

DIVORCED**WOMENS**CLUB

**6 Steps to Getting Your
Life Back on Track
after Separation
& Divorce**

By Jenny Smith



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6 Steps to Getting your Life Back on Track after Separation and Divorce



Hi - thank you for subscribing to receive my **6 Steps to Getting Your Life Back on Track after Separation or Divorce**.

There is no way I could know exactly what is going on for you right now, everybody's journey through divorce and separation is very personal. What I do know from my own personal experience and from working with women in this situation is that your life as you once knew it will never be the same again.

What I mean by that is that you will no longer be the person you once were, you are now in the position where you are making decisions about yourself and your life that are possibly the most important decisions you have ever had to make.

It might seem all incredibly overwhelming for you right now but with the right mindset and taking one little step at a time you will come through this a much stronger, wiser and more confident woman than you would have ever believed possible.

It's a journey and it's a process - it's about making wise and considered decisions based on what is best for you, your family, your health and your wellbeing - leaving aside the need to be right, to prove a point, to get revenge or whatever it may be.

I can help you take these little steps, I've been there myself and I can guide you through the tough times. I can hold the light for you as you walk this journey (this is what I do as a professional coach). However at the end of the day it is up to you to decide whether to do what I suggest and start right this minute to write a new story of your life, chapter by chapter, putting you in control. Or whether to just throw your hands up in despair hang on to your story and be at the mercy of your emotions and negative thought patterns.

What choice do you want to make?

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Whether you choose to work your way through the mire and come out the other side or choose to give away the next few years of your life caught up in the trap of allowing yourself to be controlled by your thinking and the meaning you make about your situation as it is now, is your choice.

My intention is never to give the impression that this is an easy path to follow - sometimes it will feel like one step forward and two steps back. However if you decide that the outcome you want is for you to let go of what has been and focus on really getting in touch with who you want to be and how you want to respond in situations that come up I can guarantee that you will get your life back on track much more quickly than you ever thought possible.

In addition to this free report, you will also be receiving a series of emails over the next few weeks where I give you some simple steps (and I mean simple, easy to implement steps) and some fun things to help you begin the journey towards getting your life back on track. So keep an eye out for the first of those emails coming into your Inbox very soon!

In this free report on the 6 Steps to Getting Your Life Back on Track after Divorce and Separation, I'm going to step you through my top 6 strategies for women going through divorce and separation. These steps are based on my own experiences of going through a painful divorce, and they draw on my experience and knowledge as a professional coach.

Let's start together. Here's how it goes ...

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Step #1

Finding your Voice Again

Have you over the years just let little things go? Seemingly insignificant little things at the time but that eventually over the years became they way you automatically responded.

We're not talking about big life changing things here, just the simple little things that happen with partners or in families in our everyday lives.

For example, the kids jumping in the car and changing the music to another station, changing an outfit that you loved wearing because someone made a less than encouraging comment or shopping for clothes or shoes with someone else and making their opinion on what you should buy more important than you own. I'm sure you are already thinking of any number of different situations as examples in your own life.

You may be thinking that this isn't really such a big deal but I would like to invite you to consider how over time this may lead to us losing a little bit of ourselves, an important part of ourselves, in some way. In fact, as I am writing this I remember a beautiful young woman telling me 'I don't even know what my favourite colour is anymore!'

In the first of our free email series I will expand on this a little more so you can begin straight away taking the steps toward finding your voice again and in turn getting your life back on track.

Step #2

Finding your Feet Again.... With Men

This is such a big topic because there is so much going on with us, often beneath the surface where we are not consciously aware of when it comes to getting back into the dating scene or even just being with male friends.

It's always good to be mindful of a few key things here with the plan being to navigate through this phase being sure of what you want and why you want it. The more informed we are about what motivates us in this area, the less chance there is that we will allow ourselves to be vulnerable, and even make choices which may harm us in some way, when it comes to matters of the heart. I remember a newly divorced friend of mine sharing how she wished she hadn't started dating quite so soon after her divorce - she needed to fall in love with herself again and be comfortable and confident with who she is.

In the second of our free email series I will expand on this so you can begin straight away taking the steps to finding your feet again - with men and in turn getting your life back on track. pose some questions for you to explore that will certainly help you to start finding your feet again with men.

Step #3

Finding your Home Again

Separation and divorce also means that your living environment changes in some way and often not of your own choosing. Many women, perhaps even most women are naturally inclined to need a safe and secure place to live and to express some sense of who they are in this space.

If you are emotionally attached (in a good way) to your home and now the decision has been made to sell up, then that can be particularly stressful for you. Even if you are in the position to stay in the family home it is quite possible that there will be lots of memories attached to the home that could trigger highly charged emotional responses in any number of different ways.

A woman I worked with recently shared her unbridled joy at the prospect of moving into a new apartment, her first 'solo' home in over 2 decades , and how much she was looking forward to creating a space just for her!

In the third of our free email series I will take you through a fun and creative activity that will have finding your home again, another step towards getting your life back on track.

Step #4

Finding your True North Again

I know you have commitments to keep, responsibilities at home or at work and at times you feel like you are the hamster on the hamster wheel just running around and around in circles each and every day, going nowhere fast.

However, the sooner you take some time to be by yourself, to really discover more about who you are, what you really love to do, who you want to be and what you want to do with your life, the sooner things in your life begin to shift and you will begin to notice tiny little changes in yourself and the world around you. A coaching client commented recently that she'd lost herself in the emotional anguish, the property settlement, and the custody decisions. Who was she now she was on her own again?

In the fourth of our free email series I will give you an opportunity to reconnect with who you are and some ideas to get you started taking the steps right now to finding your true north again.

Step #5

Finding your Smile Again

I know you have those days when you just wish you could stay in bed and avoid facing the world. Those dark days where everything feels like ‘shit’, those days when there is just nothing left in the tank for you or for anyone else.

And perhaps you have heard the saying ‘smile and the world smiles with you’, and maybe even reading that right now you might feel like punching someone. Well I believe that is one of the most powerful sayings there is and when you actually do that, when you do smile, even when there’s no logical reason to do so, well things start to shift little by little. Don’t believe me? Angela told me that she would smile at random times during the day, for no good reason; she couldn’t explain it but it made her feel better and a little bit better was enough to keep her going.

In the fifth of our free email series I will suggest a simple and powerful daily habit that will ensure you will find your smile again, and getting your life back on track

Step #6

Finding your Dreams Again

Dreams, we all have them! Some really big ones and some are just those little pie in the sky kind of dreams. The pie in the sky kind of dreams are the ones we are not really committed to, these are the things we talk about having or doing one day but we never have any real intention or commitment of ever doing anything about them.

And some of those really big dreams, well life just seems to get in the way sometimes, even to the point that we have forgotten all about them.

How long has it been since you allowed yourself to get in touch with the dreams you had for your life? Do you realise how important it is to get in touch with those dreams again?

Our dreams tell us something about what lies deep within us and about the things that are really important to us.

I have carried a dream with me for many years, a dream to do something I have never done, a dream I have only ever shared with a few people and I know that one day that dream will come true. I have a great deal of work to do first and it might take a few more years but the dream is so clear and so vivid that in my heart there is no other option for me than to follow it.

In the sixth of our free email series I will help you reconnect with that sense of excitement and that calling to do more with your life and in turn getting your life back on track.

What's Next?

So, if you are ready now, let's talk about where we go from here

There will be a series of emails heading your way, starting today! So keep an eye out as these emails will be arriving every few days to expand a little more on each one of these steps.

These are part of the free resources I'm providing to help you start getting your life back on track after divorce and separation. I will give you some simple steps (they are so easy to implement) and some fun things to help you begin the journey towards getting your life back on track.

Thank you again for subscribing to receive my 6 Steps To Getting Your Life Back After Separation or Divorce and I am excited and honoured to share with you in this series some the things I have learned along the way.

Jenny Smith

Some things you may not know about me



Ever since I can remember I have had an interest in personal development and I have invested an enormous amount of time and energy investigating, reading and studying over the years.

At a point in my life that I would describe as life changing I re-read one of Anthony Robbins' books I had read many years ago and the words NLP jumped off the page at me. My curiosity was ignited resulting in a desire to learn more about NLP (Neuro Linguistic Programming) and I have subsequently studied with many different trainers, both in person and online to gain thorough and comprehensive experience in the methodologies, principles and techniques of NLP and hypnosis.

I have lived in Noosa, Queensland for the past 11 years and previously lived in Sydney where I worked in a customer support role in the IT department of a large local Council.

In 2008 I began working as a Life Coach. Over this time I have developed my own coaching style that is about helping people discover the secrets behind the magical process of personal change. This is the work of transformation, healing and personal growth, and it is the passion that I bring to my work that creates wonderful breakthroughs for my clients.

As I was building my coaching business I realized there was a very special group of women I would like to work with, to support, to encourage and to share their journey.

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Very Special Women

And if you are reading this then I am guessing that you are one of those very special women. Someone who has been through the pain of separation or divorce and I have a pretty damn good idea of some of the things you have been through, because I have been there, I know what it feels like to be hurting, I know the heartache, pain and confusion that comes with it.

As anyone who has been through divorce knows it can be a devastating experience and the immediate months and sometimes years can be much like grieving a death. It literally rips your life apart!

I realized as I was going through my divorce that I was out of control and that I needed help. I just didn't know where to find it and I guess a part of me felt that it was something I had to 'get through' all on my own.

If you are a woman who knows you want more for yourself and your life, a woman who has already lost enough, sick of struggling through the whole separation and divorce process, sick of feeling dazed, confused, lost and lonely and are ready now to step up, take control and create the life you have always dreamed of, then taking the time to work through this series of emails may just be the impetus you need to get you on track to creating a life you love.

The Divorced Women's Club

The Divorced Women's Club is the vehicle I created to honour my commitment to bring the very best of what I do to inspire you to take charge of your life and responsibility for your happiness.

As a professional coach I provide 1:1 coaching and mentoring to women going through separation and divorce, (in person, via telephone and Skype and email) guiding them through the emotional minefield and helping them focus on practical specific actions they can take with confidence and clarity about what it is they want, both now and in the future.

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The Divorced Women's Club Members Lounge is a private group on Facebook where much of our member activity occurs. It is here that the members from all around the world have an opportunity to share what's going on for them right now, to ask questions, to seek support, or simply to just vent. This is a mutually supportive group so other members will provide comments, input, ideas, a listening ear and virtual hugs.

On a more personal note

I am a very happy and contented woman with a supportive partner, three adult children and six beautiful grandchildren, who inspire me to be true to my values and bring my dreams to life.

Some of the things I love

- I am a water girl, I love to be near the water, on the water or in the water
- I love to watch an early morning sunrise or an evening sunset
- I love Stand Up Paddle to replenish my soul
- I love Noosa North Shore - 40km of pure white sand, solitude and absolute bliss
- I love music whether it is a great local band or seeing live performances
- I love to get to the city, shopping, theatre and dining out
- I love having friends around for a slap up dinner or BBQ
- I love AFL football
- I love to dance just for the fun of it
- I love to run, by myself, with my partner or with my beautiful, inspiring running buddies.
- I have competed in a few half-marathons and planning to do a few more
- I love to travel, meet people from all walks of life and experience all that the wonderful things that travelling offers as it expands my experience of the world
- I have walked the Kokoda Track which was the far more life changing than I ever expected
- I spend a lot of time working. But it doesn't feel like work. I love what I do!
- I choose to hang out with people who inspire and motivate me to be the best I can be
- I always encourage people to live their best lives and do what they love to do
- I love to see my clients take massive action to change their lives
- I believe we are all here for a reason and have a role to play in making the world a better place for the generations to come.

Some words from a few of the women in the Divorced Women's Club

Chris, New Zealand

Jenny you gave me the opportunity when I was at my lowest, to share what I was going through and to find I wasn't alone. While I had severe depression at the time, I became well with the wonderful, loving support I received here. So thanks my friend for setting this up.

Tami, Australia

I have been divorced for 13 years now. For 12 of them, I felt that I needed to "toe the accepted line" and deal with my post-marriage life by myself. Since being accepted into the DWC, I have grown even more. Thank you Jenny, for your foresight to fill a need, and allow us to make wonderful connections.

Lynda, New Zealand

Being a member of divorced women's club has enabled me to break out of isolation and rejoin the world. Life does not end at divorce. I liken it to holding both hands out, one to grasp the hand of someone further down the recovery from divorce road, and the other to grasp the hand of someone not as far down the recovery road as I am and offer them support.

Charlenia, USA

Being a member has helped me to become a better me and to pull together not only with people in my community but people globally. I really like this Club the members are all very helpful, including Jenny who is so very involved professionally in DWC.

Debbie, Australia

For me the DWC has become a safe haven in the company of amazing women who support without judgement. It is the first place I have felt comfortable enough to tell my story.

Theresa, Australia

I have made a commitment to myself, to make ME my priority, to put myself No.1 in my life. I am now painting an entirely new picture of my future. I have gained abundant energy, clarity of mind and have lost some of the kilos I have been struggling with for many years. I also got a brand new hairstyle and I know I look fabulous (confirmed by all the compliments I have since received!!!) I know there are more changes to come as I work to clear my limiting beliefs, however I am feeling confident, happy and content within. I now have a strong feeling of purpose and calm around my future. Thank you Jenny

Elvi, Australia

Thank you for creating the group. I have finally seen that little light at the end of the tunnel. I just wish the Club had been around 7 years ago when my flame of life was flickering and trying so hard to keep burning. DWCL has propelled me to dream new dreams of my life and those dreams will come true one day because I am working on them NOW! I thank you and all those incredible fantastic women in the club.

Judy, South Africa

I still can't believe I stumbled on this site. I was going through a bad time as my divorce had come through and I felt the need to share or at least hear what other divorced ladies were going through. Congrats again Jenny on a job well done. You can be proud of yourself and your ladies.



Connect

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