

# THE MIDLIFE REBELLION: REFLECTION JOURNAL

A 3-Part Companion to the Blog Series  
by Positive Female Awakening

PART 1:

THE MASKS WE WERE GIVEN







# REBELLIOUS PROMPTS

Prompt 1: What roles or labels have you carried that no longer feel true to who you are today?

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Prompt 2: Where in your life do you feel like you're performing instead of being authentic?

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Prompt 3: Write a letter to your younger self, releasing her from the need to meet others' expectations.

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