

The Quiet Evolution of Middle Life

(Life Transitions & Identity)

Reflect on your personal evolution in this season of life. Use the prompts below to guide your journaling. Allow your thoughts to flow without judgment or pressure.

1. What parts of your identity feel like they are naturally evolving right now?

2. Where are you craving simplicity or stillness in your life?

3. How can you honor who you are becoming rather than who you used to be?

Take a slow breath. Remember that small changes shape the life you are creating.