

DISCOVERY GUIDE

Midlife Reset, Purpose & Healthy Routines

Lifestyle & Life Skills / Life stages

<div>No standalone pathway purchase · Recommended package fee · not a standalone pathway fee</div> <div>INR 7,999</div>	<div>Access</div> <div>4 weeks package access</div>
<div>Study plan</div> <div>15-20 minutes · practical reset and review</div>	<div>Learning format</div> <div>Public discovery guide; package delivery and inclusions must be checked separately</div>

Programme overview

Clarify priorities, rebuild useful routines, strengthen relationships and social connection, and create meaningful next goals.

Who this is for

- 1

People navigating changing responsibilities, priorities, identity, family roles or career direction in midlife.

Published topics and learning focus

- 1

Audit what still deserves your time
- 2

Restart one sustainable routine
- 3

Schedule one important relationship conversation
- 4

Reconnect with one meaningful activity or person
- 5

Choose a 90-day goal based on present priorities

Related package

A related starting package; it does not automatically include this complete pathway. Confirm additional scope and fees.

Discipline, Productivity & Life Reset

Before you choose

- 1 This is a discovery pathway, not a standalone paid course or a promise of free tuition. Confirm any separate scope, fee and access in writing.
- 2 Published learning topics describe the intended focus, not guaranteed personal, career or business results.

Take the next step

Enrol in Discipline, Productivity & Life Reset

View current details, scope and terms

Ask ZELVU about this programme

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.