



# JOURNAL

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Reinvention

YEAR: \_\_\_\_\_



*Made  
with  
Love*

[TheMiddleGirls.com](http://TheMiddleGirls.com)

# My Major Goals

## My Personal Affirmation

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## Narrative

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## Well Being

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## Confidence

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## Purpose

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## Joy + Peace

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Date:

## My Personal Affirmation

### Narrative

1

2

3

### Well Being

1

2

3

### Confidence

1

2

3

### Purpose

1

2


3

### Joy + Peace

1

2

3

A decorative border of pink cherry blossom petals and a single flower is located in the upper left corner of the page. The petals are scattered, some showing the yellow stamens of the flower.

**"There is No  
Force More  
Powerful Than a  
Woman  
Determined to  
Rise."**

**-W. Dubois**

**[TheMiddleGirls.com](http://TheMiddleGirls.com)**

Now all that's left is to simply try! That's really all we do everyday, right? Try? Expect no more and no less from yourself!

Now that you are part of "The Middle Girls", I hope you are as excited as I am about what's to come... Giveaways, contests, courses, retreats, and as always, support, guidance and motivation!

Make sure you check out the blog and join our Facebook page! Make friends, get and give support, and find more ways to change the world for all women over 50!

Ready for more?  
Come visit me at  
[TheMiddleGirls.com](http://TheMiddleGirls.com)!

