

A COMPANION REFLECTION JOURNAL

The Resilient Woman

Reflection Journal

A Companion to the Book by Jana B. Kross

A Practical Guide for Women Over 50: Living Life with Confidence and Clarity for a Healthy and Peaceful Mind

“Resilience means you experience, you feel, you fail, you hurt. You fall. But you keep going.”
— Yasmin Mogahed

Name

Date Begun

A Note to You

This journal is your sacred space. It belongs only to you.

As you read *The Resilient Woman*, use these pages to slow down, go deeper, and truly hear yourself. Each chapter of the book has a matching section here, with a key insight, a reflection prompt, and space to write your truth.

There are no right or wrong answers. There is no timeline. Some pages may flow easily. Others may sit with you for days. That is okay. Come back whenever you are ready.

This journal is not about perfection. It is about becoming.

You are already everything you need. These pages are here to help you remember that.

✨ *I am worthy of this time. I am worthy of this truth.* ✨

How to Use This Journal

1. Read each chapter of *The Resilient Woman* first, then open to the matching section here.
2. Find a quiet, comfortable space, somewhere you feel safe and unhurried.
3. Begin with three slow, deep breaths before you write. This is the practice.
4. Use the prompts as starting points, not rules. Write wherever the pen leads you.
5. Revisit your entries often. Growth is visible in hindsight.
6. Be gentle with yourself. This work takes courage.

Read the chapter → Journal here → Live it forward

CHAPTER ONE

My Life Reflection

“What do I want? What do I need? What would it look like to live life on my terms?”

The Heart of This Chapter

Jana shares the moment at her 50th birthday, surrounded by friends at the Copacabana in New York City, when she realized she had been living for others as a mother, daughter, professional, and sister, rather than for herself. That night she made one quiet, private decision. She said yes to herself for the first time. This chapter invites you to look honestly at your own life and ask: am I truly living, or just responding?

Reflection Prompts

1. Think about a moment, a birthday, a milestone, a quiet Tuesday, when something inside you said, ‘This isn’t quite right.’ What was that moment? What did it feel like?

2. If you are honest with yourself, whose expectations have you been living? Your parents? Your partner? Society? Write their names or roles, and the expectations attached to them.

3. What is one small but meaningful ‘yes to myself’ you could make today, without explaining it to anyone?

4. Complete this sentence: ‘For most of my life, I have been living as though _____ . But what I truly want is _____.’



My Daily Check-In This Week

Each morning, complete this sentence in two or three words.

Monday: Today I choose to live as

Tuesday: Today I choose to live as

Wednesday: Today I choose to live as

Thursday: Today I choose to live as

Friday: Today I choose to live as

Saturday: Today I choose to live as

Sunday: Today I choose to live as

✦ ✦ *I give myself permission to want more. I am allowed to begin again.* ✦ ✦

Understanding the Origins of Your Beliefs

“When you know where a belief comes from, you get to choose whether you keep it or let it go.”

The Heart of This Chapter

Jana shares the story of the smallest bowl, a childhood memory that planted the belief, ‘I don’t belong. I’m not enough.’ She invites us to trace our own limiting beliefs back to their roots, not to judge them, but to witness them. Because you can only rewrite what you are willing to see.

Grounding Breath

Before you begin, pause. Inhale through your nose for six counts, hold, then exhale slowly. Repeat three times. Let your body soften.

Reflection Prompts

1. Think of a moment in your childhood, with a parent, sibling, teacher, or caregiver, that didn’t feel right. Write it from the perspective of your younger self. Don’t filter or analyze. Just write.

2. What silent message did that moment send you? Complete: ‘That experience taught me that I am _____.’

3. Can you trace a pattern in your adult life that connects back to that belief? Where have you seen it show up, in relationships, work, or how you treat yourself?

4. What belief have you been carrying that has kept you playing small or staying safe? Write it out honestly.

5. Now, is that belief a fact, or is it a story a child created to make sense of her world?



Ritual of Release

Write the old belief one final time below. Then cross it out slowly and deliberately. As you do, say aloud: 'This no longer defines me. I now choose something new.'

My New Belief / Mantra

Write the new truth you are choosing to plant.

✨ ***I am not the story I was told. I am the story I choose to write.*** ✨

CHAPTER THREE

Clearing Your Mind Through Self-Forgiveness

“Forgive yourself not because everything turned out okay, but because you are worthy of peace.”

The Heart of This Chapter

Jana shares that self-forgiveness is not letting yourself off the hook. It is accepting that you made decisions based on what you knew and believed at the time. She did the best she could. And so did you. The path to clarity begins when we stop arguing with our past selves and start choosing our future selves.

Grounding Breath

Close your eyes. Inhale for six counts, hold, then exhale slowly. Do this three times before you write.

The Self-Forgiveness Ritual, Round 1

Set a timer for three minutes. Write freely: what do you forgive yourself for? Let it flow without judgment.

Round 2, After Another Breath

Breathe again. Write deeper: what are you still carrying that it is time to put down?



Reflection Prompts

1. What did you believe about yourself at the time of the decision you regret? Not now, then.

2. What were you afraid of? What did you think you needed?

3. Complete: 'I forgive myself for _____. I now understand that I was doing my best with _____.'

4. What would your life feel like if you truly set down this weight? Describe that lightness.

✦ *I did the best I could with what I knew. I choose peace over punishment.* ✦

CHAPTER FOUR

The Power of Gratitude

“Gratitude won’t fix everything, but it will shift everything.”

The Heart of This Chapter

Jana reminds us that gratitude is not about denying pain. It is about expanding our lens to hold both the struggle and the beauty at the same time. Gratitude rewires the brain, grounds us in the present, and transforms sadness into something we can move through rather than be stuck inside.

Daily Gratitude Practice: One Week

Each morning: ‘Today I am grateful for...’ Each evening: ‘One good thing that happened today was...’

Day 1

Morning I am grateful for

Evening One good thing today

Day 2

Morning I am grateful for

Evening One good thing today

Day 3

Morning I am grateful for

Evening One good thing today

Day 4

Morning I am grateful for

Evening One good thing today

Day 5

Morning I am grateful for

Evening One good thing today

Day 6

Morning I am grateful for

Evening One good thing today

Day 7

Morning I am grateful for

Evening One good thing today



Deeper Reflection Prompts

1. Who in your life makes you feel truly seen? What small thing have they done recently that you haven't acknowledged, even to yourself?

2. Think of a difficult situation you are currently facing. What is one thing, even small, you can be grateful for within it?

3. What is something beautiful you noticed this week? A flower, a stranger's kindness, a moment of silence? Describe it.

4. What does your body do for you every day that you take for granted? Write a small thank-you letter to your body.

✦✦ *I am grateful for this breath, this day, this life. It is enough. I am enough.*



CHAPTER FIVE

Developing Positive Self-Talk

“Your inner voice is like soil. What you plant, grows. Choose to plant beauty, truth, strength, and love.”

The Heart of This Chapter

Jana is honest: we are often our own harshest critics. But what we say to ourselves becomes our reality. This chapter is about reclaiming your inner voice, not by pretending everything is perfect, but by choosing to speak to yourself with the same kindness and compassion you would offer a dear friend.

Reflection Prompts

- 1. What is the most common negative thought you've been repeating about yourself lately? Write it honestly.**

- 2. Now rewrite it as a powerful, compassionate affirmation. For example: ‘I’m so behind’ becomes ‘I am moving forward at my own pace, and that is enough.’**

- 3. What are three things you genuinely love about yourself, inside and out? Don't rush this one. Really sit with it.**

4. If your best friend were feeling exactly the way you feel right now, what would you say to her? Write it here, then read it back as if it was written to you.

5. Complete: 'I am a woman who _____.' Let the truth come. Don't edit.



My Personal Mantra

Create your own daily affirmation below. It doesn't have to be perfect. It just has to be yours. Write it, post it on your mirror, and say it aloud every morning.

A Love Note to Yourself

Begin with: 'Dear [Your Name], I see you. I know it has been hard sometimes, but...'

✦ *I am powerful. I am creative. I am brilliant. I am love. I've got this now.* ✦

CHAPTER SIX

Preserving Your Energy

“Your energy is sacred. It is yours. You choose who and what has access to it.”

The Heart of This Chapter

Jana discovered that while she couldn't control others' behavior, she could control how much access they had to her energy. She learned to curate her life, her relationships, conversations, and environments, not to punish anyone, but to honor herself. This chapter invites you to do the same.

Curate Your Energy Circle

On the left, list the energies you want more of. On the right, list the energies you are ready to release. Beside each one, name the people, places, or activities connected to it.

Energies I Want MORE Of	Energies I Am RELEASING

Reflection Prompts

1. Name one or two people in your life who consistently leave you feeling drained, defensive, or diminished. You don't have to share this with anyone. Just be honest here.

2. Name one or two people in your life who feel like Margie, easy, honest, no drama. What makes their energy different?

3. Is there a boundary you have been avoiding setting? What are you afraid will happen if you set it?

4. What does protecting your peace actually look like for you this week? Name one specific action.

✦ I have the right to protect my peace. My energy is mine to give, not mine to surrender. ✦

The Power of a Daily Mindfulness Practice

“Mindfulness isn’t about silencing the mind. It’s about noticing the noise and choosing not to attach to it.”

The Heart of This Chapter

Jana shares the story of the murky stream, and how stillness, not force, is what allows clarity to rise. Mindfulness is about becoming the watcher of your thoughts, not the prisoner of them. You don’t need a mountaintop. You need five minutes and a willingness to begin.

My Mindfulness Weekly Tracker

Choose your practice each day from the Mindfulness Menu in Chapter 7. Record what you chose and how you felt after.

Day	Practice(s) I Chose	How I Felt After
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Reflection Prompts

1. What does your mind sound like when you sit in silence? Describe the ‘noise,’ the recurring thoughts, worries, or replays that surface most often.

2. What time of day feels most natural for a mindfulness practice, morning, midday, or evening? What would it look like for you?

3. The elder monk told the student to be still, not to fix or run from the murky water, but to wait. Where in your life are you still ‘running downstream’ instead of trusting the settling process?

4. After practicing stillness this week, even for five minutes, what shifted? What did you notice?

✦ *I choose stillness. I am the watcher, not the storm. Clarity rises when I
allow it.* ✦

Designing Your Vision for Life

“It’s your life. You get to design it.”

The Heart of This Chapter

Jana paints her vision: a home in Puerto Rico, barefoot by the sea, serving youth across the world, still writing, still teaching. She invites us to stop living from reaction and start living from intention. To ask not just ‘What am I doing?’ but ‘What am I becoming?’

Vision Prompts: Write It As If It’s Already True

1. In ONE year, my life looks like this. Be specific. Where are you, how do you feel, what are you doing?

2. In THREE years, I have created:

3. In FIVE years, I have become:

4. In TEN years, this is my legacy:



The Eulogy Question

Jana asks: what do you want your eulogy to say? This isn't morbid. It's clarifying. Answer from your heart.

5. What do I want people to remember about how I lived, loved, and showed up in the world?



My Vision Statement

Summarize your vision in three to five sentences. Write it in the present tense, as if it is already your reality.

✨ ***My vision is clear. My purpose is real. I am designing a life I love, starting now.*** ✨

A Letter from Your Future Self

Imagine yourself one year from today, having read this book, worked through this journal, and lived with more intention, clarity, and peace. What would that woman say to the woman who is holding this journal right now? Write her letter below.

Dear _____,

With love and grace,

Your name, one year from now

You Are the Resilient Woman

“I am worthy of everything I desire.”

“I release old beliefs that no longer serve me.”

“I forgive myself, fully and with compassion.”

“I speak to myself with kindness and truth.”

“I protect my energy and honor my peace.”

“I am present. I am grounded. I am grateful.”

“My vision is clear. My life is mine to design.”

“I am already everything I need.”

“Now I go live it, with grace, power, and joy.”



Inspired by The Resilient Woman by Jana B. Kross

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