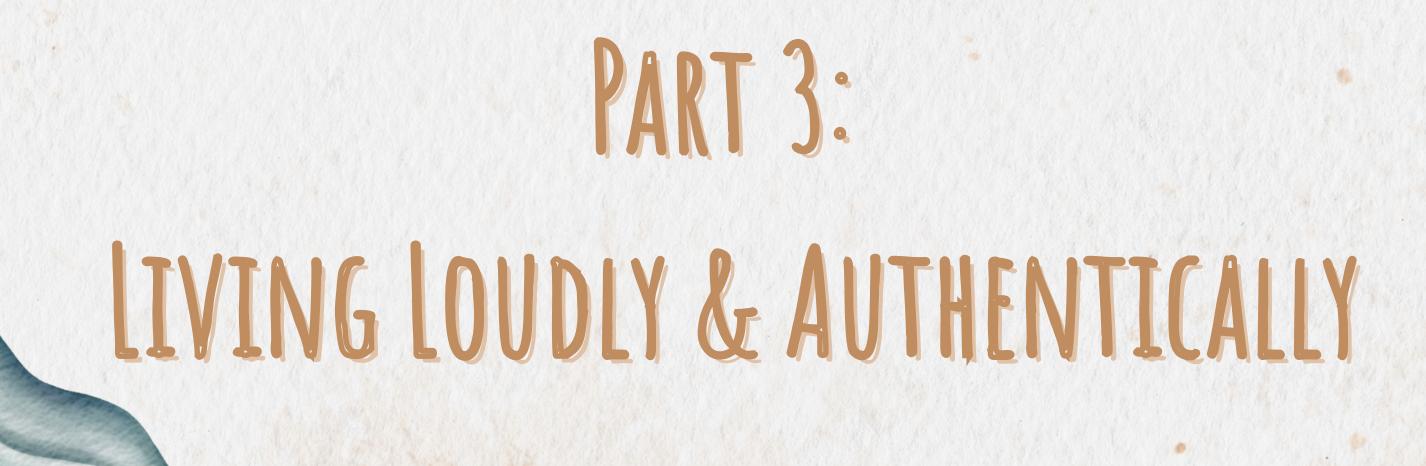


A 3-Part Companion to the Blog Series by Positive Female Awakening







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?

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