

# *Journaling Questions: Exploring Your Third Act*

-with Glenda Cedarleaf

I encourage you to find a buddy to inspire you in your Third Act- Someone who you can meet with regularly either in person or on phone or Skype, who will support your accountability to yourself, share your celebrations, and encourage you to learn and dream.

During our Third Act retreats we explore many questions, embark on journeys into our unconscious minds and create SoulCollage® cards to help us find our unique answers for the Third Act. Here are some of the questions we explore:

What is an empowering memory from your Hero's Journey that inspires your Third Act?

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What is a key question for you in your Third Act?

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What are the three most challenging self talk statements that you are saying to yourself about your The Third Act?

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Take these statements and turn them into positive present affirmations.

Write them here \_\_\_\_\_

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