

A watercolor illustration on a textured white background. The design features four clusters of flowers: two in the top corners and two in the bottom corners. The top-left and bottom-right clusters consist of light brown stems with several round, light brown flowers, each with a small dark brown center. The top-right and bottom-left clusters are denser, with many small, light pink and white flowers on thin green stems. The background is decorated with soft, circular washes of light blue and light brown. The word "Journal" is written in a teal, cursive font in the center, with a decorative brown flourish underneath it.

Journal



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



*Made  
with  
Love*

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
















A decorative border of pink cherry blossom petals and a single flower is located in the upper left and top center 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)!

