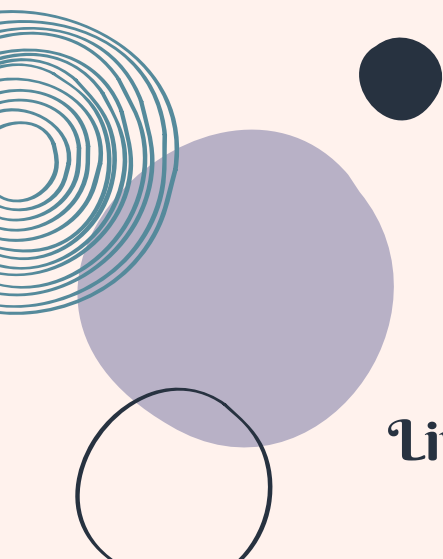


Marvelous Milestones Journal

Your personal space to celebrate your journey, reflect on your growth, and set intentions for the future.



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ABOUT THIS JOURNAL

Midlife is a perfect time for growth and reinvention. But often, women feel stuck, not sure what their purpose is now at this phase of life. Maybe you retired, or are a new empty nester, or are newly single, or maybe you feel like life has already passed you by.

But I want to inspire you and motivate you to think differently. Midlife is a new beginning with so many possibilities ahead and years of experience behind.

Use this journal to discover your unique skills, abilities, and passions that can lead you to feel fulfilled in this next stage of life.

Picture it as a treasure chest of your life's most extraordinary moments, thoughts, and revelations. It's your personal space to celebrate your journey, reflect on your growth, and set intentions for the future. With each entry, you're weaving a tapestry of wisdom, resilience, and inspiration.

Embark on this journaling adventure, honoring your past while charting a course for your brilliant tomorrows. Let the pages be a canvas where your stories of triumph, transformation, and authenticity beautifully unfold. ✨

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HOW TO USE THIS JOURNAL

Set aside the best time of day for you to journal. Make it a priority, which then becomes a habit. If you aren't sure when to journal, check out my blog post:

<https://livingmarvelously.com/best-time-to-journal/>

Find a notebook that feels good to write in and your favorite pen.

Pick one journal prompt a day and dive deep. Make sure you have the time and a quiet, sacred space.

Prepare yourself to receive information from your higher self as you journal. This can be as easy as taking three deep breaths before you begin or meditating and calling in your higher spirit.

Before you begin writing, say to yourself or out loud, "I'm grateful for this peaceful moment to discover and recall the many qualities I possess that can translate into a beautiful, loving, and purposeful second half of life."

Enjoy!

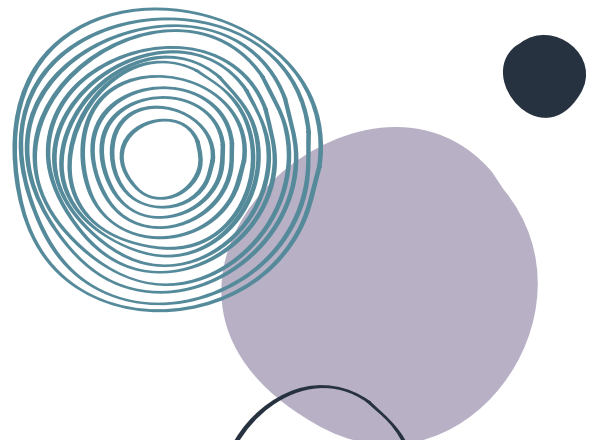
First Triumph

Reflect on your earliest achievement that made you feel proud and accomplished.

Examples: Spelling Bee champion, first flute in band, made the team, earned your first dollar, helped someone, created something, etc.

How did that moment shape your path? Did it lead to any other achievements?

Keep writing until you feel done, even if you go off subject!



Lessons From Challenges

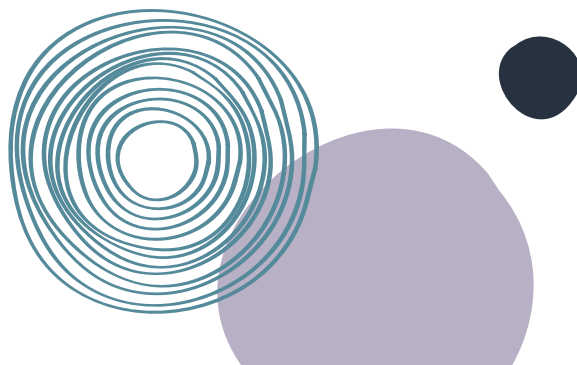
Write about a difficult time you faced and the lessons you learned.

Examples: Divorce, fired from a job, bankruptcy, loss of a loved one, illness or disease, etc.

How did overcoming this challenge make you stronger?

For more inspiration on this prompt, read: [How Life's Challenges Can Be a Gift](#)

Keep writing until you feel done, even if you go off subject!



Unexpected Adventures

Share a surprising journey or experience that changed your perspective.

Examples: Discovering a new coffee shop, meeting someone new, learning a new tool for your business, discovering a hidden talent, etc.

What did you discover about yourself along the way? Did it change your mindset?

Keep writing until you feel done, even if you go off subject!

Unfulfilled Dreams

Is there a dream you once had that you never pursued?

Examples: Traveling, art, adventure, entrepreneurship, an event, living in a new location, etc.



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Explore why and whether it's still something you want to pursue. Can you make it into something more easily attainable but equally satisfying?

Keep writing until you feel done, even if you go off subject!



Growth Through Relationships

Write about a person who has played a significant role in your life.

Examples: Spouse, partner, child, parent, boss, mentor, friend, celebrity, etc.

How did your connection with them contribute to your personal growth? What were some things they taught you, positive or negative, that may have changed the way you see life?

Keep writing until you feel done, even if you go off subject!

Moments of Courage



Recall instances when you stepped out of your comfort zone.

How did those moments of bravery lead to personal development?

Did it change your comfort zone? What are you no longer afraid of doing?

Keep writing until you feel done, even if you go off subject!

Defining Values

List the values that guide your decisions and actions.

Use this blog post as a guide to help you discover your core values: [Do You Know Your Personal Core Values?](#)

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A decorative graphic on the right side of the page consisting of several overlapping circles and a spiral. There is a large light purple circle, a smaller white circle with a black outline, a small dark teal circle, a small dark blue circle, and a large teal spiral.

Reflect on how these values have shaped your path. Are there things you have said "no" to because of your values?

Keep writing until you feel done, even if you go off subject!

Rediscovered Passions

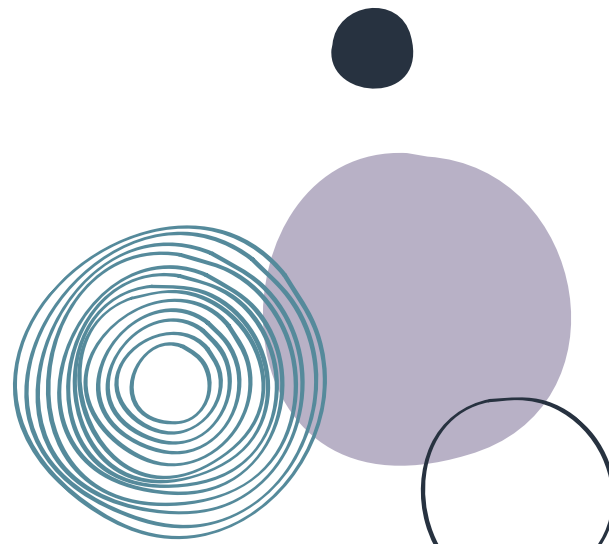
Describe a hobby or interest you revisited in midlife.

Examples: Reading, writing, knitting, tennis, running, cooking, baking, painting, etc.

How did reigniting this passion bring you joy and inspiration?

Are there any other hobbies you'd love to revisit?

Keep writing until you feel done, even if you go off subject!



Impactful Book/Movies

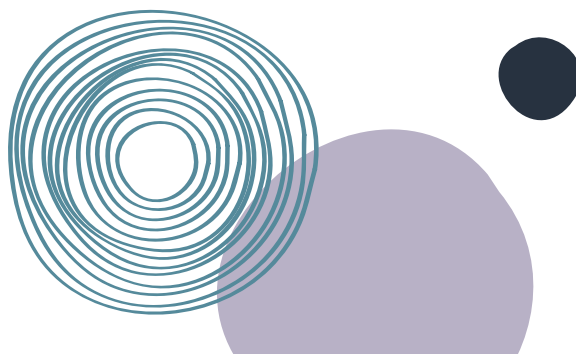
Share books or movies that have left a lasting impact on you.

Explain how they influenced your perspective or life choices.

Examples: relationships, career choice, forgiveness, trying new things, going after your dreams, etc.

Keep writing until you feel done, even if you go off subject!

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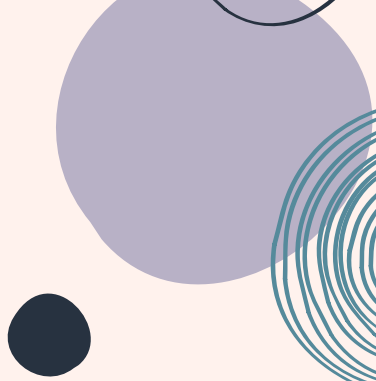

Future Aspirations

Write a letter to your future self, outlining the marvelous milestones you aspire to achieve in the next chapter of your life.

Take inspiration from all of the milestones you have already accomplished and chart out where to go next!

Keep writing until you feel done, even if you go off subject!





"You are not getting older; you are gathering speed, power, and wisdom. It is an honor and a privilege to be here." Jann Arden

"Life really does begin at forty. Up until then, you are just doing research." Carl Jung

WHAT'S NEXT?

I'd love to help you create a beautiful, fun, loving, and fulfilled second phase of life.

Visit livingmarvelously.com for over 280 posts and a huge Resource Library. Your password is marvelous.

The 5 L's of Living Marvelously Book - full of practical tips and guidance to let go of all that is limiting you and to start living a life you love.

1:1 Session - Set up your 30-minute complimentary session here. We will discover what is holding you back and start taking the baby steps to move forward.

I am a certified Spiritual Life Coach, Dharma Life Coach, and an Infinite Possibilities and Playing the Matrix Trainer. My most joyful days are when I am creating beautiful content and when I am talking to amazing women who want to live a marvelous life. (And, of course when I am with my family:)

Let's Connect!