

empart **journal** | real wisdom

What's Your *story?*

A guided journey to rediscover your
strength, voice, and self in menopause.

holly osterman

Every story begins with one

brave sentence.

You might not feel like yourself right now.

If that's you, you're in good company.

Years ago, I started an online community called **Menopause ChitChat** so women had a place to talk honestly about what they were feeling.

One day I typed three simple words: **"What's Your Story?"**. And women began sharing with an honesty I'll never forget. That single post was viewed more than 85,000 times and received nearly 3,000 replies from women who were finally being heard.

Those conversations showed me how powerful it is to be seen and to speak in your own voice.

Empart is the next step in that conversation. It's where I spend my time now, gathering stories, hosting interviews, and holding space for women in midlife to find (and use) their voices.

This journal is a quiet place to begin your own story. Use it to notice what's changing, to name what matters, and to put words to the woman you're becoming.

Let's begin. Right where you are.



Holly Osterman, Founder of **Empart** and author of *Empart: Real Stories. Real Wisdom. Real Menopause.*

How to use this journal (without pressure)

There's no right way to do this.

Each section will guide you with simple prompts to help you see yourself again. Take your time. Skip around. Come back when you're ready.

By the time you finish, you'll have a clearer sense of who you are. And maybe the courage to share it.

where you are

This is where we begin.

Not at the start of your life,
but at the place you've landed.

What feels uncertain right now?

It could be about your body, relationships, work, or identity, anything that feels unsettled.

When did you last feel most like yourself?

Think of a moment, big or small, when you felt grounded or alive.

If this chapter had a title, what would it be?

A single word or phrase that captures how this season feels.

what you've carried

There's a point in every woman's life when she realizes how heavy things have become. Sometimes the weight is physical, but more often, it's invisible: expectations, responsibilities, and the quiet belief that she has to hold it all together.

What are you holding right now that feels too heavy?

Think about responsibilities, expectations, or emotions you've been carrying alone.

Whose expectations have you been trying to meet? And what might change if you set them down?

These could be from others or yourself. What would shift if you stopped trying to please everyone.

Think about a time when you carried something hard and made it through. What did that strength teach you about yourself?

Look for the quiet lesson in that experience. What stayed with you after the storm passed?

what you need to grow

Here, you start to listen for what's next...
the small things that help you feel alive again.

What would help you feel more supported or alive right now?

Start with your gut. Describe what's missing or what you wish you had more time for.

If you gave yourself permission to pause, what would that look like?

Rest might mean quiet, stillness, saying no, or doing less.

Where or with whom do you feel most like yourself? And how can you invite more of that into your days?

Think of places, relationships, or activities that make you feel grounded. What small step could connect you there more often?

who you're becoming

By now, you've made space for what matters.

This is where you look ahead.
Not with pressure, but with quiet confidence.

If you could describe the woman you're becoming, what words would you use?

Focus on qualities and feelings. How you want to show up for yourself.

Imagine your life six months from now. What's different, even in small ways?

Picture the rhythm of your days. What feels more aligned?

What's one small action you can take this week toward that version of yourself?

Choose something simple and kind to your current capacity.

your story begins here

Before you move forward, take a moment to notice how far you've come. You've given shape to thoughts and feelings you may have held for years. Every word you've written has helped you see yourself more clearly.

This next page is yours. Completely.
Write as if no one's watching. Write for the woman you've been, the one who's still finding her way, and the one you're becoming.

When you're ready, begin here. Write your story. Honest, imperfect, and entirely yours.

the next chapter

You've taken a brave step.

Every word you wrote is part of something that matters: your healing, your growth, and a larger conversation connecting women everywhere.

What you've begun here doesn't end on these pages. It continues in how you show up, in what you say yes to, and in the way you share your story with others.

Every story connects us.

You've started yours. Here's how to keep it alive.



Hear Their Stories: Read the Book

Real conversations from real women navigating midlife and menopause. Honest, relatable, and full of the kind of wisdom you don't hear anywhere else.

Discover the book at joinempart.com/book.



Listen and Learn: Subscribe to the YouTube Channel

For the days you're searching for a little direction, these stories and expert insights help you feel grounded, hopeful, and a little more understood.

Watch and subscribe at youtube.com/@joinempart.



Share Your Story: Join the Empart Community

A private, supportive space where women speak openly, listen deeply, and lift each other up. Join when you're ready. Or simply read, learn, and feel less alone.

Join the community at joinempart.com/community.

Your story matters. And the next chapter is yours.



midlife. menopause. more.

joinempart.com