



# THE REINVENTED LIFE JOURNAL

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Lorna Blake

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# Welcome Letter

Dear Radiant Woman,

Welcome & thanks for your purchase.

You didn't land here by accident — you were guided here. That's how reinvention begins: with a whisper, a knowing, a sacred nudge that says, "There's more for you. And you're ready for it."

I created this journal because I've walked this path myself.

Years ago, I found myself burned out, broken, and unsure of what was next. A divorced single mom in Canada, I left my career in social work after hitting rock bottom. I chose to bet on myself — I went back to school, became certified to teach English, and moved to South Korea with my two sons. That bold step didn't just change my life — it changed theirs. And it led me to my soulmate, a 19-year love story, and a life of freedom, travel, abundance, and purpose.

Since then, I've reinvented myself many times: as an international speaker, life coach, best-selling author, and real estate investor. Not because I had all the answers — but because I learned to listen to my inner guidance, trust the process, navigate every setback and rise again and again...

This journal is your space to do the same.

A place to:

- Release what no longer serves you
- Reconnect with your inner power
- Reimagine what's possible
- Rise into your next, most radiant chapter

You don't need permission. You don't need perfect timing.  
You just need a willingness to believe that your next act can be your best act.

So grab a pen, get comfortable, and let's begin.  
You are not alone. You are not behind.  
You are right on time.

With all my love and blessings,

*Lorna Blake*

Founder, The Reinvented Life





# THE REINVENTED LIFE JOURNAL

## Journey Map

### *Section 1:*

**Reflect + Release (Days 1–7)**

**Letting go of what no longer serves you**

### *Section 2:*

**Reclaim + Reimagine**

**(Days 8–15)**

**Reconnecting with who you  
are becoming**

### *Section 3:*

**Reinvent + Rise (Ongoing)**

**Living as the woman you  
are becoming**

### *Gentle Reminder:*

**You do not need to follow this timeline  
perfectly. Move at your own pace.**

**Pause and return as needed.**







# Section 1:

## Reflect + Release

“The more reflective you are,  
the more effective you are.” –  
Hall & Simeral





**RELEASE WHAT  
NO LONGER  
SERVES YOU**

**“The more reflective  
you are, the more  
effective you are.”  
– Hall & Simeral**



*Please listen to the  
guided audio for this  
section when you're first  
getting started. You may  
return to it anytime you  
feel called.*





# DAY 1 – AWARENESS

*"Awareness is your secret key to success."*

**- Christian Simpson**

# Where in your life do you feel stuck, exhausted, or unfulfilled?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# DAY 2 – OUTGROWING THE OLD

# Are there people, patterns, or beliefs you've outgrown?

[illegible]



# DAY 3 – STORIES & LIMITS

**What old stories are you telling yourself  
about what's possible for your life?**

[illegible]



# DAY 4 – BORROWED VOICES

**Whose voice are you still carrying that  
doesn't belong to your truth?**

[illegible]



# DAY 5 – LETTING GO

**Write the beliefs you are ready to release.**

[illegible]



# DAY 6 – SELF-FORGIVENESS

# What mistakes, missteps, or moments are you ready to stop carrying in shame?

[illegible]



# DAY 7 – RELEASE PRACTICE

## A RELEASE PRACTICE

Close your eyes.  
Take a few deep cleansing breaths.

Now, imagine placing every heavy thought, belief, and fear into a balloon and watch it float away into the atmosphere... never to return.

## SPEAK ALOUD:

“I release all that no longer serves me. I release it all. I am Now free to be the New Me.”

Sign your name. Date it. That was your energetic shift.

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# Section 2:

## Reclaim + Reimagine

“Re-imagination is the  
birthplace for vision and  
change.”

– Susan C. Young





# THE WOMAN I'M BECOMING

You get to decide who  
you become next.

This is where you stop  
looking back... and start  
looking within.

The woman you dream of  
becoming already lives  
inside you. Let's meet  
her.



*Please listen to the  
guided audio for this  
section when you're first  
getting started. You may  
return to it anytime you  
feel called.*





# DAY 8 – MEETING THE WOMAN YOU'RE BECOMING

# Describe the woman you are becoming.

[illegible]



## What does she believe about herself?

[illegible]



## DAY 10 – HER PRESENCE

## How does she walk into a room?

[illegible]



## DAY 11 – HER DAILY LIFE

## What does her daily life look and feel like?

[illegible]



# DAY 12 – YOUR IDEAL LIFE

# What does your ideal life look like?

[illegible]



# DAY 13 – LETTER FROM THE FUTURE

**Write a letter from your future self —  
the one who has already created this  
reinvented life.**

[illegible]



# DAY 14 – WHAT YOU NOW KNOW TO BE TRUE

Complete the following:

- I am worthy of...

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- I give myself permission to...

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- I no longer shrink to...

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- I now believe that...

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- My life is allowed to be...

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# DAY 15 – LISTENING TO YOUR FUTURE SELF

# What is your future self telling you right now?

[illegible]





# Section 3:

## Reinvent + Rise

“Rising starts with  
believing.”

– Lorna Blake





# DAILY SCRIPTING FOR THE REINVENTED YOU

Reinvention doesn't  
happen all at once.

It happens in small,  
intentional moments —  
the thoughts you choose,  
the words you speak, the  
way you show up for  
yourself each day.



**This section is not meant to be completed once and put away.**

**These pages are here for you to return to.**

**Some days, you may write a full page. Other days, a single sentence is enough.**

**There is no pressure to be consistent — only an invitation to be present.**

**Use these pages anytime you want to reconnect with the woman you are becoming.**

*This guided audio can be  
used whenever you want  
to reconnect with the  
woman you are  
becoming.*





# DAILY SCRIPT

- My life is allowed to be... \_\_\_\_\_

\_\_\_\_\_

- I feel... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- I am grateful for... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- I choose to believe... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- One inspired action I will take today is...

\_\_\_\_\_

\_\_\_\_\_

- I love myself enough to... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# AFFIRMATIONS FOR THE REINVENTED WOMAN

Choose the ones that speak to your heart.  
Say them aloud each morning as you look  
deep into your eyes in the mirror...

Let them become the soundtrack of your  
becoming.

- I rise with power and purpose each day.
- It is safe for me to evolve and expand.
- I trust the timing of my transformation.
- I am magnetic to miracles and magical manifestations.
- My age is an asset. I bloom with wisdom.
- I rewrite the rules and create my own path.
- I deserve abundance in every area of my life.
- The woman I see in my vision is the woman I already am.

**Your Affirmations:**

Write your own below:

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# MY EMPOWERING DAILY RITUALS

What habits, thoughts, and practices will help you embody your Reinvented Self daily?

- My empowering morning intention:

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- One thing I'll do for my mind:

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- One thing I'll do for my body:

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- One thing I'll do for my spirit:

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- My anchor affirmation for the day:

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# FINAL REFLECTION

# Letter to Myself

**Write a love letter to your now-self.  
A celebration of how far you've come, and a  
promise to keep rising.**

[illegible]





# STAY CONNECTED

You're not alone on this journey.  
Come join the movement!



 **YouTube: The Reinvented Life with Lorna**

 **Join Our Email list for ongoing support**

 **Join our Phoenix Reinvention Circle to be part of a sisterhood of support**

