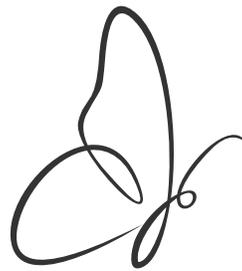




# THE NEXT CHAPTER:



*A 30-Day Faith & Reflection Journal  
for Women Ready to Begin Again*

*Helping women redefine midlife – with confidence, clarity, and joy.*



## Welcome to Your Next.



This 30-day journal was created for women in midlife who feel the shift – the stirring that says there’s more for me now. Maybe the kids are grown, the career is shifting, or you’re just tired of being stuck in the “shoulds.”

This is your invitation to pause, reflect, and reconnect with the woman God made you to be.

Over the next 30 days, you’ll move through a journey:

- Rediscovering your true identity beyond roles and expectations.
- Releasing the burdens and fears that no longer serve you.
- Renewing your sense of joy, purpose, and courage.
- Creating a personal Midlife Manifesto – a declaration of how you want to live forward.

At the end, you won’t just have a notebook full of thoughts. You’ll have clarity, a stronger voice, and the first steps of a strategy to begin again – with confidence and purpose.

Because She Said Next isn’t just about dreaming – it’s about doing.

*Helping women redefine midlife – with confidence, clarity, and joy.*





























































## Resources and Next Steps

### Suggested Tools & Inspiration:

These products can be found on Amazon and purchasing through my links below provides me with a commission at no extra cost to you. It helps me continue making free content. Thank you!

- Book: [The Next Right Thing](#) by Emily P. Freeman
- [Vision Board Kit](#)
- [The Five Minute Daily Journal](#)
- [Journaling Pens](#)
- [365 Day Perpetual Calendar of Inspiration](#)

### Continue Your Journey:

This journal is only the beginning. If you're ready to shape your reflections into a clear, step-by-step plan for your next chapter, join me inside:

*She Said Next: Empowered Life & Business Coaching*

Email me at [info@shesaidnext.com](mailto:info@shesaidnext.com) for details.

You've reflected. Now it's time to act. Your "next" is waiting.

Blessings,

*Hiary*

