

Daily Midlife Journal Template

This can take about 5 - 10 minutes a day (or longer if you want to reflect more at the end of the day) and includes all three midlife mindset superpowers - curiosity, intention and an attitude of gratitude. I use a lined notebook and just add the headings each time as I don't want to be confined, because some days it is a fairly quick and short exercise, and other times I write much more in Mood as I reflect why I'm feeling a certain way, or the end of day Reflection.

I have Sleep there as I'm aware how important it is for me, but if there is something else you want to track like pain or connection to body for example, just replace or add in. Make it yours - the goal is to connect to yourself regularly and develop a strong, open relationship with who, where, and how you are... and what's important.

Finally, just to highlight, I think the most important prompt is Intention. This is NOT a To-Do list... you've likely enough of those! This is a way for you to decide how you want or need to act or feel. It allows you to then use that intention to make choices. Rather than be hijacked by the day, you get to choose how you want to behave and feel. The more you realise you have this power, the more empowered you become!

In the morning

Sleep: You can do hours, or a word to describe it. This then links to mood, and you are connecting cause to effect. Eg: well / disturbed / deep / full pf dreams etc

Mood: This can be a one word to just check in - eg focussed, content, anxious, good, (it's amazing how many times this simple question just makes me aware of myself), or it can be a flow of thought, depending on what comes up when you check in.

Grateful : 2/3 things you are grateful for this day / time / moment.

Intention: A word or a prompt or promise for how you want to act and feel today. So if your sleep / mood is low, your intention might be to be aware of being on low par and go easy on yourself. It might be to be focussed and confident, or keep connected to love, or show up for myself today... whatever is the drive that will give you the day you want for you.

In the evening before sleep

Reflection:: How did today go? How do you feel now? What did you learn about yourself? How did your intention go - if well, how did that feel? If not, what knocked you off? This is not a judgement piece, it's a checking in like a good friend.

Grateful : 2/3 things you are grateful for this day