



## *Welcome to Soulful Scribbles*

We are so excited to welcome you into Soulful Scribbles: Writing Through Life's Transitions! You've just joined a community of women who are finding their way, starting over, and thriving through the power of journaling, reflection, and connection.

Here are your next steps to get started:

- Head over to Facebook and join our private Soulful Scribbles group. This is where we connect, encourage, and share our journaling journeys together.
- Please make sure you send your preferred email address to [sheila@rightsideof50.com](mailto:sheila@rightsideof50.com) so you don't miss weekly journals or updates.
- Look forward to receiving your weekly guided journal PDF every Sunday evening.
- Get ready for our bi-weekly live video meet-up sessions details will arrive by email.

### ***What's Ahead:***

In the next few weeks, you can look forward to inspiring journal prompts designed to help you reflect, grow, and discover new strength. Our bi-weekly live sessions will give you the chance to connect face-to-face, share your progress, and gain encouragement from sisters on the same journey. We are so happy you are here — this is your season, and every scribble tells your story of strength!

With love and encouragement,  
Sheila E. Goodwin