

# A Guided Journal for This Next Chapter

Reflective prompts about values, memories, and what you want these years to hold — so vague longing becomes a concrete plan, and a lovely record for family.

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There is no right way to use this journal. Skip what doesn't fit. Write a sentence or a page. Come back weeks later and add more. The point is not perfection — it is noticing what matters, so your days can start to match it.

## How to use these pages

- Print this PDF, or copy prompts into a notebook.
- Try one section a day, or one a week — whatever feels kind.
- Share a page with family if you wish; keep others private.

If writing about the past or future brings up lasting sadness or anxiety, please talk with someone you trust or your doctor. This journal is a tool for reflection, not a substitute for care.

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### **A chapter I'm proud of**

Describe a season of your life when you felt most useful, alive, or at home in yourself. What made it so?

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### **Hard-won lessons**

What did work, family, or life teach you that younger people rarely hear?

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### **People who shaped me**

Name three people who changed your path. What would you thank them for today?

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## SECTION 2 · VALUES THAT STILL HOLD

What I will not compromise

List five values that still guide you (for example: honesty, faith, curiosity, family, independence, service, beauty, humour).

- ☐ 1. \_\_\_\_\_
- ☐ 2. \_\_\_\_\_
- ☐ 3. \_\_\_\_\_
- ☐ 4. \_\_\_\_\_
- ☐ 5. \_\_\_\_\_

### Where my days already match my values

What are you already doing that feels true to those values?

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### Where the gap is

What feels missing or out of balance right now — without judging yourself for it?

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### **A good ordinary day**

Describe an ideal weekday five years from now — morning to evening. Be specific and ordinary.

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### **Energy and health**

How do you want to feel in your body? What small habits would support that?

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### **People and place**

Who do you want nearby? What kind of home, neighbourhood, or community feels right?

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## **Contribution and joy**

What do you want to give? What do you want purely for pleasure?

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### Three wishes for this year

Not resolutions — wishes you are willing to take one step toward.

1. Wish: \_\_\_\_\_  
First step this month: \_\_\_\_\_
2. Wish: \_\_\_\_\_  
First step this month: \_\_\_\_\_
3. Wish: \_\_\_\_\_  
First step this month: \_\_\_\_\_

### What I will stop carrying

Obligations, guilt, or “shoulds” that no longer earn their place:

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### A note to my future self

Write a short letter to yourself one year from today. Be encouraging and honest.

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### **For the family record (optional)**

Stories, recipes, sayings, or advice you hope someone will remember:

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*Meaning is built the same way a good life always was — one deliberate, ordinary choice at a time.*

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