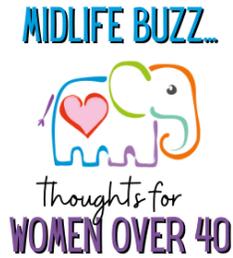


Buzzworthy Self-Reflection

WRITING JOURNAL WITH PROMPTS FOR WOMEN OVER 40



*Take a moment for self-reflection.
Answer each question honestly.*

What do you want to improve in your life?

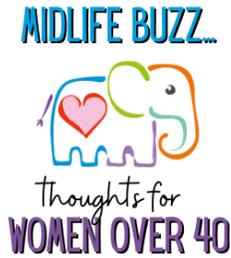
What are steps you can take to make those changes?

Why haven't you taken the steps yet?



Buzzworthy Self-Reflection

WRITING JOURNAL WITH PROMPTS FOR WOMEN OVER 40



*Take a moment for self-reflection.
Answer each question honestly.*

What leaves you feeling fulfilled?

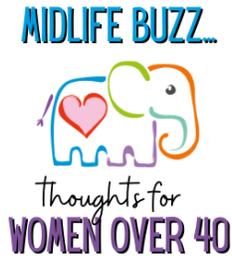
How often do you make time to do this?

How could you do this more often?



Buzzworthy Self-Reflection

WRITING JOURNAL WITH PROMPTS FOR WOMEN OVER 40



*Take a moment for self-reflection.
Answer each question honestly.*

What do you hope people think about you?

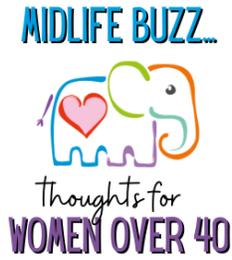
What are you doing to create these feelings?

What do you hope people don't feel about you?



Buzzworthy Self-Reflection

WRITING JOURNAL WITH PROMPTS FOR WOMEN OVER 40



*Take a moment for self-reflection.
Answer each question honestly.*

What depletes your energy?

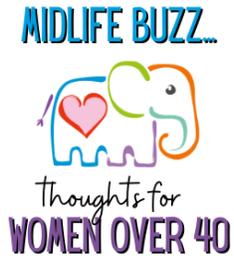
How can you avoid this negativity or situation?

How will it improve your life?



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

What do you want in your life?

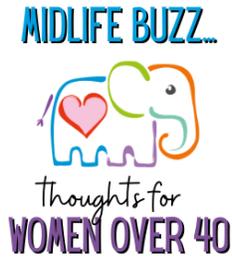
What are you willing to do or sacrifice to get it?

Why haven't you done this?



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

What brings you comfort?

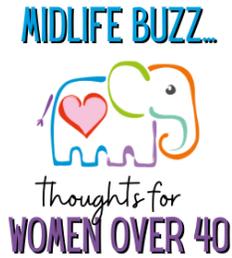
How does it make you feel?

Do you have enough of this in your life?



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

What are you avoiding?

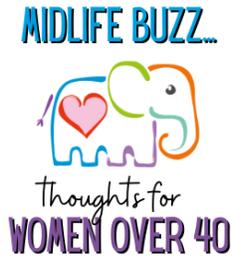
Why are you avoiding this?

How can you change this to make it better?



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

What or who inspires you?

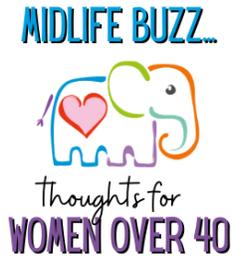
Why does this inspire you?

How can you inspire others?



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

What do you wish more people knew about you?

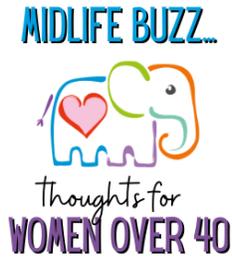
Why don't they?

How can you share this better?



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

What do you love about your life?

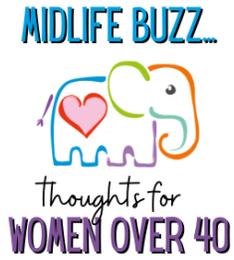
What are you most proud of?

What do you value?



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

How are you currently compromising?

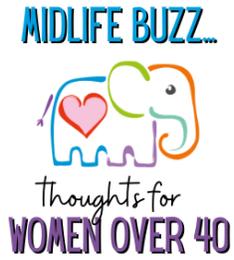
What can you do to change this?

When will you start?



Buzzworthy Self-Reflection

WRITING JOURNAL WITH PROMPTS FOR WOMEN OVER 40



*Take a moment for self-reflection.
Answer each question honestly.*

When are you happiest?

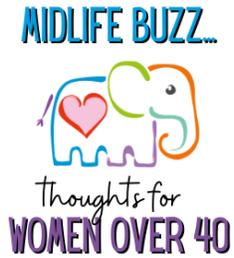
Who makes you happy? (friends, family)

How can you spend more quality time together?



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

Do you want to change?

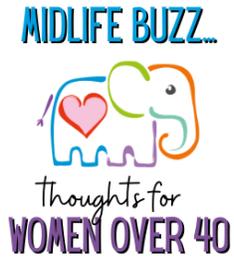
Are you ready to make changes?

How can you start? List ideas.



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

What challenges you?

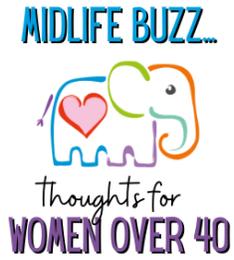
Is this good or bad?

How can you overcome this challenge?



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

Describe your biggest issue in a couple sentences.

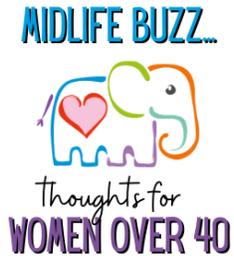
Describe that same problem with one sentence only.

Narrow that issue down to one single word.



Buzzworthy Self-Reflection

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*Take a moment for self-reflection.
Answer each question honestly.*

When are you too hard on yourself, and why?

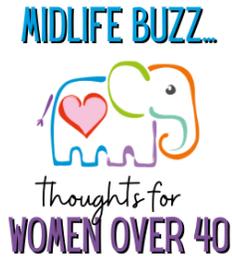
How can you give yourself grace in this situation?

List one thing you'll start doing now...



Buzzworthy Self-Reflection

WRITING JOURNAL WITH PROMPTS FOR WOMEN OVER 40



*Take a moment for self-reflection.
Answer each question honestly.*

What have you discovered through this journal?

How can you use this for balance and change?

List 3 things you'll focus on now.

