



Photo Journaling Prompts for Midlife Reflection

Start Your Midlife Reflection

Use this guided journaling page to reflect on who you are, who you've been, and who you're becoming. Choose one photo that speaks to you - and let these prompts help you write your way through midlife with clarity and purpose.

1. When I look at this photo, I remember who I was - and what I needed.

(Write your thoughts here...)

2. This photo reminds me of something I want to feel again.

(Write your thoughts here...)

3. What I didn't know then, but I know now...

(Write your thoughts here...)

4. This photo captures a version of me I want to reconnect with.
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(Write your thoughts here...)

5. If this photo were part of a chapter in my story, what would the title be?

(Write your thoughts here...)
