



# Reinvention at 50

& Beyond



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## *Affirmation of the Month*

(Feel free to swap this each month, or write your own.)

*"I am not starting over. I am starting deeper."*

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## *This Month's Focus*

*What I'm ready to call in:*

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*What I'm ready to let go of:*

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*How I want to feel:*

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## Daily Lazy Girl Rituals

(Pick 1–3 per day)

*Choose intuitively. No pressure. Just presence.*

- Drink water slowly, like a gift
- Apply lip balm with intention
- Look up at the sky for 60 seconds
- Oil your body or brush your skin gently
- Cross one tiny thing off your list
- Light a candle, even for 10 minutes
- Text someone “thinking of you”
- Play your second-act soundtrack (your song of the season)
- Speak today’s affirmation aloud
- Take one photo of something soft or beautiful
- Sit in silence before reaching for your phone



(Write once a week or as needed)

[illegible]



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## Reinvention Milestones Tracker

Check off what resonates. Celebrate the little shifts.

- ☐ I woke up feeling hopeful
- ☐ I chose rest over rushing
- ☐ I said no without guilt
- ☐ I made a decision that honored my future self
- ☐ I caught a moment of beauty in my day
- ☐ I took one small step toward something new
- ☐ I let something end softly
- ☐ I did something brave, even if quietly
- ☐ I felt proud of myself, even just a little