



YOUR NEXT CHAPTER BEGINS HERE

A quiet beginning for women who feel
there is more life waiting for them.

WELCOME

Maybe you are not looking for a completely different life.

Maybe you are simply looking for **more life** within the one you already have.

More joy.

More freedom.

More creativity.

More laughter.

More of yourself.

If you have ever caught yourself thinking...

“Is this really it?”

...then this little guide is for you.

Not because I have all the answers.

But because I have been asking the same questions.

And I have learned that a new chapter rarely begins with a dramatic decision.

It begins with a quiet one.

I wonder...

What part of yourself have you been postponing?

Not because you do not want it.

But because everyone else needed something first.

Take a moment.

Write down three things you miss.

They can be wonderfully ordinary.

Reading.

Painting.

Walking.

Dancing.

Writing.

Singing.

Sometimes the
smallest answers are
the most important
ones.



The one-hour experiment

This week, choose one hour that belongs only to you.

One hour without guilt.

One hour without productivity.

One hour without being useful.

Ask yourself:

What would make this hour feel like mine?

There is no right answer.

The point is that you choose.



YOUR NEXT CHAPTER

The journey I created for women who feel there is still more life waiting for them is not about becoming someone new.

It is about returning to the parts of yourself that have been waiting patiently.

Inside Your Next Chapter we explore questions such as:

- What do I want now?
- What gives me energy?
- What am I ready to leave behind?
- What does freedom mean to me?
- What kind of life do I want to wake up to?

Not with pressure.

With curiosity.



YOUR NEXT CHAPTER

A different kind of beginning

You do not need to quit your job tomorrow.
You do not need to move to another country.
You do not need a five-year plan.

What you might need is permission.

Permission to laugh again.
Permission to create again.
Permission to dream again.
Permission to choose yourself for one hour.

Small changes often become the beginning
of bigger ones.



I wonder...

I wonder...

What would make you smile this week?

Not next year.

Not after retirement.

Not when everything is easier.

This week.

Write down one small thing.

Then make time for it.



You are not behind.
You are not too old.
You are not too late.

There is still time for joy.
There is still time for freedom.
There is still time for beauty.
There is still time for you.
There is more to you than you think.

With love, Maria
SHESTARTSAT50

Your next chapter starts here

