

RECLAIM YOUR POWER AFTER DIVORCE

Ten ways women can take control of their lives after divorce.

01

Remind yourself that your marriage did not happen to you. You chose your husband and said "yes" to marriage.

02

Recognize that you learned a lot about yourself and what you actually want from life and from a relationship.

03

You became a different person ... get to know her strengths, fears, and passions.

04

Decide to create a new life that makes you feel good everyday (without making it someone else's responsibility).

05

Be peaceful. Do not waste your time and energy at war or retelling horror stories, instead tell good stories and focus on the life you are creating.

06

Take charge of the responsibilities that scared you such as finances, home and car maintenance.

07

Set goals that align with the peaceful, prosperous life you want. Do not allow yourself to be pulled off course by other people.

08

Be kind and compassionate towards yourself, it is the greatest form of self-respect. Get to know your fears and habits getting in the way of your success.

09

Give yourself permission to dream big and want more for your life. Get familiar with your dreams.

10

Practice gratitude for everything that works out (even great parking spots), it will become a habit and increase your overall happiness.