

What's Stopping So Many
Women Loving Their Own
Company after
Divorce/Separation?...



Let's talk about the one BIG thing that's keeping soooo many smart, beautiful and talented women from their dreams.

The thing that's keeping these women playing it small and sticking to what they think they "should be doing"....

The thing that blocks all and keeps them in a state of defeat...

IS FEAR

One of the reasons I'm able to now live, travel, play and work the way I do, is because I learnt how to get over my fears and limiting beliefs in a way that I needed to & I took the necessary measures to overcome them. Are YOU ready for your breakthrough?

HERE ARE 3 STEPS FOR SINGLE WOMEN TO OVERCOME LONELINESS...

1. THE PAST NEVER CHANGES. – You can spend hours, days, weeks, months, or even years sitting alone in a dark room, over-analyzing your situation from the divorce/separation, trying to put the pieces together, and justifying what you could've or should've done.

Or you can just leave the pieces in the dark and confront the past—honestly.

If it is too traumatic to do alone, reach out to a friend or family member. If you don't wish to speak to a person that is close to you; there are many online groups that you can join that are in the same circumstance as you.

Until we fully open our eyes to the reality of the past and the circumstances surrounding the marriage, divorce/separation, we will be unable to ever fully understand it and set it free.

A memory is a thought, and a thought has no power or meaning whatsoever, unless you give it power or meaning.

You have many thoughts about things that happened long ago, and these thoughts cause no problems. But some thoughts are sticky. You have an emotional reaction to them and you think them over and over.

You may even have beliefs related to them, for example, “I am justified in thinking this” or “I need an apology so I can move on.” This keeps them very much alive, affecting your ongoing experience.

Untangle your thoughts and feelings about the past, and live in freedom from them as you move forward.



2. HOLDING ONTO PAIN IS SELF-ABUSE. – Your past has given you the strength and wisdom you have today, so celebrate it.

Don't let it haunt you. Replaying a painful memory over and over in your head, is a form of self-abuse. Toxic thoughts create a toxic life.

What's the Price of Holding onto the Past?

Ask yourself: what is the price I am paying in holding onto what no longer exists?

What is the cost of being shackled to my negative emotions and perception?

Is it costing me my health?

My peace of mind?

My relationship with my children?

My happiness?

My optimism and enthusiasm for life?

I assure you that the price you pay is very, very high and it is you alone, not your ex that pays that price.

How would you feel if you were free of all that negative stuff?

Would you feel the world contains new possibilities and opportunities for you?

Would you feel light?

Would your body and heart stop aching?

Would you be able to be happy again?

Would you have renewed energy?

How would freedom feel for you?

Make peace with yourself and your past.

When you heal your thoughts, you heal the health of your happiness. So stop focusing on your divorce/separation and all of those things that you don't want in your future.

Focus on what you DO want in your future.



3. MOVING ON CREATES POSITIVE CHANGE. – You may blame everyone else and think, “Poor me! Why do all these crappy things keep happening to me?” But the only thing those scenarios all have in common is YOU.

And this is good news, because it means YOU alone have the power to change things, or change the way you think about things.

“If you do not create change, change will create you.”

We are often resistant to change, and we don't realize that change itself is constant.

Even if you resist or avoid it, it will enter your life just the same. When you initiate the change yourself, it's pretty easy to adapt to it, since it's a wanted one.

Changes trigger progress. Things move forward and develop because of the them.

One never knows what each change may bring. When you turn from your usual path there will be plenty of different opportunities waiting for you. Changes will bring new choices for happiness and fulfillment.

There is something very powerful and liberating about change, so embrace it - this is where your personal growth will skyrocket.

Conclusion

You don't have to feel lonely ever again. Continue to focus on what you want in your future AND make peace with yourself!



SPECIAL OFFER

Watch my 45-minutes training video on
**“Discover the 5 Easy Steps to Start Over & Reinvent
Yourself After Divorce / Separation”**

This video normally sells online everyday for **\$97**, but for
today only, it's yours for **\$7**.

Click on the link below:

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