

# THE MIDLIFE REBELLION: REFLECTION JOURNAL

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

PART 2:

REWRITING THE NARRATIVE







# REBELLIOUS PROMPTS

Prompt 1: What new story are you ready to tell about yourself and your life?

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Prompt 2: What does it mean for you to live a soul-led life?

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Prompt 3: Visualize your ideal day; what are you doing, how do you feel, and who are you becoming?

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