

MIDLIFE

End of Summer BINGO

Clean up your email inbox	Mail a letter or postcard to a friend or family member	Binge watch a NEW show	Take a solo day trip
No social media for one day	Comment on this or any Middle Years Journey Blog post	Sign up to walk/run a 5/10K	Attend a meet up or start your own
Buy a pretty notebook and start a journal	Take yourself out for brunch/dinner	Find a volunteer organization and sign up!	Attend an outdoor event
Read a book cover to cover	Try a new recipe	Buy yourself a beautiful bouquet of flowers	<u>FREE SPACE</u>

The Middle Years Journey