



5 Shifts to Create Self-Love After Divorce

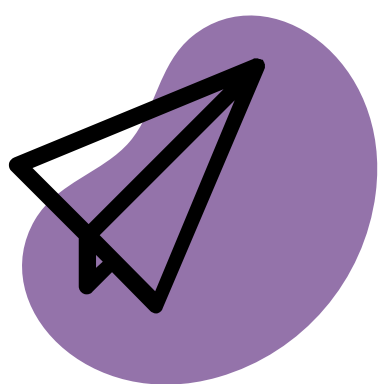
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It is time to put yourself as a priority



Author: Jane Siegel

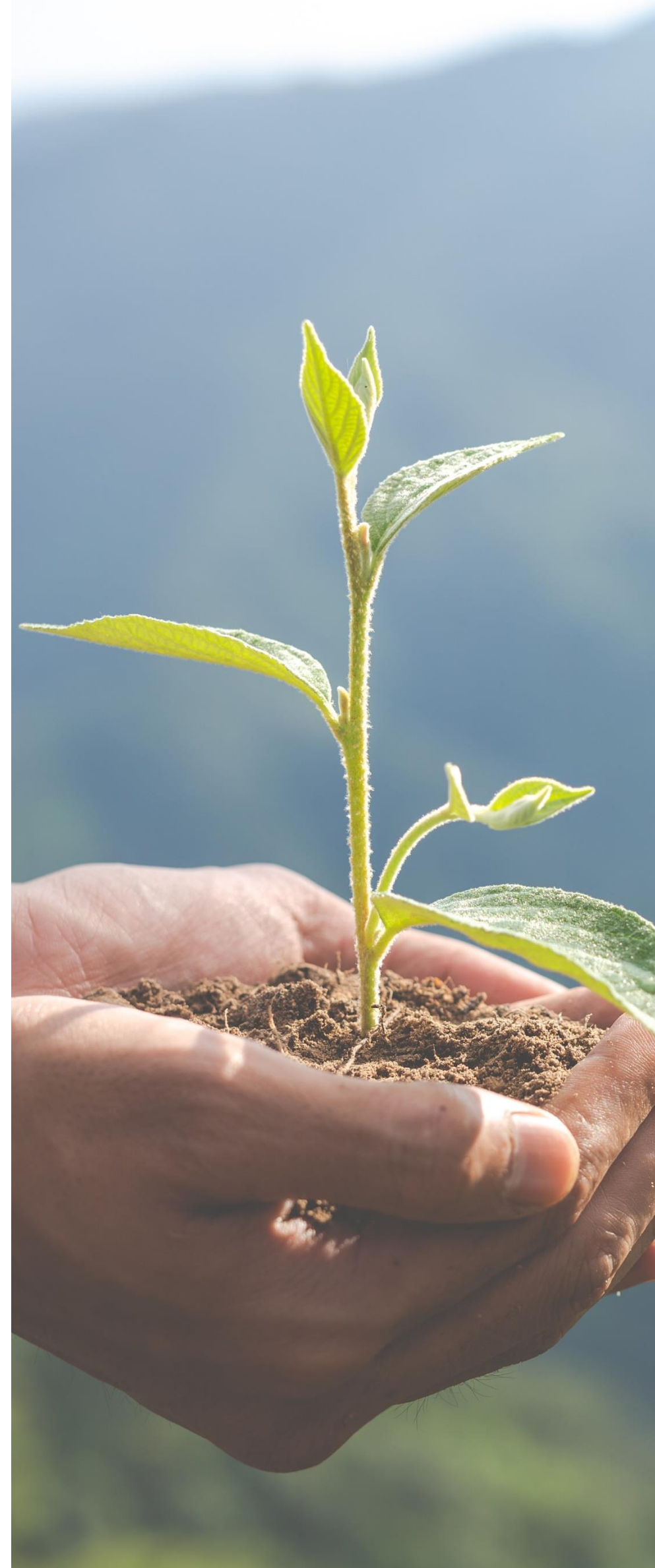
Introduction

Hi, my name is Jane Siegel. I am a licensed professional counselor and a life coach who knows how to bring clarity, focus and meaning to the lives of women who are struggling with getting over a divorce. Over the last 30 years, I have helped hundreds of women develop practical strategies that boost self-confidence and self-worth! The divorce process often leaves us lost and with self-doubt.

Now, for the first time ever, I have written about the top strategies that I recommend to all my clients. I've put my top 5 in this eBook because I wanted to keep it short, straight to the point as I know many of you live busy lives and you want something that is simple easy to understand and to apply.

As I like to say, “the woman who is able to turn her challenges into opportunities is the woman who becomes unstoppable”

Keep reading and please take notes. Go through these strategies as if it was a paid for consultation - this is the best way to really internalize this important material.





Jane Siegel

Certified Professional Life Coach

Founder of Your Next Chapter Coach





Is this for you?

You have tried everything therapy, workshops, reading books, and yet joy, self-love and real self-confidence feels like it is just out of reach.

Then this is for you.

Even if you are smart and successful in other ways and feel like you should know this stuff, trust me, it is not intuitive or instinctual, what you will learn here today must be learned, practiced and applied. so here's how!

1. Accentuate the Positives.

Once you become an active participant in your life, everything begins to shift. Rather than thinking of respect as some kind of unattainable ideal, simply consider what brings you joy.

What activities or people make you feel happy? Spend more time engaging in what brings you joy. My grandpa Walter used to say, “never toss anything away, just put it on a shelf.”

For now, shelve the things that are bringing you down and are not serving your positive internal story. You can always re-integrate who and what serves you in the future. And, while you’re engaging in all things positive, this is also a time to potentially confront your insecurities. Baby steps to healing!

If physical wellness is an ongoing issue, this is a great time to begin a personal wellness program (many are online, and some are even free!) Whatever it is that you need to feel good, now is the time to begin to recalibrate, with radical self-acceptance.



2. Write Down Everything That Lifts You Up.

You have the power to change your perspectives by choosing to tend to the activities and people who lift your spirits. Is there a particular place you have visited that warms your heart and soul? Describe this in detail.

Was there a time in your life that you felt especially powerful? What were you doing at that time? Think back to when you were playing as a child. What kind of game or activity did you like to play?

In detail describe how did it make you feel? Make a list of all the things you like or love about yourself. Make a list of the things you are good at doing. Commit to writing a daily conscious list of the people and circumstances that lift your spirits. Do this each day when you first arise, and then possibly again before you go to bed at night.

Be sure to do this as a daily practice. By writing these positives down, you are cementing uplifting thought patterns. Remember, by engaging in an activity every day it will cement that intention. Practice makes permanent.



3. Act the Way You Want to Feel.

Engage in activities that lift you up. Find the activities that bring you joy and mindfully engage in them for even just ten minutes a day. You can always increase the time.

Take a walk outside. Sit at your desk and stretch, reaching up to the sky and take in several nourishing breaths. Smile often and every day, even if you don't feel your happiest. It will bring positive energy no matter what the moment is like.

Make it a point to greet at least one person with positivity each day. By behaving in an uplifted, positive manner, you can create more upbeat internal energy for yourself and start to rebuild your self-esteem after your divorce.

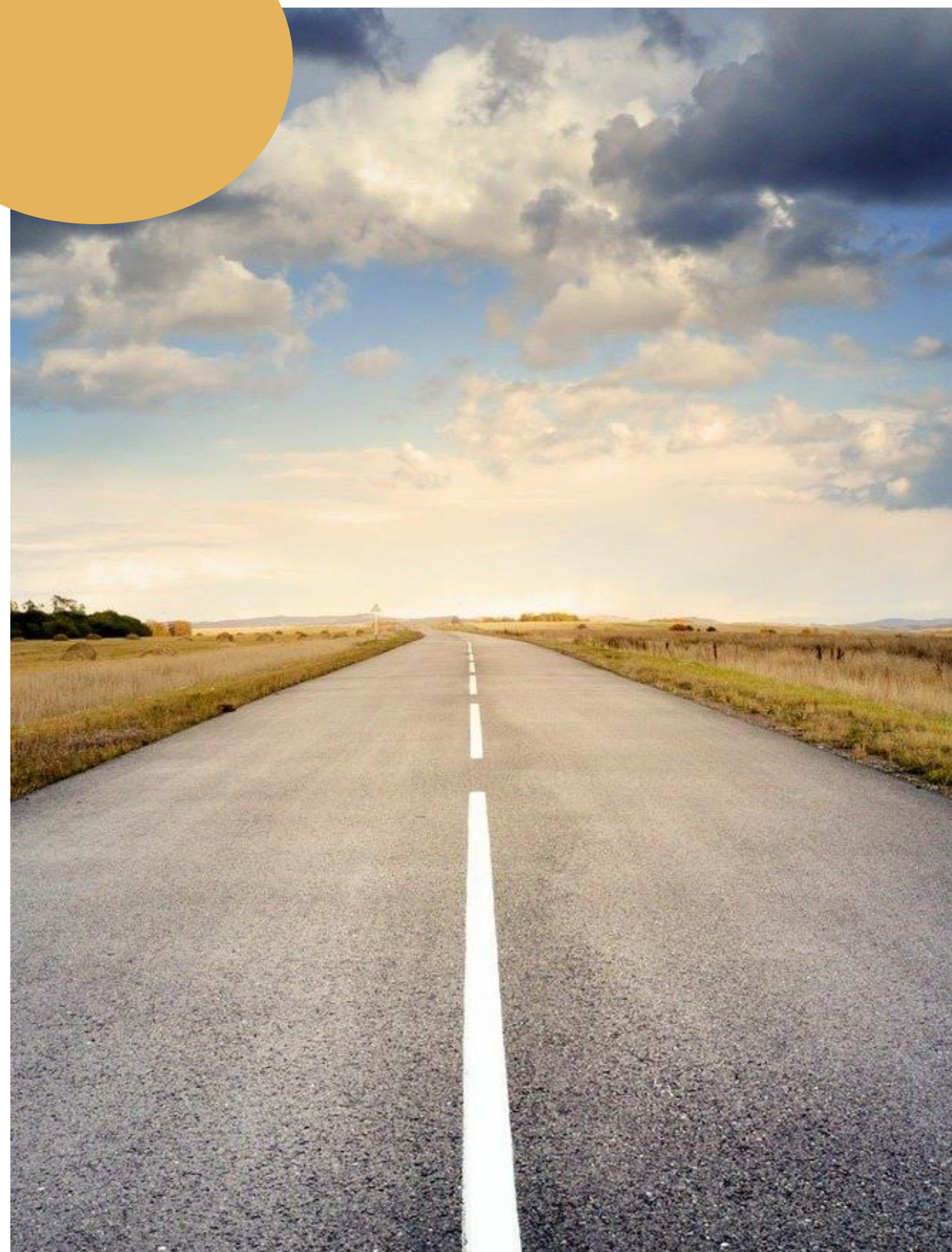


4. Allow Yourself to Mourn.

Look in the mirror and recognize your humanity. Processing your sadness, or even a sense of shame and disappointment of your failed relationship is completely normal and healthy.



You likely need to navigate some or all the stages of mourning as proposed by Elisabeth Kubler-Ross; denial and isolation, anger, bargaining, depression and acceptance. Over time, as you release your sense of loss, you can begin to return your attention to your greater forward moving goals and dreams.



5. Shift Into Neutral.

Expecting to feel at ease and at your best while you are going through a divorce is typically not realistic. In this age of immediacy, this can be especially difficult to accept. A great place to begin building your self-respect is by mindfully recognizing every moment that is “good enough.” It is from there that

you can truly begin to blossom. Neutrality is the launchpad for all things positive and energizing. We need to hear approximately eight positives to process even one negative comment. Apply this logic to yourself and see how many times you can notice yourself succeeding! Remember, to begin with just getting through the day is a win!



As you move through the process of actively re-building your self-respect, you will begin to notice that within you is a tremendous (often forgotten) personal agency. By courageously listening to, and engaging with your inner voice, you are going to begin to feel better, as if by magic. As you engage in these practices, you will be able to begin to rebuild your self-esteem little by little.

During the breakup, you may have felt as though your life was over. But over time, with some active engagement and intentional effort, your break up can truly be your launchpad to a better next chapter. You have all the power within you to radically recalibrate your life by rebuilding your self-respect, starting right now. One day at a time, one moment at a time.



**You are
worth it**

Lend Support.



Sometimes, you need someone who can listen without judgement or be a naysayer. A life coach for women struggling to get over divorce who has the experience you need to help you get the life you love!

If you're ready to get in control of your emotions, to build your independence, and learn how to be your BEST SELF, it's time for you to consider working with a life coach.

Click in the button below if you're interested in a free consultation with me, Jane Siegel. During this consultation we will review your current situation and work on a plan for getting you to where you want and need to be.



GET FREE COACHING
CONSULTATION NOW