



**EMPTY NEST REFLECTION JOURNAL**  
A GUIDED COMPANION FOR YOUR NEXT CHAPTER

# WELCOME TO YOUR NEXT CHAPTER

THIS JOURNAL IS YOUR SAFE SPACE — A PLACE TO PROCESS, REFLECT, AND RECONNECT WITH THE WOMAN YOU'RE BECOMING.

THERE IS NO RIGHT OR WRONG WAY TO USE IT. MOVE AT YOUR OWN PACE. BE HONEST. BE GENTLE. BE CURIOUS.

YOU'VE SPENT YEARS POURING INTO OTHERS. THIS IS WHERE YOU POUR BACK INTO YOU.

# SECTION 1 — Processing the Transition

**What feels the hardest about this season right now?**

Write freely. Name the emotions without judging them.

**What emotions are you experiencing that you didn't expect?**

Surprise, relief, guilt, excitement — everything is valid.

**What do you miss most about the previous chapter of motherhood?**

Let yourself honor what was beautiful.

**What do you not miss — and why does that matter?**

This helps you release old roles and reclaim space.

**What are you afraid might happen in this next chapter?**

Fear loses power when it's named.

## SECTION 2 — Reconnecting With Yourself

**Who were you before motherhood?**

List interests, dreams, personality traits, passions.

## **What parts of yourself do you want to reconnect with?**

What has been waiting quietly for you?

## **What brings you energy right now?**

People, places, activities, routines.

## **What drains your energy – and why?**

Awareness creates boundaries.



