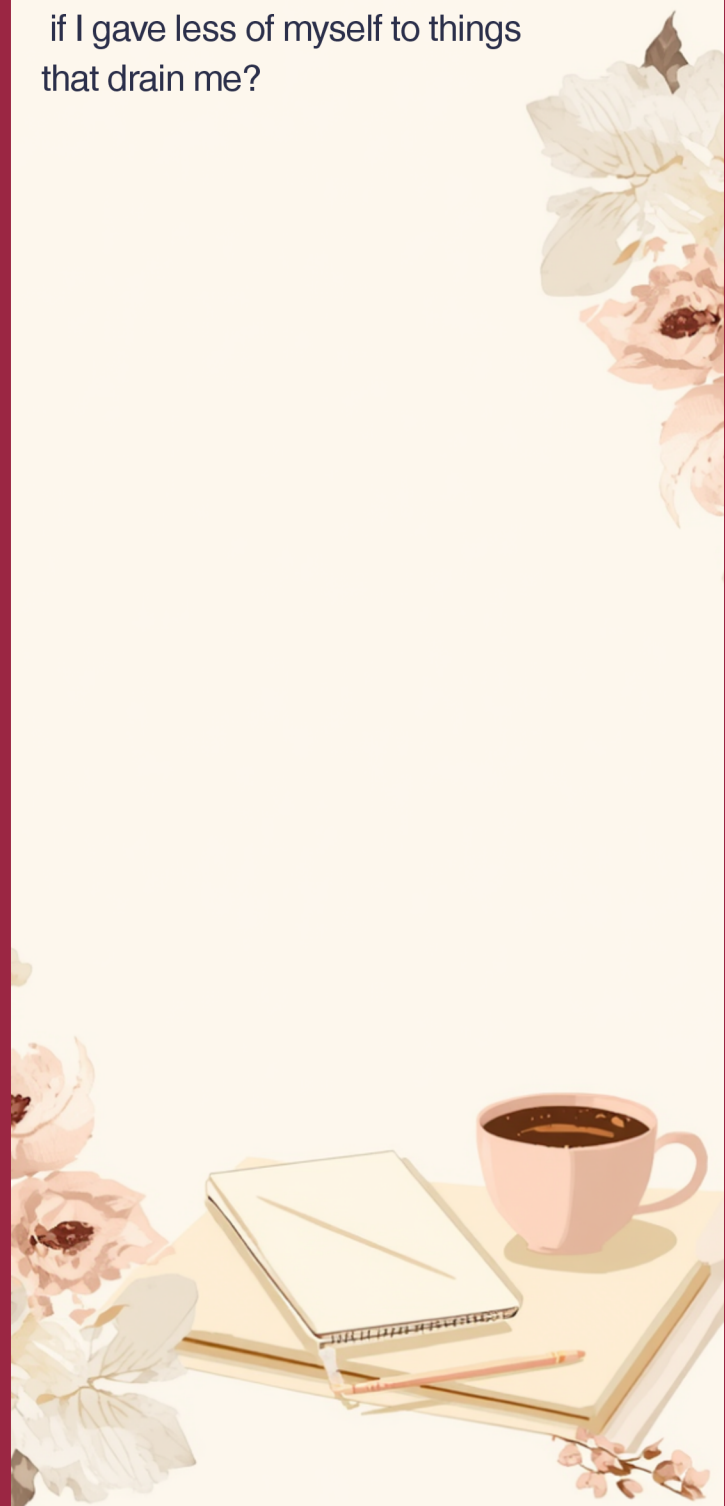
Less urgency:

Less guilt:

Less pretending:

Less rescuing:

What would become possible
if I gave less of myself to things
that drain me?



Elegant Exit Scripts

For leaving dull rooms, draining conversations, and arguments that did not deserve your shoes.

When a conversation is boring:

- "I'm going to refresh my drink. Enjoy the evening."
- "I must go say hello to someone before they leave."
- "Lovely chatting - I'm going to circulate a bit."

When someone is oversharing:

- "That sounds like a lot. I hope it works out."
- "I'm going to leave that with you."
- "I don't think I'm the right person for this conversation."

When someone pushes after no:

- "I already answered that."
- "My answer is still no."
- "You do not have to understand it for me to mean it."

When the conversation turns disrespectful:

- "I'm happy to talk when the tone changes."
- "I'm not staying in a conversation where I'm spoken to like that."
- "We can try this again another time."

My favorite elegant exit line:



Part Two

The Anti-Grump Reset



**For when life is absurd, people are loud,
and your patience has left the building.**

Before you decide everything is terrible, check
the basics.

Sometimes you are not bitter.

Sometimes you are tired, hungry,
overstimulated, under-caffeinated, or wearing
the wrong bra.



My 10-Minute Anti-Grump Reset



Do not redesign your entire life. Start here.

- Drink water.
- Sit down.
- Put the phone away.
- Stop replying for a while.
- Change the room.
- Open a window.
- Light a candle.
- Eat something.
- Take off the uncomfortable shoes.
- Put on lipstick, earrings, or both.
- Cancel one nonessential thing.
- Remind myself: a bad mood is not a bad life.

The three things that usually help me return to myself:

Bad Mood or Bad Life?

A check-in before making dramatic conclusions.



Body Check:

- Have I eaten?
- Have I had water?
- Have I rested?
- Am I physically uncomfortable?
- Have I been around too much noise?
- Do I need fresh air?
- Do I need to stop talking?

Reality Check:

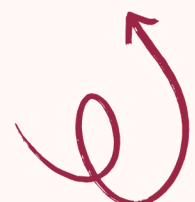
What actually happened?

What story is my mood trying to write about it?

What is a calmer interpretation?

What do I need in the next 20 minutes?

Feelings are real. They are not always competent.



Do Not Text While Dramatic

Write the message here.
Do not send it yet.

The dramatic version:

What I actually want:

What I actually need:

The elegant version:

Not every feeling needs to become a notification.



Or perhaps the best response is:

- No response
- Later response
- Short response
- A boundary, not a paragraph
- Tea first, decision later

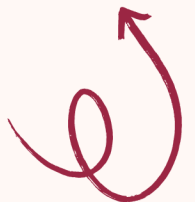


Part Three
Delight,
Style & Spark



Because joy does not need to be earned first.

A delightfully unbothered life is built from small permissions:
the good cup, the better lipstick, the quiet morning, the candle for no reason, the dress on an ordinary day.



My 50 Tiny Delights List

Do not make this list impressive.
Make it true.



At home:

- _____

- _____

- _____

Outside:

- _____

- _____

- _____

Alone:

- _____

- _____

- _____

With people I love:

- _____

- _____

- _____

Things I forgot I loved:

- _____

- _____

- _____

- _____

- _____



The Good Things Now Inventory

Ordinary days are not the waiting room for your life.

The perfume I keep saving:

The cup, plate, glass I should use myself:

The outfit I love but rarely wear:

The small luxury I already own:

The earrings, scarf, or lipstick waiting for an occasion:

The ordinary day that deserves beauty:

The candle I should light this week:



This week, I will use:

- The good cup
- The good perfume
- The good earrings
- The candle
- The outfit
- The lipstick
- The good words toward myself



My Slightly Ridiculous Joy

Not all joy must be practical.



Something I love that makes perfect sense to me:

Something I enjoy even if other people do not understand it:

Something I want to do more often for no productive reason:

Something that makes me feel playful:

Something I am done justifying:

A small ridiculous joy I will make room for this month:



Some joy should simply sparkle.

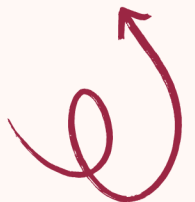
Part Four

Comeback Cards & Keepsakes



For age comments, backhanded compliments, and people who should have stopped talking sooner.

Cut out and keep your favorites.





"You look good for your age."

"I look good for myself, actually."



"Aren't you too old for that?"

"Too old for what exactly - joy?"



"You've changed."

"Yes. I've been paying attention."



"At your age, I wouldn't..."

"At my age, I no longer consult the committee."



"You should slow down."

"I'll slow down when it suits me."



"You're still doing that?"

"Yes. Beautifully."



"That's a bit much, don't you think?"

"I prefer to think of it as properly alive."



"You're being difficult."

"I think you mean less convenient."

Favorite Lines Tracker

For the funniest, wisest, most "yes, exactly" moments.

Wisdom

Humor

Joy

Insight

Capture inspiring thoughts and quotes

Note funny moments and reflections

Document delightful experiences in life

Reflect on lessons learned from life

Page ____ | Line I loved: _____

Why it stayed with me: _____

Page ____ | Line I loved: _____

Why it stayed with me: _____

Page ____ | Line I loved: _____

Why it stayed with me: _____

Page ____ | Line I loved: _____

Why it stayed with me: _____

Page ____ | Line I loved: _____

Why it stayed with me: _____

Page ____ | Line I loved: _____

Why it stayed with me: _____

A good sentence can become a private rule.



My Unbothered Manifesto

**A private declaration for the woman
who is done disappearing.**

I am no longer available for

I protect my peace by

I do not apologize for

I keep my spark alive by

I give less energy to

I give more attention to

I am allowed to want

I am allowed to leave



My age is not

My next chapter deserves

Signed,

Date,

Stay delightfully unbothered.



The Daily Unbothered Checklist

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NOTES

Stay delightfully unbothered.

