

Midlife Journaling Prompts

Four gentle paths to help you pause, clear the noise, and find your footing, one small step at a time.

with Janine Jenkins · Undo the Glue

Before you begin

Make yourself a drink, grab your journal, and take a seat. Drop your shoulders away from your ears, breathe in, and exhale completely.

Allow yourself to just be here, exactly as you are, without judgment, answer with raw honesty. Write your thoughts down, or simply think them aloud.

You don't need to figure out the whole route today. We just need to find your footing for the next ten minutes.

The Possibility Path

1

1. Creating immediate space

Name one single thing you can take off your plate right now to give yourself some breathing room. Think small. What can wait?

2

2. Choosing tiny nourishment

What is one simple thing you could put in its place to bring yourself a little comfort or ease today?

3

3. Listening to the whisper

If a magic wand could pause all of your responsibilities, what is the very first thing your soul would whisper for you to do?

The Grounding Path

1

1. Facing the hardest truths

What is the hardest truth you are coming to terms with this week?

2

2. Reclaiming tiny pockets of control

When everything feels messy and out of control, what is one small thing you can control today to take care of yourself?

3

3. Catching glimpses of your strength

Even as you are hurting, what is one inner strength or quality you are beginning to rediscover about yourself?

WHEN YOU ARE READY TO START OVER

The Horizon Path

1

1. Bringing back the light

What is one hobby, passion or piece of yourself that you put on the back burner, one you are ready to bring back into the light?

2

2. Setting your non-negotiables

As you step into new endeavours, what is your number one non-negotiable boundary to protect your energy and peace?

3

3. Taking the bold step

If fear, doubt and the judgement of others weren't in the room, what is one bold, exciting choice you would make for yourself?

WHEN THE FUTURE YOU PICTURED HAS CHANGED

The Compass Path

1

1. Naming the invisible loss

Can you name one specific experience, milestone or feeling you grieve missing out on? Naming it is the first step to taking away its power.

2

2. Gentle comfort for today

What is one small, gentle thing that would make your heart feel a little lighter or more comforted today?

3

3. Glimpsing the horizon

Looking through the grey fog, what is one freedom, choice or opportunity you have in your future, on your own terms?

You don't have to walk it alone.

If these prompts stirred something and you would like a gentle hand to walk alongside you, I offer a free, private 30 minute Discovery Call. Let's explore how we can map out your next chapter, together.

Book your free call at undotheglue.com

Janine Jenkins, Certified Life Coach and founder of Undo the Glue