



Your Journal



INSPIRE, INFLUENCE, IMPACT

www.2ndchapterwomen.com

Welcome to your 2nd chapter

Dear You,

If you're holding this journal, I want you to know something:

You're not starting over. You're starting from wisdom..

For years, you've shown up for others – family, career, community.

Now, something inside you is whispering (maybe even shouting),

"What about me? What's next?"

That whisper brought you here.

This journal isn't about fixing yourself. It's about reconnecting with yourself – the bold, brilliant, brave version of you that may have been quietly waiting for her turn.

Well... it's her turn now.

Inside these pages, you'll reflect, dream, release, and reclaim.

No pressure. No right or wrong answers. Just truth, clarity, and a little bit of magic.

So take a deep breath.

Grab your pen.

And let's begin writing the second chapter – your way.

Reclaim. Redefine. Rewrite.

With heart,

Deb Talbot

Founder, 2nd Chapter Women



"You can't pour from an empty cup—take care of yourself first."

S. H. I. F. T. Journal Prompts

A guided reflection for women stepping into their 2nd chapter with clarity and confidence.



See Yourself Clearly

- S. Reclaim your identity, voice, and values.
- Who am I becoming now that I'm no longer trying to be who I was "supposed" to be?
 - What qualities in me are ready to be seen, celebrated, or shared?

Honor Where You've Been

- H. Your experience is not baggage – it's brilliance.
- What parts of my past shaped me in powerful ways?
 - What life lessons have I earned the right to teach or speak about?

Identify What Matters Now

- I. Clarity over chaos.
- What truly matters to me in this season of life?
 - What am I ready to stop tolerating, so I can make space for what lights me up?

Find Your Flow

- F. Progress without pressure.
- What daily or weekly rhythm supports my energy and creativity?
 - Where do I feel most at ease when I create or share?

Take Visible Action

- T. Visibility creates momentum.
- What is one small way I can make my voice seen, heard, or felt this week?
 - How will I celebrate or acknowledge that action?

*This shift is not about changing who you are —
it's about returning to the woman you've always been, with full permission to be seen.*

Where I've Been



The roles I've played in my life so far...

The values that have guided me...

The chapter I feel ready to close...

What I've learned about myself along the way is...

Where I Am Now



I. Right now I feel...

What emotions am I feeling most often lately?

What's been quietly fueling me? What's been draining me?

If my emotions had a message, what would they say?

Feelings are much like waves. We can't stop them from coming, but we can choose which ones to surf.

— Jonatan Mårtensson

Where I Am Now

2. What I'm curious about...

What have I always wanted to try or learn more about?

Where is my curiosity quietly nudging me?

What would I try if I didn't need to be good at it?

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept."

— Angela Davis

Where I Am Now

3. What I've been avoiding...

What truth have I been hesitant to face?

What dream keeps calling me back?

What fear has been louder than my desire?

The cave you fear to enter holds the treasure you seek."

— Joseph Campbell

Where I Am Now

4. Where I'm secretly craving more...

I'm craving more..

I want deeper ..

If I let myself want what I really want... it would be:

Tell me, what is it you plan to do with your one wild and precious life?"

— Mary Oliver

Who I'm becoming



Identity words I'm stepping into:

(examples: Bold. Visible. Free. Creative. Empowered.)

I want to be a woman who...

My 2nd Chapter Manifesto:

I am no longer available for...

I give myself permission to...

My next chapter will be written with...

I am not afraid of storms, for I am learning how to sail my ship.

— Louisa May Alcott

Together, 2nd Chapter S.H.I.F.T. =

A soul-aligned system for women stepping into their 2nd chapter with confidence, clarity, and momentum.



Action Plan

One thing I'll stop doing:

One thing I'll start doing:

One thing I'll say YES to this month:

One way I'll make my voice heard:

One tiny step I'll take this week:

Don't wait. The time will never be just right.

— Napoleon Hill

Permission & what's next?



My Permission Slip

I give myself full permission to become the woman I've always wanted to be.
Not someday. Today.

Name

Date

So what's next?

- ☐ Join the 2nd Chapter Women community www.2ndchapterwomen.com
- ☐ Schedule a 30-day check-in with yourself
- ☐ Share this journal with a friend who needs it
- ☐ Write the first paragraph of your second chapter story



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