

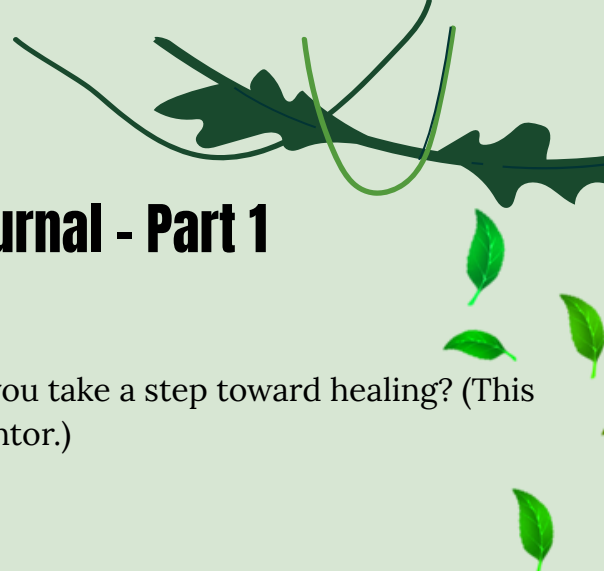
Midlife Rebellion Reflection Journal - Part 1

This reflection journal is designed to support your inner healing journey through Part 1 of the blog series: “Unpacking the Wounds – Facing What We’ve Buried.”

Each page includes prompts to help you move gently through self-awareness, healing, and the courage to take the first step. Use this space to be radically honest, tender with yourself, and open to your own awakening.

1. What has stopped you in the past from seeking support (like therapy or coaching)? Be honest with yourself—what fears arise?
2. What would it mean for you—and those you love—if you chose to begin your healing journey now?
3. Reflect on a moment when you felt emotionally overwhelmed or triggered. What part of your past might this connect to?





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4. Who are your emotional anchors? Who could support you as you take a step toward healing? (This might be a friend, partner, or mentor.)

5. What are 3 things you can do this week to nurture your emotional well-being?

6. Visualize the future version of you who has done the healing work. What does she say to you now?

7. What story have you told yourself that it's time to let go of? Rewrite it with truth and compassion.

