

Sexagenarian



The Whisper Journal

A Midlife Release & Reclamation Journal

A printable journal for the thoughts, feelings and truths that are ready to be heard.

Movement. Mindset. Magic.

Created for women in midlife and beyond

www.sexagenarian.co.uk

Before You Begin

This journal is a private place to release what feels heavy, listen to what is rising, and reconnect with your own inner wisdom.

Use it slowly. Use it honestly. Use it without judgement.

There are no perfect answers here. There is only space to notice what is true for you today.

A gentle note:

This journal is for reflection and self-support. It is not a substitute for professional medical, nutritional, psychological or therapeutic advice. If journaling brings up feelings that feel too heavy to hold alone, please seek support from a trusted professional or helpline.

Suggested use: print the pages you need, keep them in a folder, or write directly into the Word version if you prefer.

How to Use The Whisper Journal

The Whisper Journal is designed for quiet moments when something inside you wants to be heard.

You can use one page each morning, one page each evening, or simply open the journal whenever you feel emotionally full, restless, irritated, tender, or ready to release.

Try this simple rhythm:

- Choose one prompt that speaks to you.
- Take three slow breaths before you write.
- Write without editing yourself.
- Let the words be messy, honest and unfinished.
- Close with one kind sentence to yourself.

Some days you may write a full page. Some days you may write one line. Both count.

The Whisper Release Ritual

Use this ritual when you are ready to let a thought, feeling, role, resentment or old story move out of your body and onto the page.

1. Arrive

Sit somewhere you feel safe enough to be honest. Place one hand on your heart or belly and take three slow breaths.

2. Name it

Write one sentence beginning with: "The truth I have not wanted to say is..."

3. Let it speak

Write without trying to sound kind, wise, grateful or sensible. Let the whisper become words.

4. Release the hold

Ask yourself: "What part of this am I ready to stop carrying?"

5. Reclaim yourself

Finish with: "What I choose now is..."

My first whisper today is:

Starting Check-In

Today I feel:

The feeling or thought that keeps circling is:

My body feels:

What I most need from this journal is:

Release and Reclaim Map

Use this page after several journal entries, or whenever you are ready to notice what is shifting.

What I am ready to release	What I choose to reclaim

Closing Ritual

When you have written something tender, strong or surprising, take a moment to close the page gently.

Place one hand over the page and say:

“I have heard myself. I do not have to carry this in the same way anymore. I am allowed to soften. I am allowed to choose again.”

The truth I am taking with me is:

The choice I am making now is:

What Comes Next

The Whisper Journal is a place to release what is heavy and listen to what is true. When you are ready, you may want to explore the next layer of your midlife wellbeing.

Midlife Energy and Food Trigger Diary

A 7-day diary to help you notice patterns between food, energy, mood, sleep, cravings and body clues - without judgement or dieting.

No-Diet Nourish Map

A practical guide to building steady, satisfying meals and daily nourishment rhythms that support real life.

Midlife Morning Magic

A gentle 7-day audio reset to help you begin the day feeling calmer, clearer and more connected to yourself.

Begin where you are. Take what you need. Let this next chapter be softer, wiser and more truly yours.

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