



The Invisible List

SEE IT. NAME IT.
START THERE.

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The Invisible List: See it. Name it. Start there.

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conni@connilefon.com.

Visit the author's website at ConnileFon.com.

Looking At The Invisible List

Welcome!

I wrote a blog series called **The Invisible List** that resonated.

It started with a Sunday night and a mind already running the week before it began. It moved into every room where women learn to be talked over, dismissed, and overlooked without making it a thing. And it ended with the most important question in the series: now that you see it, what do you do?

What connects all three parts is this: most of what women carry was never formally assigned to them. It accumulated. It was absorbed. It became invisible - to the people around them, and eventually to themselves. And the first step toward anything different is simply naming it clearly.

This guide is the companion to that series. It's designed to help you take what you recognized in those three pieces and make it personal - to name your own invisible list, consider where it came from, understand what it's costing you, and find one small place to start.

You don't need to have read the series to use this guide. But if something here resonates and you want to go deeper, Part 1, Part 2, and Part 3 are all waiting for you at ConniLeFon.com/blog under **The Invisible List**.



Ready to go?

Take your time with this. There's no deadline, no grade, and no one watching. Just you and the list you've been carrying.

This guide is not a to-do list. It's a place to sit with some honest questions about what you've been carrying - at home, at work, and everywhere in between. There are no right answers. There is only what's true for you.

Part One: What You're Carrying at Home

The list that runs in the background, whether you asked for it or not.

What tasks, responsibilities, or mental loads do you carry at home that no one else seems to notice?

Which of these did someone explicitly ask you to take on - and which just became yours over time?

What do you think would happen if you stopped managing some of it? Be honest.

Part Two: What You Stopped Noticing in Public

The slow drip that recalibrates your baseline without you noticing.

Think of a time you were talked over, dismissed, or overlooked in a professional or public setting. Did you say something, or let it go? What made you decide?

Is there a way you adjust how you speak, present yourself, or take up space at work that you don't think men around you have to think about? What does that cost you?

What have you stopped trying for - pitching, asking, speaking up because experience taught you it probably wasn't worth it?

**Is there something that used to bother you that you've since stopped reacting to?
What was it, and when did you stop?**

Part Three: What It's Costing You

This is the part most of us skip. Don't skip it.

When you add up both lists - home and out in the world - what does the total weight actually feel like? Where do you feel it in your body?

What have you stopped doing, wanting, or reaching for because you've been too busy holding everything else up?

If a woman you loved were carrying what you're carrying, what would you say to her?

Part Four: What One Small Thing Looks Like

You don't have to change everything. You just have to start somewhere.

Is there something on your invisible list - at home or elsewhere - that genuinely doesn't belong to you? What would it look like to let it go?

Is there something you've stopped saying out loud because it didn't seem worth the trouble? What would it cost you to say it once - to the right person, in the right moment?

What is the smallest possible next step you could take - one that feels survivable, not heroic?

Moving Forward

*You built something that made sense at the time. Now **you can build something different.***

You made it through some honest questions. That's not nothing.

The invisible list doesn't disappear overnight, and this guide isn't meant to fix everything in one sitting. What it's meant to do is start a conversation - with yourself first, and eventually with the people and systems around you.

If something here cracked something open, pay attention to that. That's where the real work begins.

And if you'd like company for that work, I'd love to be part of it.

With love + purpose,

Conni

About Conni



I'm Conni LeFon, a life purpose coach for women in midlife who are tired of carrying everything and ready to figure out what they actually want.

I spent years being the person who handled things at home, at work, in every room I walked into. I was good at it. I was also exhausted, invisible to myself, and quietly furious in a way I didn't have language for yet.

I found the language. And then I built a coaching practice around helping other women find theirs.

My work is about getting clear on what's yours to carry and what isn't, on who you are underneath all the overfunctioning, and on what you want the second half of your life to actually look like.

If you'd like some guidance on your journey, I'm always ready to lend a hand. You can reach me directly at Conni@ConniLeFon.com.

You can also find more resources and support at ConniLeFon.com.