



JOYFUL TRANSITION
FOR WOMEN OVER 40

Journal

Menopause Symptoms Log

Your menopause symptoms log is useful for analyzing how your positive mindset practices impacts your symptoms and help you see improvements

Date	Symptom	How I feel 1-10

Menopause Symptoms Log

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Date	Symptom	How I feel 1-10

My Daily Affirmations



Take a moment to reflect on your current life circumstances, challenges you've faced, and your aspirations. Write about your experiences and what you hope to achieve. How has your journey shaped you?

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 or other markings on the paper.

Choose a specific challenge or obstacle you've overcome in the past.
Create a personal affirmation that highlights your strength and resilience in the present.

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 or other markings on the paper.

Write about your current goals and aspirations. Craft an affirmation that is focused on the present moment and emphasizes the immediacy of your desires.

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Reflect on your current health and self-care practices during the menopause transition. Create your health affirmations.

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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 or other markings on the paper.

Reflect on the changing dynamics with your children as they grow older and become more independent. Create affirmations on maintaining supportive relationships with your children.

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My Journal Pages



Today, I'm grateful for...

DATE

Write down 5 things you're grateful for.
Challenge yourself to look deeper than the obvious.

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

I'm grateful because...

DATE

Write down why you're grateful for them; go deep. For each item on your list, write down five reasons why you are grateful for it.

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Gratitude Pages

DATE

Today, I smiled when...

Today, I felt strong when...

Someone I'm thankful to have in my life is...

Gratitude Pages

DATE

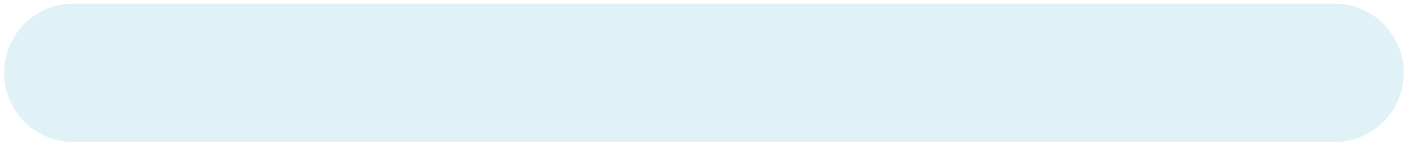
A challenge I'm grateful for is...

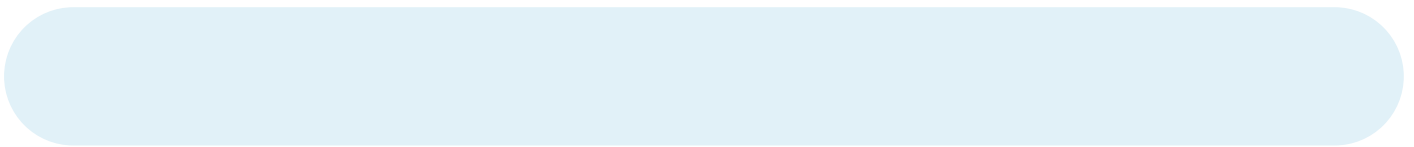
An unexpected joy I encountered today was...

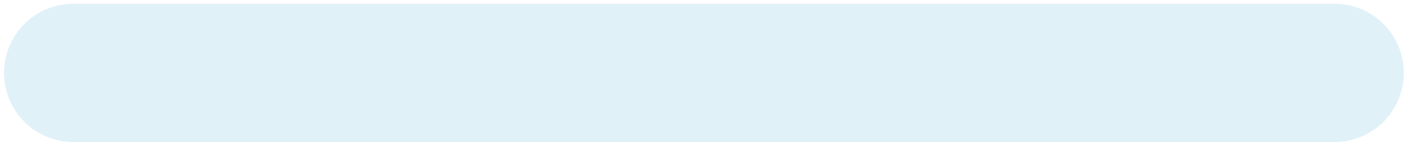
I am grateful for my body's wisdom because...

Gratitude Pages

DATE







Navigating Health Challenges

DATE

My body deserves my love and care, especially when dealing with...

Today, I acknowledge the strength within me to face health challenges, including...

I affirm my resilience and commitment to wellness as I navigate...

Navigating Health Challenges

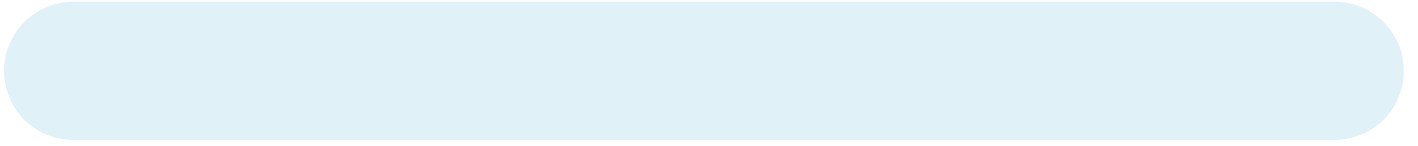
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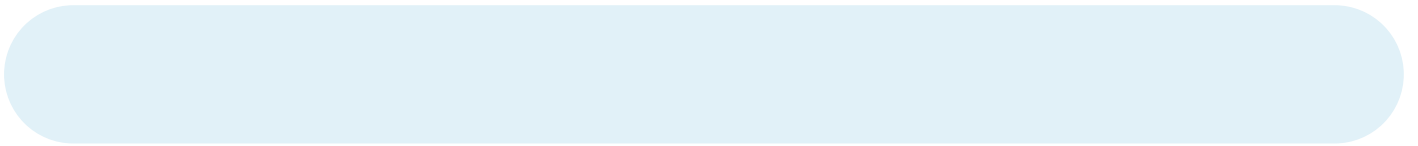
One empowering moment in my health journey was when I conquered...

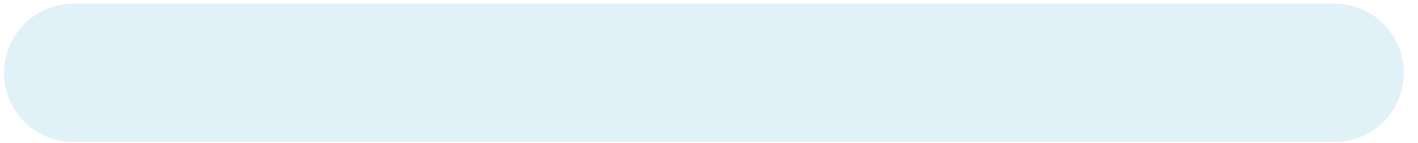
I find strength in seeking support and connecting with others who understand...

Navigating Health Challenges

DATE







Embracing Emotional Shifts

DATE

My emotions are like waves, and today's wave is...

I nurture my emotional well-being by...

An affirmation to soothe my emotions is...

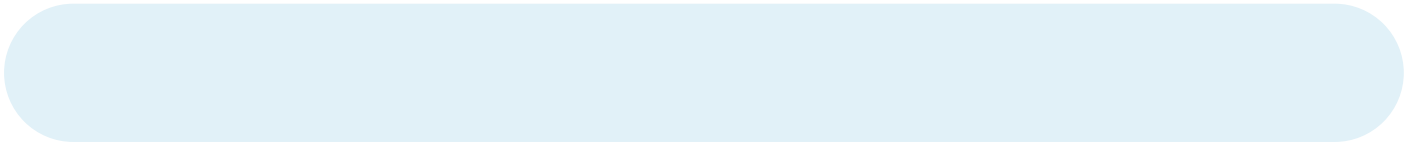
Embracing Emotional Shifts

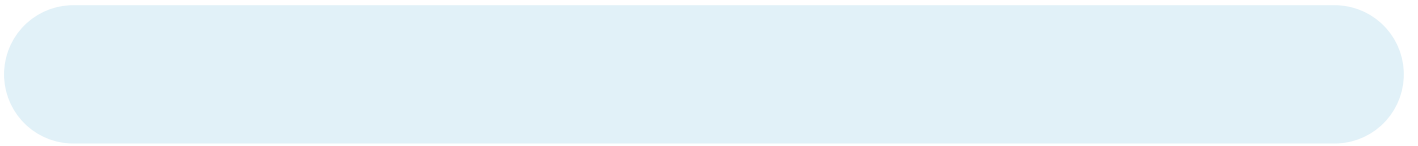
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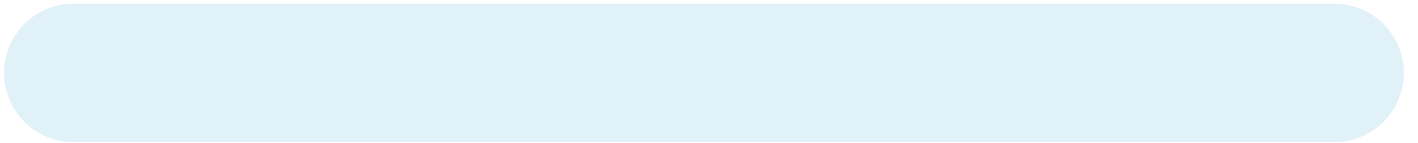
I release any emotional baggage related to menopause by...

Embracing Emotional Shifts

DATE







Exploring Self-Care

DATE

My self-care ritual today is...

I prioritize self-care because...

I show love to my body by...

Exploring Self-Care

DATE

My today's self-care affirmation is...

I release any guilt about taking time for myself by...

Something I can do today to relax is....

Exploring Self-Care

DATE

Navigating Relationships

DATE

In my relationships today, I experienced...

I honor my boundaries by..

A loving affirmation for harmonious relationships is..

Navigating Relationships

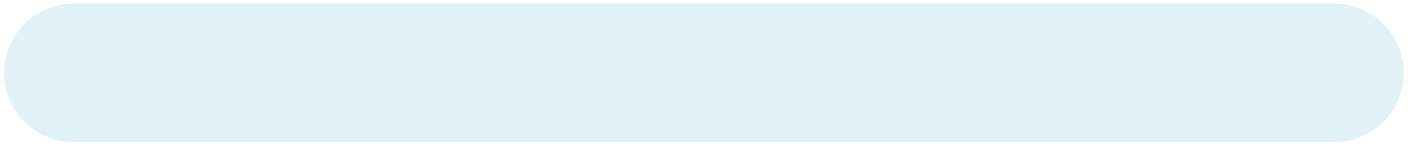
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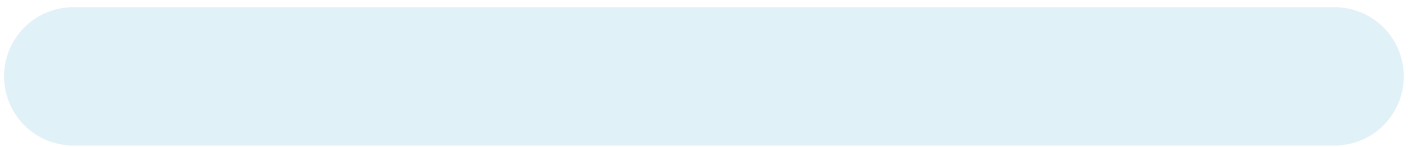
I release any tension or conflicts in my relationships by...

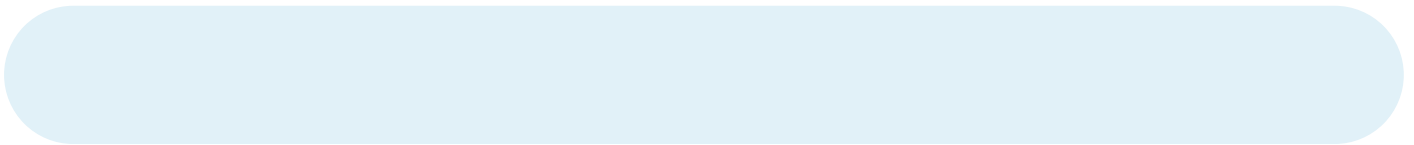
I'm open to receiving love and support from those around me by...

Navigating Relationships

DATE







Setting Intentions

DATE

Today, I intend to...

My intention for my menopause journey is...

I empower myself by setting the intention to...

Setting Intentions

DATE

An affirmation to support my intentions is...

I release any self-doubt about achieving my intentions by...

Setting Intentions

DATE

Celebrating Me

DATE

Today, I celebrate my...

I acknowledge my progress in...

I feel proud of myself for...

Celebrating Me

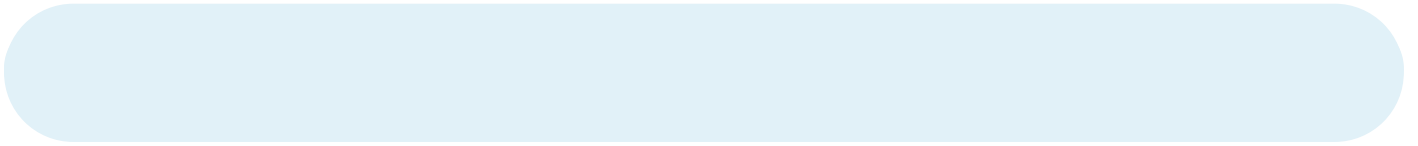
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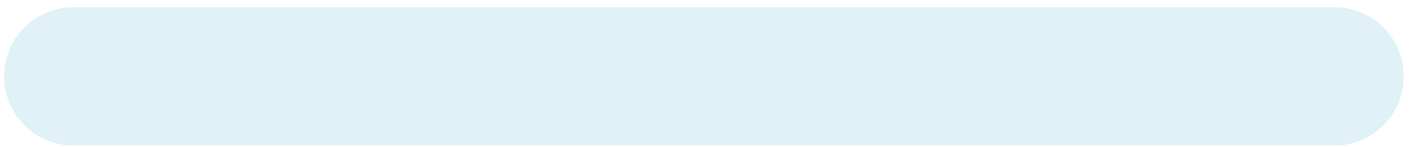
An affirmation to celebrate my achievements is...

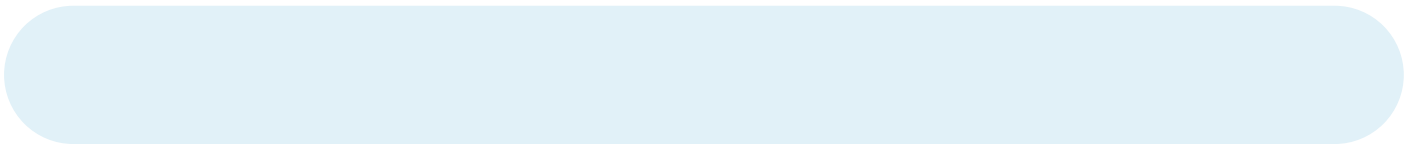
I release any comparison with others and honor my unique journey by...

Celebrating Me

DATE







Embracing Aging

DATE

Today, I embrace the beauty of growing older by...

I am grateful for the wisdom that comes with age, and I recognize it in...

As I age gracefully, I take pride in...

Embracing Aging

DATE

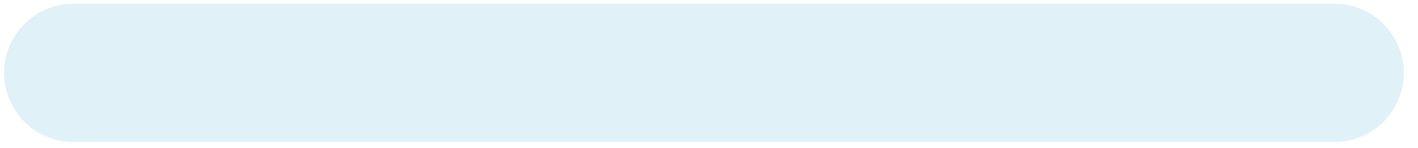
Today, I embrace the beauty of growing older by...

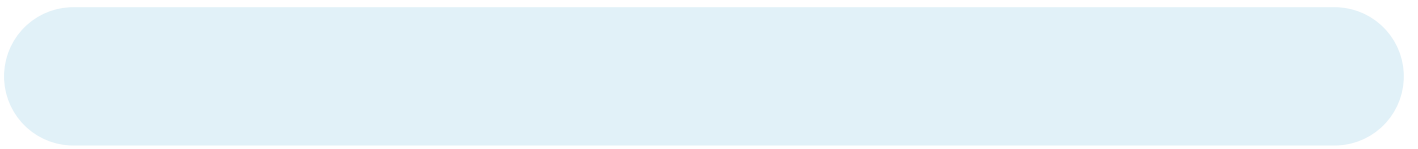
My journey through aging has shown me that...

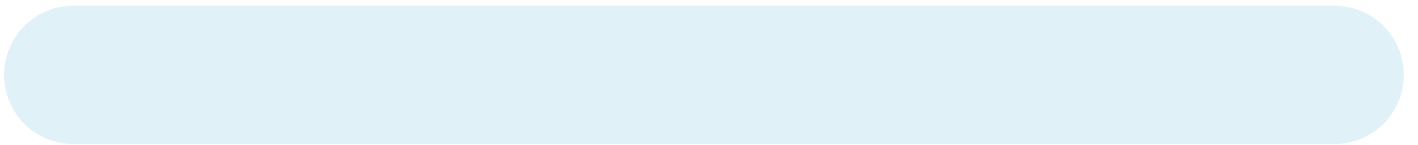
I find joy in the brief moments that remind me of my vitality, such as...

Embracing Aging

DATE







Dreaming about the Future

DATE

Today, I visualize my future self accomplishing...

I set my sights on the future, where I see myself...

My heart swells with excitement as I imagine...

Dreaming about the Future

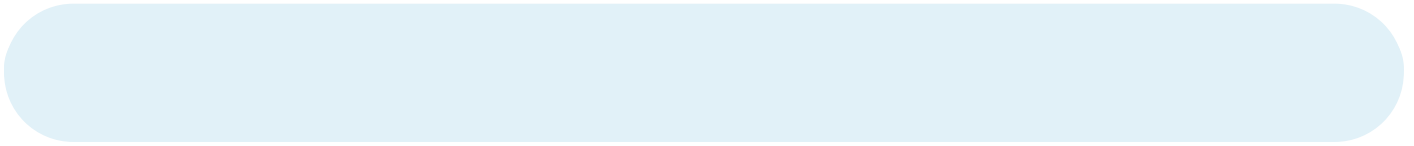
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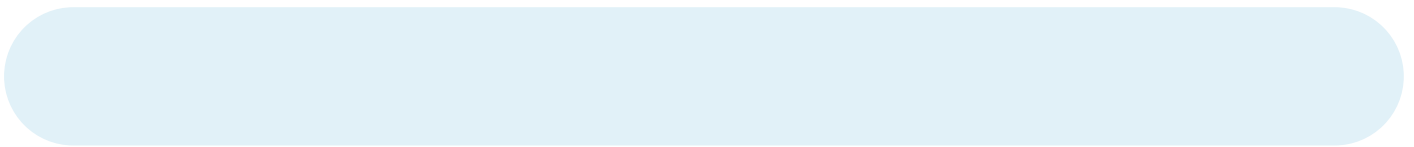
I empower myself for the future by envisioning...

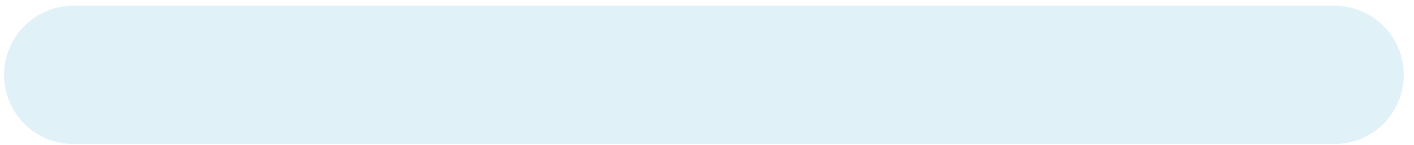
I trust that my dreams will become reality, and I affirm...

Dreaming about the Future

DATE







Morning Journal

DATE

This morning I am grateful for...

I am grateful for this because....

Today I will take care of myself by....

Morning Journal

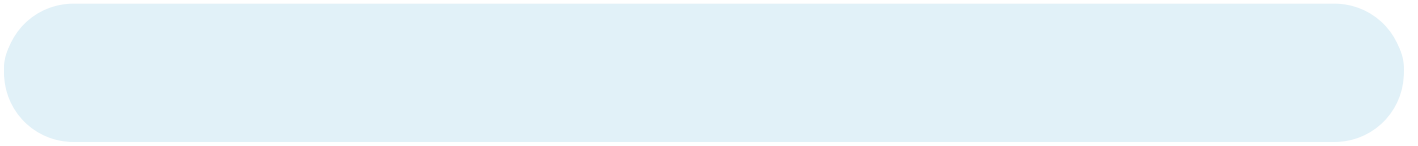
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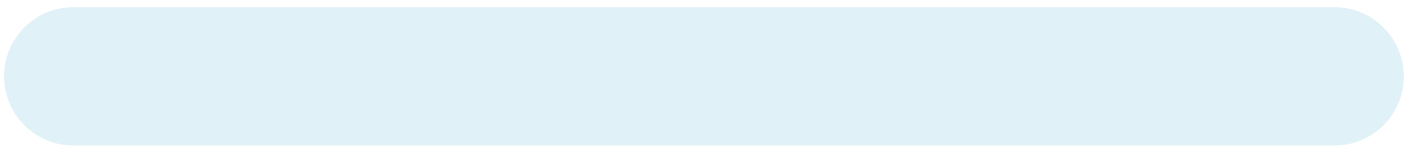
Today I intend to achieve/work on ...

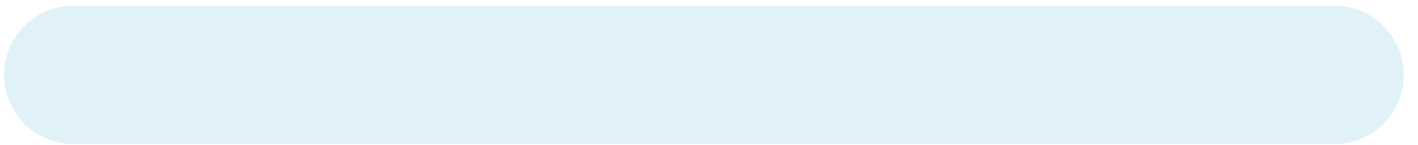
Today I will reach out to...

Morning Journal

DATE







Evening Journal

DATE

This evening I am grateful for...

I did really well today by....

I loved myself today by doing...

Evening Journal

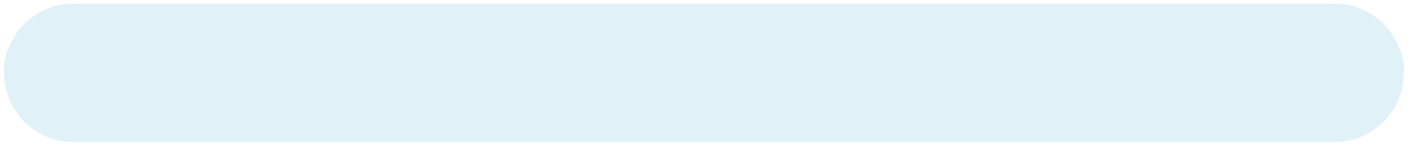
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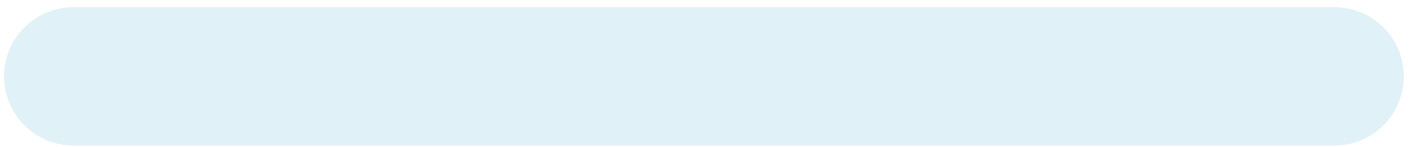
I improved these habits today...

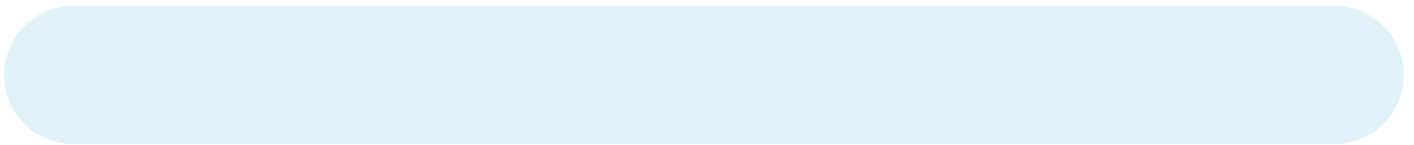
My intention for tomorrow is...

Evening Journal

DATE







My Reflections on Guided Meditations

DATE

My Reflections on Guided Meditations

DATE

My Dream Journal

DATE

Record your dreams and analyze their significance.

Mindful Moments



Morning Bliss

DATE _____

Start your day with a moment of mindfulness. Describe the sights, sounds, and sensations around you as you wake up. How does this practice influence your mindset for the day?

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DATE

lara@larawestbooks.com

DATE _____

lara@larawestbooks.com

DATE _____

lara@larawestbooks.com

Midful Eating

DATE

Am I hungry?

What colors, aromas, textures, sounds did I experience?

What did I like/dislike about my environment and the food?

Midful Eating

DATE

What did I like/dislike about my meal?

Did I stop eating when I was full?

DATE

[illegible]

My Self-Care Planner



[illegible]

My Morning Self-Care Ritual

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My Evening Self-Care Ritual

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My Weekly Self-Care Goals

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My Weekly Self-Care Wins

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My Self-Care Wishlist

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My Self-Care Reflections

Healthy Habits Trackers



Weekly Workout Planner

MONTH :

WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

Workout Daily Log

DATE

ACTIVITY	GOAL	COMPLETED?

HOW I FEEL

--

Weekly Sleep Tracker

WEEK

DAY	SLEEP HOURS	WOKE UP TIMES	QUALITY 1-5
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

relaxation techniques

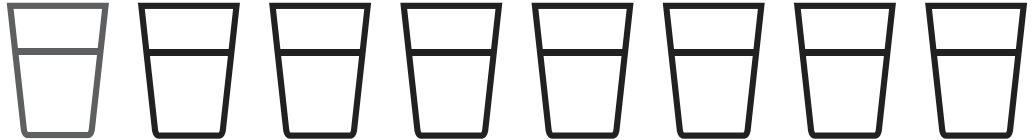
supplements

how I feel

Weekly Water Tracker

aim for at least, or more, 8 12-oz glasses of filtered water

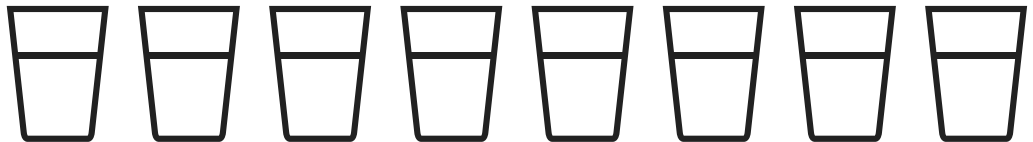
Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

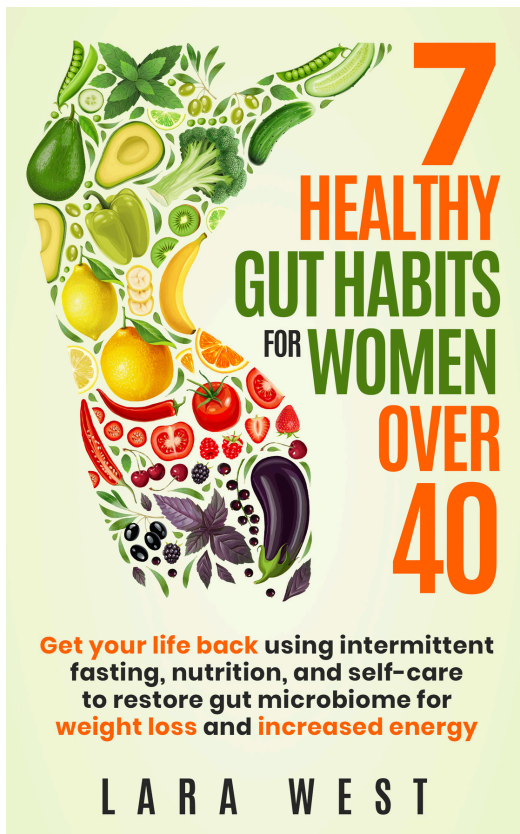


Sunday



7 HEALTHY GUT HABITS FOR WOMEN OVER 40:

Get Your Life Back Using Intermittent Fasting, Nutrition, and Self-Care to Restore Gut Microbiome for Weight Loss and Increased Energy

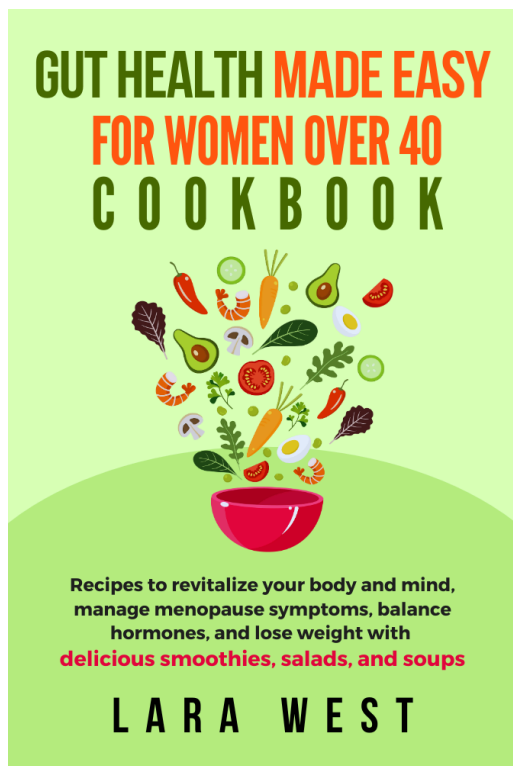


Learn more about each habit, chapter by chapter, as this book delves into each specific habit you can incorporate into your daily routine. It offers practical advice and easy-to-follow tips for restoring your gut microbiome. With this workbook, you'll have all the tools you need to make lasting changes and transform your life for the better. [Order your copy today](#) and start feeling like the best version of yourself!



GUT HEALTH MADE EASY FOR WOMEN OVER 40 COOKBOOK

Recipes to Revitalize Your Body and Mind,
Manage Menopause Symptoms, Balance
Hormones, and Lose Weight with
Delicious Smoothies, Salads, and Soups

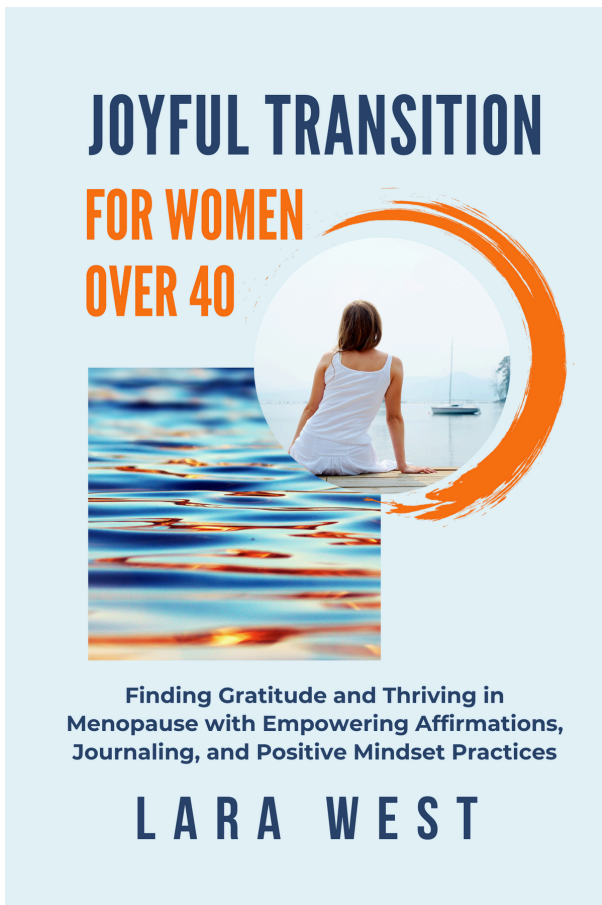


This cookbook unveils the secrets to conquering menopause symptoms through nourishing meals made with wholesome ingredients. By embracing nutrient-dense superfoods and intermittent fasting, you can soothe your body, balance hormones, get mental clarity, and shed excess weight naturally. If you love comfort food with a health-conscious twist, you'll love this transformative guide. [Order your copy today](#) and savor the rewards of your revitalized well-being!



JOYFUL TRANSITION FOR WOMEN OVER 40

Finding Gratitude and Thriving in Menopause
with Empowering Affirmations, Journaling,
Meditations, and Positive Mindset Practices



If you resonate with holistic approaches to well-being, believe in the profound connection between mind and body, and are ready to embrace your 40s and beyond with joy, this uplifting guide is your trusted friend and mentor on this transformative journey.

[Order your copy today](#) and step into menopause with a heart filled with gratitude and the empowering practices that will guide you toward a joyful, radiant transition into the next beautiful chapter of your life..

