

THE MIDLIFE REBELLION: REFLECTION JOURNAL

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

PART 3:

LIVING LOUDLY & AUTHENTICALLY





REBELLIOUS PROMPTS

Prompt 1: Where in your life are you currently hiding or playing small? Why?

Prompt 2: What would it look like to be radically visible in your truth?

Prompt 3: What is one bold step you can take this week to embody your authentic self?



FINAL REFLECTION

Write a personal declaration of your midlife rebellion.
What are you releasing, reclaiming, and
rising into?

[illegible]

Keep this declaration somewhere sacred.
Revisit it when you forget who you truly are.