



Blueprint to BLISS™

A Midlife Awakening Guide



For the woman ready to reclaim her
purpose, inner strength, and joy —
boldly, unapologetically, fully... and blissfully.

www.findingthebliss.com



If You're Here, Something Is Stirring

Welcome, beautiful soul.

If this guide has found its way into your hands, I believe it's no coincidence.

Something deep inside you is stirring. Maybe it's been whispering for a while—
or roaring loudly by now.

Either way, you're here, and I'm so glad you are.

You've reached a moment in life when things are shifting.

The roles you've played may no longer fit.

The life you built may feel too tight for the woman you're becoming.

And your body, mind, and spirit are craving something more.

Does this sound like you?

- You feel like you're living more for others than yourself
- The roles you've played no longer fit who you're becoming
- You're craving truth, freedom, and aliveness—but don't know where to start

If you checked even one of these boxes, you're in the right place.

You're not lost. You're not broken. You're not behind.

You're being called.

This is your midlife awakening—and what I've discovered is this:

Midlife is not a crisis. It's a call.

A call to rise. To remember. To reclaim.

You don't need to figure it all out today. But you do get to begin.

And you don't have to do it alone.

I'm here to guide you home.

Let's begin.

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I've been Where You Are

I spent years doing all the "right" things—pleasing, performing, producing—until one day I realized I was living more for others than for myself.

I had checked all the boxes: successful career, beautiful life on paper, four languages, international experience... but inside? I felt disconnected, depleted, and unsure of who I really was beneath all the roles I was playing.

That's when the unraveling began... and the rebirth followed.

I went from living on autopilot—exhausted and people-pleasing—to waking up aligned, energized, and unapologetically myself.

And I created the BLISS™ Framework to help you do the same

My name is Luciana Moraes, and I'm a Women's Transformation Coach, Holistic Wellness Mentor, and your guide through this midlife awakening.

With certifications in Life Coaching, Mindset Transformation, Yoga, Nutrition, and years supporting women through reinvention, I know what it takes to move from "*Is this all there is?*" to "*This is exactly where I'm meant to be.*"

But more than my training, I bring my lived experience—because I've walked this path too.

I know the tightness of a life that no longer fits. The craving for something more. And the profound shift that happens when you finally choose yourself.

It's your turn now.

Welcome to your Becoming.

With all my love, fire, and flow.

Luciana





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Your Map Back to YOU

BLISS™ is not a final destination. It's a way of living, becoming, and coming home to yourself—again and again.

This framework will guide you through midlife and beyond—not just to find peace, but to unlock purpose, inner strength, and joy.

Here's what each pillar awakens:

B – Body & Breath Awareness

Reclaim your body as sacred. Listen to your inner rhythms, nourish your nervous system, and anchor into presence. **When aligned: You wake up energized, move with intention, and feel at home in your body.**

L – Lifestyle & Liberation

Clear the clutter—in your space, your schedule, and your stories. Simplify, say no, and choose a life that honors your energy and desires. **When aligned: Your days flow with ease and your life reflects what truly matters.**

I – Intuition & Inner Voice

No more outsourcing your truth. Tune into your inner wisdom and start trusting yourself deeply again. **When aligned: You make decisions with confidence and trust your gut without needing external validation.**

S – Strength, Self-Worth & Support

Remember how powerful you are. Rewire self-belief, embrace confidence, and learn to receive the support you deserve. **When aligned: You stand in your power, ask for what you need, and know you are worthy.**

S – Stillness, Surrender & Spiritual Connection

Soften and expand. Stop forcing, start flowing. Reconnect with your spiritual essence and trust the unfolding. **When aligned: You feel grounded, connected to something greater, and at peace.**

BLISS is not perfection.

It's alignment. It's authenticity.

It's your most radiant, real, and untamed self.

Which Pillar Needs Your Attention Most?

Are you thriving in some areas while feeling stuck in others?

Before you dive into deeper reflection, let's get clear on where you are right now.

Mini Self-Assessment.

On a scale 1 to 5, where 1 is "not me at all" and 5 is "completely me," rate these statements:

- "I feel disconnected from my body and ignore its signals" (Body)
 - "My life feels cluttered and overwhelming" (Lifestyle)
 - "I second-guess myself and seek external validation" (Intuition)
 - "I struggle to set boundaries and ask for support" (Strength)
 - "I'm constantly doing and rarely allow myself to just be" (Stillness)
-

Your highest score reveals your primary area of focus.

This is where your transformation begins.

The reflection prompts ahead will help you go deeper—but now you know where to start.



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A Midlife Awakening Guide



*“And the day came when the risk to
remain tight in a bud was more
painful than the risk it took to
blossom.”*

— Anais Nin

Go Deeper: 10 Questions to Awaken Your Truth

This is your invitation to slow down, drop in, and listen to what's stirring within.

There's no rush. Even answering one question can shift everything.

Grab your journal, a pen, and a cup of whatever makes your soul happy.

1. When do I feel most like me?

(What am I doing, where am I, and how does it feel in my body?)

2. Where in my life do I feel out of alignment?

(Is it my body, my work, my relationships, my creativity—or my deeper sense of purpose?)

3. What is my body trying to tell me lately?

(Am I tuning in... or pushing through?)

4. What do I secretly long for?

(Don't edit. Don't judge. Let it rise, unfiltered.)

5. Where am I ready to stop shrinking and start shining?

(Which space or role have I outgrown—and what wants to expand?)

6. What parts of me have I silenced or put on hold?

(Is there a version of me waiting in the wings, asking to be seen, heard, or reclaimed?)

7. Where does my fire still burn quietly beneath the surface?

(What passions, desires, or truths still flicker—unspoken but alive?)

8. Where in my life do I crave more softness or surrender?

(What would it feel like to let go of control and trust myself more fully?)

9. What am I finally ready to release to become the woman I'm meant to be?

(Old roles, outdated stories, habits, identities... Who do I no longer need to be?)

10. What does "bliss" look and feel like for me in this chapter of life?

(Not the polished version—but the soul-deep, embodied, unapologetic kind.)

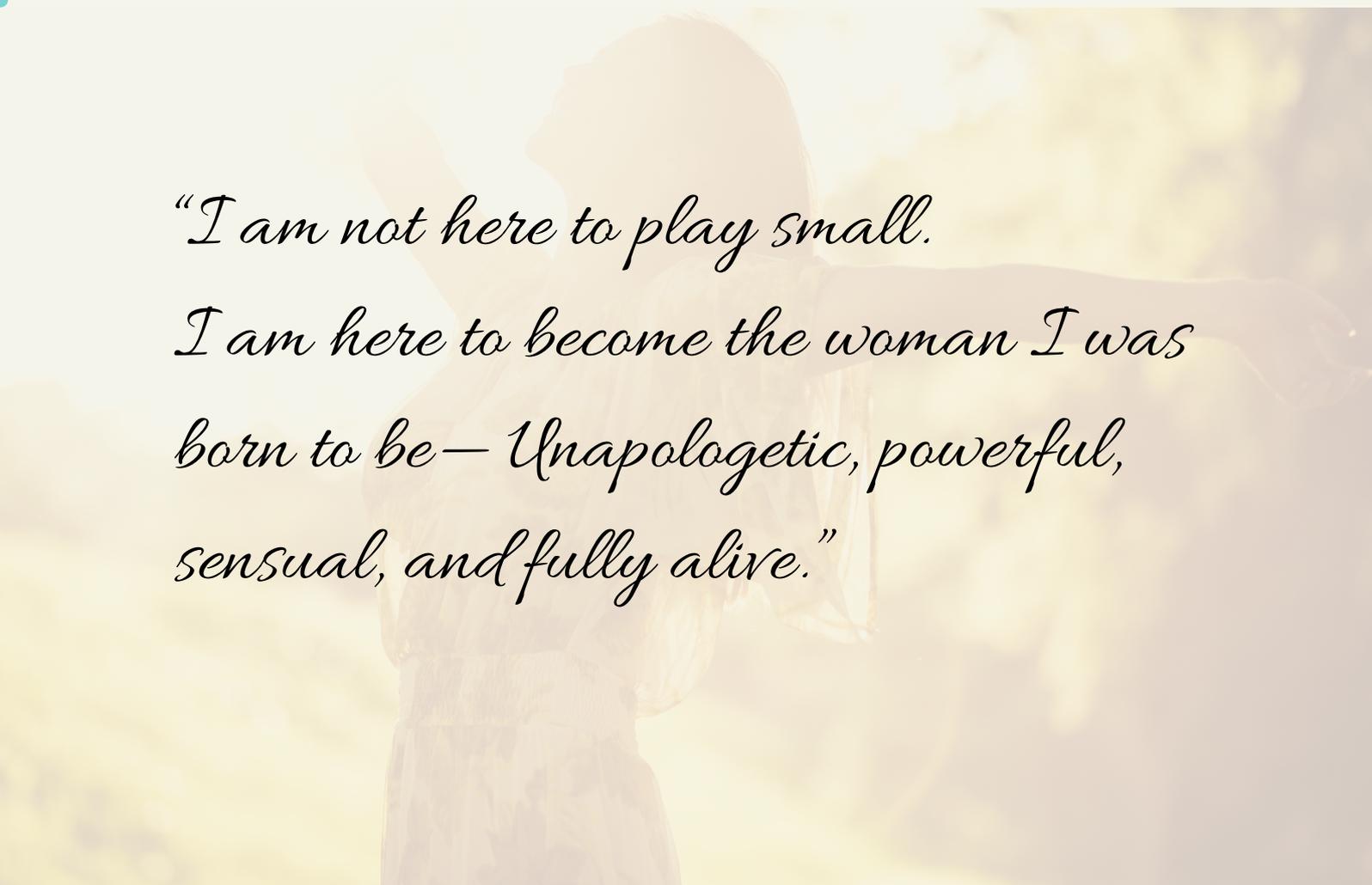
*Take your time. Return to these questions again and again.
Your answers will evolve as you do.*



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A Midlife Awakening Guide

ImagineLiving Like This...



*“I am not here to play small.
I am here to become the woman I was
born to be – Unapologetic, powerful,
sensual, and fully alive.”*

This isn't fantasy. This is what happens when you align with BLISS:

- Waking up energized and aligned with your purpose
- Making decisions from your intuition, not fear or obligation
- Setting boundaries without guilt
- Feeling sensual, powerful, and fully alive in your body
- Living a life that reflects your deepest values
- Trusting yourself completely

Ready to Discover Where You Are in Your Path?

Are you ready to get radically honest with yourself?

- Are you thriving in some areas and feeling stuck in others?
- Are you longing to feel more ease, aliveness, or clarity?
- Are you ready to know—really know—where to begin?

That's what the **BLISS Assessment** is here for.

You'll explore how you feel across the five key pillars of the BLISS™ framework:

B - Body & Breath Awareness

L - Lifestyle & Liberation

I - Intuition & Inner Voice

S - Strength, Self-Worth & Support

S - Stillness, Surrender & Spiritual Connection

Through 20 soulful questions, you'll begin to uncover which areas of your life are aligned—and which are calling for attention, love, and expansion.

This is not about judgment.

This is about awareness—because awareness is the first sacred step toward blissful change.

You'll walk away with:

- A clear picture of which area is most out of alignment.
- Insightful reflection statements to deepen your awareness.
- Tailored suggestions to begin shifting—gently, soulfully, strategically.

This is not just a quiz.

It's your first real conversation with the next version of you.

Are you ready?

 [Take the BLISS Assessment Now](#)

Let's Continue This Journey Together

This is just the beginning, beautiful.

You've taken the first step toward reconnecting with your truth, your inner power, and the version of you that's been patiently waiting beneath the surface.

If something stirred in you as you read—an insight, a longing, a quiet yes—honor that. Keep listening.

Here's how we can continue this journey together:

Daily Inspiration

→ Follow on Instagram → [@findingthebliss](#)

For doses of inspiration, yoga, feminine wisdom, and a peek into my slow, soulful life in Portugal.

Weekly Soul Nourishment

→ [Substack.com/@lucianapmoraes](#)

Get soulful reflections, midlife musings, and behind-the-scenes insights delivered straight to your inbox.

Ready for Transformation

Explore 1:1 coaching:

→ [Book your free 30-minute Discovery Call](#)

Whether you're craving clarity, courage, or a soulful reset, I offer personalized coaching and embodied support to walk with you through your transformation.

You are not alone on this path.
I'm right here, cheering you on—always.

With all my love, fire, and flow.

Luciana

P.S. The version of you that's ready to rise?
She's not waiting for someday. She's ready now.

[Take the Assessment](#) and let's begin.