



THE MIDJOURNEY MEN JOURNAL

At 50, You Are Not Behind

A 7-day reflection worksheet for the next chapter

START HERE

This is not a test and it is not a plan for becoming someone else. Use these pages to notice what is true, name one thing that deserves care, and choose one next step you can actually keep.

THE PART OF THIS SEASON I WANT TO NAME

Right now, what emotion, concern, or question keeps returning? Write without trying to make it sound impressive.

WHAT GIVES ME ENERGY

A place, person, habit, or activity that helps me feel more like myself.

WHAT DRAINS ME

A commitment, pattern, or expectation that needs a more honest look.

ONE THING I AM GRATEFUL TO HAVE LEARNED

What has this life taught you that you could not have learned any other way?

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Write what is true. Choose what is next.

The next chapter needs a few clear anchors.

You do not need to solve every area of life today. Notice the places where a small act of attention would make the week feel more like your own.

MY BODY IS ASKING FOR
A practical act of care, such as better sleep, a check-in, a walk, or a realistic routine.

MY FUTURE NEEDS ME TO FACE
One money, work, family, or time question I have been postponing.

A RELATIONSHIP WORTH TENDING
One person I want to show up for with more consistency or honesty.

SOMETHING I AM STILL CURIOUS ABOUT
A skill, place, question, or project that reminds me I am still growing.

THE ONE CONVERSATION I DO NOT WANT TO KEEP DELAYING
Write the first honest sentence. You do not need the whole script before you begin.

A NOTE FOR THE WEEK
Do not confuse a small next step with a small life. A walk, an appointment, a call, or a calendar date can be a real vote for the person you are becoming.

A seven-day reset does not need to be dramatic.

Choose simple actions you can keep. The goal is not perfection. The goal is to feel a little more present in your own life by the end of the week.

DAY	ONE SMALL MOVE	DONE
1	A 20-minute walk, a consistent bedtime, or one honest page of notes.	☒
2	Reach out to one person or schedule one conversation.	☒
3	Make one appointment or handle one avoided task.	☒
4	Spend time outside or move your body in a way that feels capable.	☒
5	Choose a small act of service for your home, crew, or community.	☒
6	Put one meaningful experience on the calendar.	☒
7	Review the week and name the one practice worth carrying forward.	☒

THE NEXT ACTION I WILL PROTECT

Make it small enough to start and clear enough to schedule.

NOTES

Use this space for a thought, a name, a question, or a reminder you want to keep.

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You are not behind. You are here, and you still get to choose the tone of the next chapter.