



# *Rediscover Yourself Through Journaling*

## **Thoughtful Prompts for a Meaningful Retirement**

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## **Thoughtful Prompts to Help You Notice, Remember & Reconnect**

### **Reflecting on Where You've Been**

What parts of my past do I want to carry forward?

What do I know about myself now that I didn't a year ago?

Which moments from the last decade shaped me the most?

What am I proud of that I haven't acknowledged?

### **Rediscovering Who You Are Now**

What parts of my past do I want to carry forward?

What do I know about myself now that I didn't a year ago?

Which moments from the last decade shaped me the most?

What am I proud of that I haven't acknowledged?

### **Understanding Who You're Becoming**

What makes me feel most like myself?

Where do I feel most at home or at ease?

What small pleasures make my days sweeter?

Which routines or habits support my well-being right now?



## Reimagining What's Ahead

What does a “good day” look like for me now?

How do I want to feel at the end of each week?

What choices or changes might bring me more ease or joy?

What rhythms or rituals might support the life I want next?



## Gentle Journaling Tip

You don't need to write every day or fill all the pages.

One paragraph, one word, or one honest moment is enough.

Let your writing meet you where you are.



## Your Turn

Which prompt speaks to you today?

Let your pen follow your curiosity. You might be surprised where it leads