

The Ultimate Quest Newsletter

You Are Not Still Grieving Because You Are Weak

You are not still grieving because you are weak. You are still grieving because no one ever taught you how to process it. There is a difference. And once you understand it, everything changes.

My guest, **Judie Johnson**, is a certified grief coach and founder of **Embrace Your Future**. She works with people navigating complex grief – including one of the most invisible griefs there is: being childless, not by choice.

Within the first few minutes of our conversation, she said something that stopped me completely.

"Time softens. But time does not heal. Grief waits until we process it."

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You Deserve to Know You

The Grief You Don't Know You're Carrying

Judie explained that grief begins accumulating as early as **age three** – not just death, but the small, unwitnessed losses that shaped who you became.



You Learned to Hold It Alone

Losing a comfort toy. A parent dismissing your tears. Moving schools. A family that couldn't hold your emotions. So you learned to hold them alone.



You Stored What You Couldn't Process

If the people around you when you were small couldn't receive your grief, you didn't process it. You stored it. You learned those emotions were not welcome.



You Put Their Needs Before Your Own

You learned to meet their needs before your own. And you have been doing it ever since – long after the people who taught you that lesson are gone.

"We often don't have a sense of self because if we had, we couldn't have been controlled."

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What This Has to Do With You



The Pattern

Wife. Mother. Daughter. Caregiver. Employee. They have held every role. Then one day – when the kids leave, a parent passes, or the house goes quiet – they look up and think: *"I don't know who I am."*



The Truth

That is not a midlife crisis. That is **accumulated grief** – grief for the self you set aside, for the life you imagined, for the emotions you were never allowed to have.

Judie works with women in their 50s who carry a sadness they cannot explain. You are not broken for feeling this. You never were.

📖 Grief for the self you set aside is still grief. It deserves to be named.

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The One Shift That Changes Everything

Judie was asked: what is the first step for someone recognising they carry grief they have never processed? Her answer was simple, profound, and practical:



Question the Values You Inherited

Not to blame your caregivers. Not to tear down your past. But to ask honestly: **are these mine?**



Recognise the Voice

The voice that says you are too much, too emotional, too needy – is that your voice, or someone else's?



Judie's Discovery

"That is not my value and belief. I am a kind, compassionate person. And I did not want to carry what wasn't mine any further."

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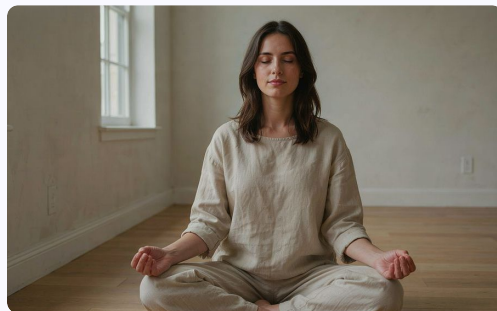
Your Reflection for This Week

Think of a feeling you have been carrying for a long time. One that surfaces when you least expect it. One you have explained away, pushed down, or been told to get over.



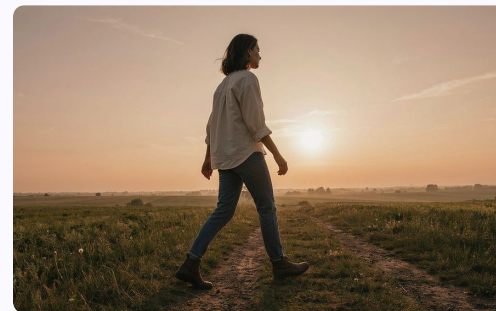
1. Name It

Ask yourself: when did I first feel this? You don't need to resolve anything today – just give it a name.



2. Hold Space

Ask: was I ever given space to feel this fully? Resilience, as Judie says, is a **byproduct of our journey** – not a mask we wear.



3. Begin

That is where the work begins. Not with a dramatic overhaul – with one honest question: *is this actually mine?*

Judie gave language to things people have been carrying without words. And that is one of the most important things a conversation can do.

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Go Deeper, Listen To The Full Episode

The full conversation with Judie Johnson goes much further. She shares her personal journey through childlessness, chronic illness, and finding herself at 56 with more self-knowledge than she has ever had.

She also speaks directly to grief in the workplace – and why **26% of our workforce are grieving right now**, while only **3% take bereavement leave**.



Listen Now

Spotify, Apple Podcasts, or watch on YouTube:

youtu.be/RzB14KiTrwY

Judie's Resources

Free discovery call, coping mechanisms download, and a guide on letting go of people-pleasing at embraceyourfuture.net

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Share, Reflect, Connect



Listen

The full episode is live on Spotify, Apple Podcasts, and YouTube @DailyLifeHero. Link in description.



Reflect

What is the grief you have been carrying that you have never given a name to? Drop one word in the comments. You don't have to explain it. Just name it.



Share

If someone in your life is carrying grief they cannot explain, send them this. Sometimes the most generous thing you can do is give someone the language for what they are already feeling.



Book a Call

Book a free discovery call at transformwithrachna.com. No pitch. Just clarity.

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About Rachna Khanna

I'm **Rachna Khanna** – Midlife Leadership Expert, Emotional Integration Practitioner, and host of The Daily Life Hero – The InConvenient Truth podcast. I help high-achieving women in midlife lead their body, mind, and relationships – so they feel like themselves again.

Perth-Based

Global reach,
grounded practice

25+ Years

Learning &
Development
expertise

Award

Global Empower Her
Innovator Award
recipient

2026 Finalist

Life Coach of the Year & Rising Star Coach of the Year (ICG)

Real work, not theory. Until next time, you deserve to know you. Rachna

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"I see you and you deserve to know you."

– Rachna Khanna

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