



## A Woman's Journal: What's Next?

*Tiffany Carmouche*

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## **A Woman's Journal: What's Next?** Tiffany Carmouche

What's next? This time in your life can be frightening as hell or you can embrace the next phase in your journey and it can be exhilarating. Whether you are a woman who has lost sight of her dreams in the hectic life we all sometimes drowned in, or you are about to experience the empty nest syndrome, leave a toxic relationship, or enter the unknown, today is a new day! Yes, today is the first day of the rest of your life! How exciting! In this book there will be opportunities for reflection, dreaming, goal setting and documenting memories. Don't worry if you do not have all the answers, jot down your thoughts as you feel called to. This is all about you, and your journey into the next stage of your life. We will discuss some of the fundamental foundations of life and how you can make the most of this voyage.

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