



PA||SE

Nervous System Reset Program

MODULE 3

EMPOWERMENT

Daily Journal prompts and reflections

WWW.MIDLIFEWELLNESS.CA



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Nervous System Reset Program

Midlife Wellness 2024

EMPOWERMENT TO HEAL

Welcome to your journaling journey on the themes of empowerment and nervous system regulation. This practice is an invitation to explore the deep connection between your mind, body, and spirit, guiding you towards greater self-awareness, resilience, and personal empowerment.

Journaling is a powerful tool that allows you to process your thoughts, emotions, and experiences in a safe and reflective space. It's a practice that helps you tune in to the subtle signals of your body, acknowledge your inner world, and cultivate a sense of empowerment from within. By putting pen to paper, you create a dialogue with yourself—a dialogue that can reveal insights, clear mental clutter, and help you to align with your true intentions.

In this series of journaling prompts, you'll delve into key areas that support the regulation of your nervous system and foster a strong sense of empowerment. You'll explore how to awaken awareness, build self-confidence, and establish a personal contract to regularly check in with yourself. You'll reflect on the importance of daily rituals, the embodiment of learning, setting achievable goals, and the power of "I am" statements.

As you move through these prompts, remember that there are no right or wrong answers—only your authentic thoughts and feelings. Allow yourself the freedom to express whatever comes up, trusting that this process is part of your journey towards greater self-understanding and empowerment.

Take your time with each prompt, giving yourself the space to fully engage with the questions and reflections. As you journal, notice any shifts in your thoughts, emotions, and body sensations. This is your opportunity to deepen your connection with yourself and create a foundation of inner strength and resilience.

Let's begin this journey of self-exploration, knowing that each word you write brings you closer to your most empowered self.



Reflect

- What happened in your day? This is your brain dump!
- Did you have any 'ah hah' moments?

Refine

- Looking back at your day, are there subtle changes that could be made in your responses, your reactions or your choices?
- Is your reflection coming from a place of self kindness and compassion or from a place of stories in your head? What is actually true?

Redefine

- Are there lessons to be learned from your day?
- How do I learn from this? What is needed in my thoughts, actions or responses?

JOURNAL AND REFLECTION

PAUSE has journalling, reflection and celebrations BUILT IN to the program. Some of you are avid journallers already, but if journalling is new for you I would love if you could give it a try! **Journalling insists** that you pause, reflect and create time for insight.



JOURNAL IDEAS

Bullet journaling - definitely more labor intensive, but it can be such a creative outlet!

Bullet journals can be found at Staples, Amazon and many other places.



HOW TO FIT IT IN

This program encourages creating some different habits with our time. Could journaling and reflection become part of your night time routine?

WHAT TO WRITE?

Reflect upon:

- *each item on the daily task list. Was it easy or difficult to achieve? What were barriers for you today?
- *Hormonal symptoms and cycle tracking
- *Overall moods and feelings

Symptoms of the Menopause



PAUSE - Module 3 - Empowerment - Awakening Awareness and self confidence

- Prompt #1- Awareness: What signals has your body been giving you lately that you might have overlooked? How can you bring more awareness to these signals in your daily life?

Reflect

Refine

Redefine

- Prompt #2 - Self-Confidence: Write about a recent experience where you felt confident and in control. What factors contributed to that feeling? How can you cultivate more of that confidence in other areas of your life?

Reflect

Refine

Redefine

PAUSE - Module 3 - Empowerment - Awakening Awareness and self confidence

- Prompt #3-Trusting Your Instincts: Reflect on a time when you followed your gut instinct. What did you learn from that experience about trusting yourself?

Reflect

Refine

Redefine

- Prompt #4 - Body Connection: How does your body feel when you are confident? Describe the physical sensations and emotions that arise when you're fully in your power.

Reflect

Refine

Redefine

PAUSE - Module 3 - Empowerment - Contract with yourself

- Prompt #5 - Personal Commitment: What does a commitment to yourself look like? Write a contract to yourself outlining how you will regularly check in with your emotions, thoughts, and physical state.

Reflect

Refine

Redefine

- Prompt #5 - Balance and Alignment: How can checking in with yourself help you maintain balance in your life? Reflect on times when you felt out of balance—what could have helped you stay aligned?

Reflect

Refine

Redefine

PAUSE - Module 3 - Empowerment - Contract with yourself

- Prompt #7 - Self-Awareness: Write about how regularly checking in with yourself can empower you. What benefits do you foresee from this practice?

Reflect

Refine

Redefine

- Prompt #8 - Self-Check-In Ritual: What practices can you incorporate into your daily routine to ensure you're regularly tuning in with yourself? Describe the first step you'll take to establish this ritual.

Reflect

Refine

Redefine

PAUSE - Module 3 - Empowerment - Daily Ritual - Creating Habits That Last

- Prompt #9 - Ritual Creation: What daily ritual can you create that supports your mental and physical well-being? How will this ritual help you feel more grounded and centered?

Reflect

Refine

Redefine

- Prompt #10 - Habit Formation: Think of a habit you want to establish. What steps will you take to make this habit stick? What obstacles might you face, and how can you overcome them?

Reflect

Refine

Redefine

PAUSE - Module 3 - Empowerment - Daily Ritual - Creating Habits That Last

- Prompt #11 - Daily Practice: How does a daily practice of mindfulness or movement impact your nervous system? Write about the changes you've noticed since starting this practice.

Reflect

Refine

Redefine

- Prompt #12 - Commitment: How can you stay committed to the rituals you create? What strategies will you use to keep them integrated into your life?

Reflect

Refine

Redefine

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Reflect

Refine

Redefine

PAUSE - Module 3 - Empowerment - Embody this learning

Embodiment Learning

1. **Embodiment:** How can you embody what you've learned about nervous system regulation in your daily life? Write about a specific situation where you applied this knowledge.
2. **Physical Integration:** Reflect on how your body feels when you fully embody a new concept or skill. What sensations arise? How does it affect your overall well-being?
3. **Learning in Action:** Describe a time when you took what you learned and put it into action. How did embodying this knowledge change the outcome of the situation?
4. **Reflection:** How does embodying learning differ from simply understanding it intellectually? What steps can you take to ensure you are fully embodying what you learn?

PAUSE - Module 3 - Empowerment - Achievable goals

Achievable Goals

1. **Goal Setting:** What is one achievable goal that you can set for yourself this week? How will you break it down into manageable steps?
2. **Progress Tracking:** How will you track your progress toward this goal? What small wins can you celebrate along the way?
3. **Realistic Expectations:** Reflect on a time when you set an unrealistic goal for yourself. What did you learn from that experience, and how will it inform the way you set goals now?
4. **Motivation:** What motivates you to achieve your goals? How can you keep that motivation alive as you work toward your current objectives?

PAUSE - Module 3 - Empowerment - I AM statements

"I Am" Statements

1. **Affirmations:** Create three "I am" statements that reflect your current intentions. How do these affirmations make you feel when you repeat them?
2. **Self-Perception:** How do your "I am" statements shape your perception of yourself? Write about the impact these statements have on your self-confidence and self-worth.
3. **Manifestation:** How can you use "I am" statements to manifest the life you desire? Write about a specific area of your life where you'd like to see change, and create an "I am" statement to support that transformation.
4. **Daily Practice:** How can you incorporate "I am" statements into your daily routine? What changes do you notice in your mindset and energy levels when you consistently use these affirmations?

PAUSE - Module 3 - Empowerment

These prompts are designed to be more than just writing exercises—they are pathways to deeper self-discovery and personal growth. By engaging with these prompts, you'll not only explore the intricacies of empowerment and nervous system regulation, but you'll also cultivate a heightened awareness of your inner landscape. This awareness is the foundation for meaningful and lasting change.

As you work through these questions, you're encouraged to dive deep into your experiences, thoughts, and emotions. This process will help you uncover hidden patterns, release old beliefs that no longer serve you, and open up new possibilities for how you navigate the world. Each prompt is crafted to guide you toward actionable insights—those small but significant steps you can take to bring about real transformation in your life.

Whether you're seeking to build confidence, create lasting habits, or simply connect more deeply with your body and mind, these journaling exercises will support you in making those shifts. Embrace this opportunity to empower yourself, knowing that the time and energy you invest in this practice will ripple out into all areas of your life, enhancing your well-being and your capacity to thrive.

So as you write, be gentle with yourself, be curious, and most importantly, be open to the profound changes that can arise from this work. Each word you put on the page is a step toward becoming more aligned with your true self and living a life of greater purpose, balance, and empowerment.