



—◆—  
*The next  
chapter is not  
an ending. It is  
an invitation.*  
—◆—

  
SACRED PATHWAY  
— NOW —

# 7 Sacred QUESTIONS

—◆—  
for Women Entering  
Their Next Chapter

—◆—  
  
*A Gentle Guide to  
Purpose, Healing & Reinvention*

REFLECT.  
—◆—  
RECONNECT.



RISE.  
—◆—  
STEP BOLDLY INTO  
YOUR SACRED NEXT.



# Welcome

There comes a time in every woman's life when the familiar begins to shift.

- ✿ The children grow up.
- ✿ Careers change.
- ✿ Relationships evolve.
- ✿ Dreams once placed on hold begin to whisper again.

Perhaps you are entering retirement. Perhaps you are navigating loss. Perhaps you are simply sensing that the life you have built no longer reflects the woman you are becoming.

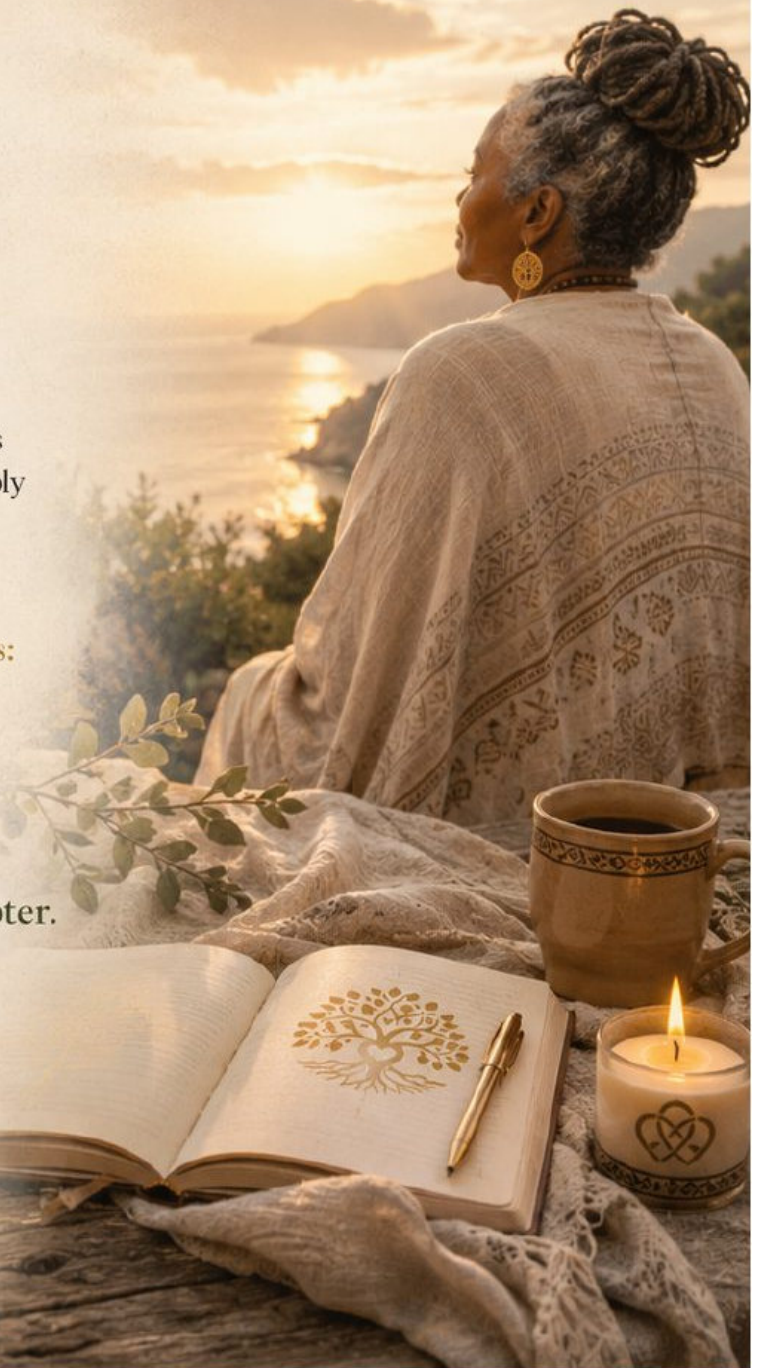
Whatever has brought you here, know this:

- ♡ You are not behind.
- ♡ You are not lost.
- ♡ And your story is not ending.

You are entering a sacred new chapter.

This guide is designed to help you pause, reflect, and reconnect with the wisdom already living within you.

- ✿ Find a quiet space.
- ✿ Take a deep breath.
- ✿ And begin.





# Dedication



*This guide is dedicated to you.*



To the woman who has carried so much,  
loved so deeply, and kept showing up.



To the woman who is ready  
to listen to her own heart,  
trust her own wisdom,  
and choose herself—  
without guilt and without apology.



To the woman who is stepping  
into her next chapter  
with courage, grace, and hope.



May these pages remind you  
of the strength you have within,  
the beauty of who you are becoming,  
and the sacred path  
that is unfolding before you.



*You are not beginning from nothing.  
You are beginning from experience.  
You are beginning from wisdom.  
You are beginning from becoming.*



Dear Strong Woman,  
I am so proud of you.  
You have been through  
so much, and yet  
you are still here.  
Keep choosing you.  
You are worth it.  
Love,  
Your Future Self. ♥





# How to Use This Guide

## *A Gentle Invitation*



### 1. There Is No Right Way to Begin

There is no right or wrong way to begin.  
Move through these pages in order,  
or start with the question that speaks  
most to your heart. Trust your own rhythm.



### 2. Create a Moment of Presence

Before you begin, create a quiet space  
where you can be still and listen.

- ♡ Take a few slow, intentional breaths
- ♡ Sit somewhere comfortable
- ♡ Light a candle if it feels meaningful
- ♡ Invite calm, silence, or soothing music



### 3. Respond with Honesty

Write what is true today.  
Not what sounds wise.  
Not what others expect.  
Let these pages hold your truth  
*without judgment.*



### 4. Return Often

Life changes. You change.  
The answers that emerge today  
may deepen over time.  
Return to these pages whenever you  
need clarity, encouragement, or a  
reminder of your own wisdom.



### A Sacred Reminder



You do not need to become someone new.  
You simply need to remember who you are.



### Sacred Affirmation

*I honor my journey, my wisdom, and my becoming.  
I trust myself to listen deeply, move gently,  
and walk forward with courage.  
My next chapter is already unfolding.*



## QUESTION

# 1



SACRED PATHWAY  
— NOW —

# What Is Calling Me Now?



For many years, your life may have been shaped by responsibilities.

♡ Work. | ♡ Family. | ♡ Community. | ♡ Survival.

But beneath all of those roles is a deeper voice.

A quieter voice.

The voice of your soul.

As you enter this next season, ask yourself:

*What is calling me now?*

*Not what others expect.*

*Not what feels practical.*

*Not what I should do.*

*What genuinely calls to me?*

## REFLECTION

- ♡ What activities make me lose track of time?
- ♡ What dreams have I postponed?
- ♡ What interests keep returning to my heart?

## SACRED PAUSE



Write three things that have been quietly calling your attention recently.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



LISTEN DEEPLY. YOUR SOUL KNOWS THE WAY.



QUESTION

2



SACRED PATHWAY  
— NOW —



# What Am I Ready to Release?

Every new chapter requires space.  
Sometimes the greatest act of growth  
is letting go.

- ♡ *Old stories.*
- ♡ *Old fears.*
- ♡ *Old expectations.*

What are you carrying that no longer  
belongs in your future?



## REFLECTION



What belief about myself  
no longer serves me?



What fear keeps me stuck?



What burden am I tired of  
carrying?



## SACRED PAUSE

Complete this sentence:

*I am ready to release...*

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_



RELEASE WITH LOVE. MAKE SPACE FOR WHAT IS CALLING YOU.



QUESTION

3



SACRED PATHWAY

— NOW —



# What Wisdom Have My *Experiences* Given Me?

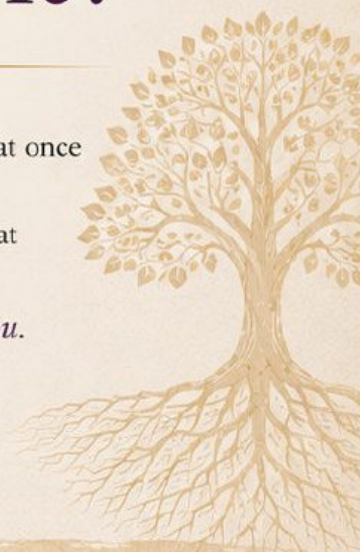


You have survived things that once  
felt impossible.

You have learned lessons that  
cannot be found in books.

*Your life has prepared you.*

*Your wisdom matters.*



## REFLECTION

- ♥ What challenges have strengthened me?
- ♥ What lessons do I want future generations to know?
- ♥ What have I learned about resilience?



## SACRED PAUSE

List five life lessons you have earned.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

YOUR STORY IS A TEACHER. YOUR WISDOM IS A GIFT.  
HONOR IT. SHARE IT. LIVE IT.



QUESTION

4



SACRED PATHWAY

— NOW —



# Where Do I *Feel Most Alive?*



Joy is not selfish.

It is a compass.

It shows you the way back to you.

When do you feel most vibrant,  
most joyful, most you?

*Follow that feeling.  
It is guiding you toward  
your next becoming.*



## REFLECTION

- ♥ What activities light me up?
- ♥ What environments energize me?
- ♥ What makes time disappear?
- ♥ What brings me a deep sense of joy and aliveness?



## SACRED PAUSE

List five places, activities, or moments that  
make you feel most alive.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

JOY IS NOT FOUND. IT IS REMEMBERED.  
RETURN TO WHAT SETS YOUR SOUL ON FIRE.



QUESTION

5



SACRED PATHWAY

— NOW —



# What Still Needs Healing?



Healing is not about fixing what is broken.

It is about returning to wholeness.

With compassion.

With patience.

With love.

What parts of me are still asking  
for kindness and care?

*When I heal, everything shifts.*

*I return to myself.*



## REFLECTION

- ♥ What emotions am I still carrying?
- ♥ What past experiences still affect me?
- ♥ What do I need to forgive myself for?
- ♥ What do I need to receive more compassion for?



## SACRED PAUSE

Complete this sentence:

*I am ready to heal...*

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BE GENTLE WITH YOURSELF.  
YOU ARE DOING THE BEST YOU CAN WITH WHAT YOU KNOW.



QUESTION

6



SACRED PATHWAY

— NOW —



## What Am I Ready to Reclaim?



Some parts of you were never lost - only set aside while you cared for others, survived hard seasons, or did what life required.

Your voice. Your joy. Your rest. Your dreams.

*What are you ready to welcome back?*



### REFLECTION



What part of myself have I made smaller?



What dream have I postponed?



What truth am I ready to speak?



What boundary am I ready to honor?



What would reclaiming myself make possible?



### SACRED PAUSE

Name five parts of yourself  
*you are ready to reclaim.*

1

2

3

4

5



WHAT WAS SET ASIDE CAN BE CHOSEN AGAIN.  
YOUR RETURN BEGINS WITH REMEMBERING.



QUESTION

7



SACRED PATHWAY  
— NOW —



# Who Am I Becoming?



This is your next becoming.  
Not who you were.  
Not who you have been.  
But who you are choosing to be  
from this moment forward.

Rooted in wisdom.  
Guided by purpose.  
Led by joy.  
Unlimited by fear.

*Step fully into the woman  
you are becoming.*



## REFLECTION

- ♥ What does the next chapter of my life look and feel like?
- ♥ What strengths am I stepping into more fully?
- ♥ What dreams am I finally ready to pursue?
- ♥ What kind of impact do I want to make?
- ♥ How will I honor the woman I am becoming?



## SACRED PAUSE

Complete this sentence:

*I am becoming a woman who...*

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I AM NOT BECOMING SOMEONE NEW.  
I AM REMEMBERING WHO I HAVE ALWAYS BEEN.  
I AM RISING. I AM READY. I AM BECOMING.



# What Am I Ready to Create?

You have reflected. You have released. You have remembered.  
Now, you are invited to imagine and intentionally create  
a life that is aligned with your truth, your values, and your purpose.

*You are the author of your next chapter.  
What do you want it to hold?*



## WHAT DO I WANT MORE OF IN MY LIFE?

Think about experiences, relationships, habits, and environments  
that nourish you.

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## WHAT DO I WANT TO CREATE FOR MYSELF?

Consider your dreams, goals, and the legacy you want to leave.

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## WHAT INSPIRES ME TO TAKE ACTION?

What would excite you enough to step forward in faith?

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## WHAT IS ONE STEP I CAN TAKE TODAY?

Small steps create big change. What can you do today to move forward?

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## Sacred Affirmation

I trust that what I create from this moment forward  
will be aligned, intentional, and beautiful.  
I have everything within me to create a life I love.



*I give myself permission to dream, to plan, and to create.*  
I AM READY. I AM WORTHY. I AM CAPABLE. I AM BECOMING.





I am not  
who I was.  
I am becoming  
who I was  
always meant  
to be.



# Sacred Commitments

## *A Promise to Myself*



Wisdom asks to be lived. Today, choose what you will  
honor, release, create, and remember.

*Today, I choose to walk forward with intention.*



I Commit to Honoring...

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I Commit to Releasing...

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I Commit to Creating...

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I Commit to Remembering...

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### *My Sacred Promise*

- ♥ I trust the wisdom I have earned.
- ♥ I release what no longer serves me.
- ♥ I honor the woman I am becoming.
- ♥ I commit to walking forward with courage, grace, and intention.



### *My Sacred Signature*

Name



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Date



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*This is not a contract.*

*It is a sacred promise to yourself.*



*I honor my wisdom. ♥ I trust my path. ♥ I welcome my becoming.*





SACRED PATHWAY  
NOW

# The Journey *Continues...*

This is not the end of your journey—  
it is a return to your path.

The reflections you've made, the wisdom  
you've remembered, and the commitments  
you've claimed are not meant to stay  
on these pages.

*They are meant to live in you.*



#### REVISIT THIS GUIDE OFTEN.

Let it be a companion as you grow,  
change, and rise.



#### HONOR YOUR PACE.

There is no rush. Healing and becoming  
unfold in perfect time.



#### SURROUND YOURSELF WITH SUPPORT.

Seek spaces, people, and practices that  
nourish your spirit and remind you  
of who you are.



#### CELEBRATE YOUR PROGRESS.

Every step forward—no matter how  
small—is sacred.



You are not starting over.  
You are starting from wisdom.  
You are not alone.  
You are walking your sacred pathway.

*Keep going, beautiful one.*

Your next chapter is already within you—waiting.

*Trust the path. Trust yourself. Trust your becoming.*



YOU ARE SEEN. YOU ARE VALUED. YOU ARE NEVER WALKING ALONE.

## A Glimpse Inside

# Sacred Pathway Now

A Guided Journal of Wholeness, Power & Remembrance

173 BEAUTIFULLY DESIGNED PAGES | A 31-DAY GUIDED JOURNEY

Continue with guided reflection, sacred pauses, affirmations, blessings, and space to honor your own becoming.

### THREE MOMENTS FROM THE JOURNEY



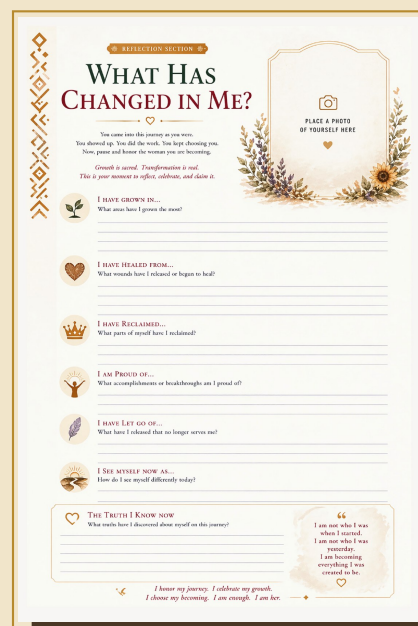
#### BEGINNING

**Come home to yourself**



#### DEEPENING

**Remember your power**



#### BECOMING

**Honor what has changed**

The questions open the door.  
The journal gives you room to walk through it.

TURN THE PAGE FOR A CLOSER LOOK

Then continue the journey when you are ready.

# SACRED PATHWAY

NOW

DAY 1 | REMEMBRANCE & RETURN

## Coming Home to Yourself

DAY

1



### Coming Home to Yourself

**ANCESTRAL WISDOM**  
“You have traveled far  
in search of yourself...  
only to discover you have  
always been home.”

**GENTLE REFLECTION**  
There is nothing you need to  
become before you begin.  
This moment—right here—  
is your return.

**JOURNAL PROMPT**  
Where in your life have you been searching outside of yourself for something  
that already lives within you?

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What would it feel like to come home to yourself today—  
without pressure, without expectation?

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**EMOTIONAL CHECK-IN**  
Circle or reflect on what feels most present today:  
Stillness | Uncertainty | Hope | Exhaustion |  
Readiness | Resistance  
Then explore why—without judgment.



#### SACRED SOUND COMPANION

**SONG:** “Golden” – Jill Scott

**WHY IT FITS:** This song embodies freedom,  
self-worth, and personal return. It sets the tone  
for choosing yourself—unapologetically.



#### AFFIRMATION / BLESSING

*I release the need to chase  
what already belongs to me.  
I return to myself—  
gently, fully, and  
without fear.*

# SACRED PATHWAY

NOW

DAY 11 | POWER & RESTORATION

## Remembering Your Power

DAY

11



### REMEMBERING YOUR POWER



#### ANCESTRAL WISDOM

*You do not become powerful—  
you remember that you already are.*

What was placed within you  
was never lost.  
Only quieted.  
Only waiting.



#### GENTLE REFLECTION

Power is not force.  
It is presence.  
It is the quiet knowing  
that you are enough  
without shrinking,  
without apology.



#### SACRED PAUSE

Sit upright.  
Place your hand  
over your heart.

Breathe in slowly...  
Breathe out fully...

With each breath, say:  
*"I stand in my power."*



#### JOURNAL PROMPT

Where in your life have you been  
dimming your power to feel safe or accepted?

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What would it look like  
to stand fully in your truth today?

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#### AFFIRMATION / BLESSING

*I honor the strength within me.  
I no longer shrink to be accepted.*



*I stand fully in who I am—  
grounded, clear, and whole.*



#### SACRED SOUND COMPANION

Song: "Rise Up" — Andra Day

*Why it fits:*

This song carries the spirit of resilience and quiet strength.

It supports the remembering of inner power, even in moments of challenge.



# SACRED PATHWAY

NOW

CLOSING REFLECTION

## What Has Changed in Me?

### REFLECTION SECTION

## WHAT HAS CHANGED IN ME?

You came into this journey as you were.  
You showed up. You did the work. You kept choosing you.  
Now, pause and honor the woman you are becoming.

*Growth is sacred. Transformation is real.  
This is your moment to reflect, celebrate, and claim it.*



PLACE A PHOTO  
OF YOURSELF HERE



#### I HAVE GROWN IN...

What areas have I grown the most?

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#### I HAVE HEALED FROM...

What wounds have I released or begun to heal?

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#### I HAVE RECLAIMED...

What parts of myself have I reclaimed?

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#### I AM PROUD OF...

What accomplishments or breakthroughs am I proud of?

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#### I HAVE LET GO OF...

What have I released that no longer serves me?

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#### I SEE MYSELF NOW AS...

How do I see myself differently today?

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#### THE TRUTH I KNOW NOW

What truths have I discovered about myself on this journey?

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“

I am not who I was  
when I started.  
I am not who I was  
yesterday.  
I am becoming  
everything I was  
created to be.



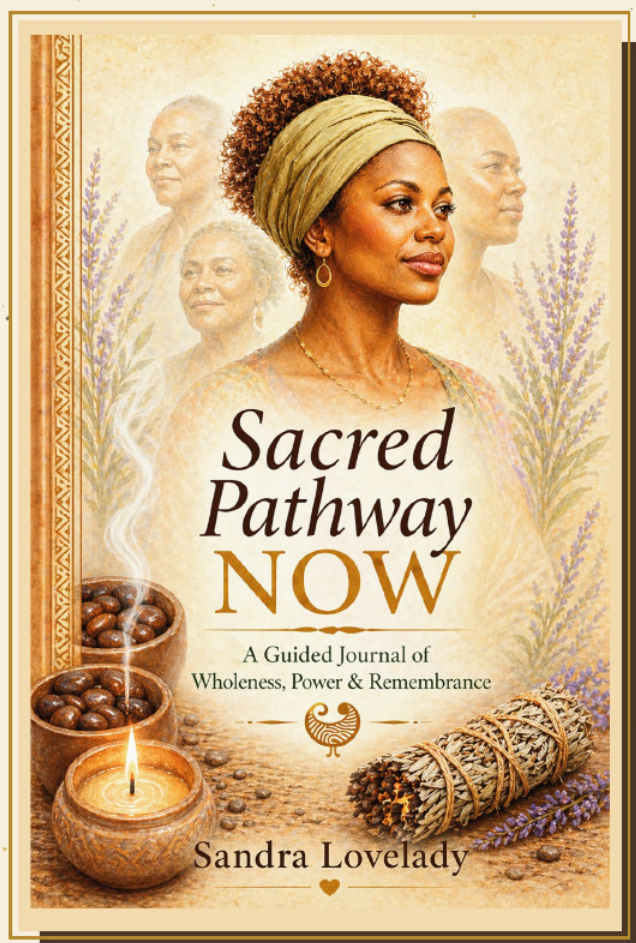
*I honor my journey. I celebrate my growth.  
I choose my becoming. I am enough. I am her.*

SACRED PATHWAY

NOW

# Continue Your Sacred Pathway

*Seven questions opened the door.  
The journal gives you 31 days to walk through it.*



**Sacred Pathway Now** is a guided journal of wholeness, power, and remembrance for women ready to return to themselves with honesty, grace, and intention.

## Inside the journal

- 173 beautifully designed pages across a 31-day guided journey
- Sacred pauses, journal prompts, and emotional check-ins
- Affirmations and blessings for every step
- A Sacred Sound Companion
- Closing reflections to honor how you have grown

## Ready for the deeper journey?



Scan to view the journal on Amazon, or select the button below.

**CONTINUE YOUR JOURNEY**

[amazon.com/dp/B0HF646BXV](https://amazon.com/dp/B0HF646BXV)

*You are not starting over.  
You are returning to yourself.*

BEGIN WHEN YOU ARE READY • MOVE AT YOUR OWN RHYTHM  
RETURN AS OFTEN AS YOU NEED

# STAY *Connected*

This journey doesn't end here.  
It expands.

You are part of a growing  
community of women  
choosing healing, wholeness,  
wisdom, and sacred living—  
one choice at a time.

*I'd love to continue  
this journey with you.*



#### EMAIL

[info@sacredpathwaynow.com](mailto:info@sacredpathwaynow.com)



#### WEBSITE

[www.sacredpathwaynow.com](http://www.sacredpathwaynow.com)



#### FOLLOW SACRED PATHWAY NOW FOR:

- ♥ Reflections that uplift
- ♥ Inspiration that encourages
- ♥ Journal prompts that guide
- ♥ Sacred reminders that ground



We heal in  
community.  
We grow in  
connection.  
We remember  
together.

Thank you for sharing this sacred pathway.

*Until we meet again...*

STAY CONNECTED • STAY ROOTED • STAY BECOMING

CONTINUE THE CONVERSATION

# A Closing Blessing

You have paused.  
You have listened.  
You have reflected on the life you have lived  
and the woman you are becoming.  
You have honored your questions.  
You have acknowledged your wisdom.  
You have made space for healing.  
And perhaps, in these pages,  
you have remembered something  
that was never truly lost.

*The answers you seek are not outside of you.  
They have always been waiting within you.*

Trust what is unfolding.  
Trust what is calling.  
Trust the quiet wisdom that  
continues to guide your steps.

- ♥ May you move forward with courage when the path is uncertain.
- ♥ May you choose yourself without guilt.
- ♥ May you honor your voice without apology.
- ♥ May you create space for joy, rest, wonder, and possibility.
- ♥ May your healing deepen.
- ♥ May your purpose clarify.
- ♥ May your spirit remain rooted in truth.

And when doubt returns—  
as it sometimes will—  
remember:

*You are not beginning from nothing.  
You are beginning from experience.  
You are beginning from wisdom.  
You are beginning from becoming.*

## SACRED AFFIRMATION

*I trust the wisdom I have earned.  
I honor the woman I am becoming.  
I walk forward with purpose,  
grace, and courage.  
My next chapter begins now.*

Beloved • Cherished • Valued • Held With Care

REFLECT • RECONNECT • RISE

*You are  
enough.*

## ABOUT THE AUTHOR



# Sandra R. Lovelady

*(Mudiwa)*

Sandra R. Lovelady, affectionately known as Mudiwa, is an educator, storyteller, traveler, and creator devoted to helping women reconnect with their inner wisdom, purpose, and power.

The name Mudiwa, a Shona word from Zimbabwe meaning *beloved, cherished, valued, and held with care*, was lovingly given to her by a mentor and friend more than thirty-five years ago. It has become both a reminder and a calling—a reflection of the way she seeks to walk through the world and serve others.

For more than three decades, Sandra has dedicated her life to education, mentorship, leadership, and community service. Through her work, she has witnessed the resilience of women navigating change, loss, reinvention, healing, and new beginnings.

She created *Sacred Pathway Now* as a gentle companion for women seeking a deeper relationship with themselves—a space where reflection becomes remembrance and healing becomes a pathway home.



### THE NAME MUDIWA

Sandra is also known as Mudiwa, a Shona name from Zimbabwe meaning *Beloved, Cherished, Valued, and Held With Care* — a name given to her by a mentor and friend more than 35 years ago. It is a daily reminder of her purpose and the women she serves.



### HER MISSION

To help women reconnect with the wisdom they already carry within, so they can move through life's transitions with clarity, courage, grace, and self-trust.



### HER APPROACH

Through reflection, storytelling, guided questions, and soulful practices, Sandra creates space for women to slow down, listen deeply, and honor the woman they are becoming.



### HER HEART

Sandra writes from lived experience, compassion, and a deep reverence for the strength, resilience, and sacred wisdom of women.

## A LITTLE MORE ABOUT SANDRA

- ✿ Lifelong educator and advocate for personal growth and community empowerment.
- ✿ Founder of initiatives that support youth, literacy, wellness, and global service.
- ✿ Passionate about ancestral wisdom, meaningful travel, and cultural connection.
- ✿ Believes healing begins when we remember who we are and trust the path unfolding before us.

“ My heart is to help women remember who they are, release what no longer serves them, and create a life rooted in purpose, peace, and possibility.

You are not too late. You are not starting over.  
You are beginning on purpose.

*Let's walk this sacred pathway—together.*



# Copyright & Credits



## *7 Sacred Questions for Women Entering Their Next Chapter*



*A Gentle Guide to Purpose, Healing & Reinvention*



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### Created by

*Sandra R. Lovelady (Mudiwa)*

Writer • Educator • Storyteller • Creator



### Design & Creative Direction

*Sandra R. Lovelady*



### Special Note

This guide is intended for personal reflection, inspiration, and educational purposes.

It is not intended to replace professional medical, psychological, financial, or legal advice.

If you are experiencing emotional distress or require professional support, please seek assistance from a qualified provider.



### Connect

✉ [info@sacredpathwaynow.com](mailto:info@sacredpathwaynow.com)

🌐 [www.sacredpathwaynow.com](http://www.sacredpathwaynow.com)

“

*May these questions help you remember  
the wisdom that has been within you all along.* ”



*Mudiwa*

Beloved • Cherished • Valued • Held With Care

