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Tips from the Divorce Support Club

Creating a vibrant future
after divorce.

1 Understand what really matters **to you**

Firstly, what are the principles that you want to build your life around? These are values that will affect how you live, feel, work and behave.

What is **important** in your life?

Think of a time when you were happy, fulfilled, satisfied, or proud. What did that give you, or enable you to be?

Write **whatever** comes to mind.

Go through the value words you have written down and pick the 5-10 most important.

2 The wheel of life

The aim of this is to take a snapshot of where you are right now, and then to highlight areas in your life which you would like to change. First, create a wheel outlining different parts of your life.



First label each segment to represent a different area of your life, this could be family, career, community, health, friendships, finances, personal growth etc.



Next, rate each section out of ten depending on where you feel like you are in that area. The higher the number, the better you feel that area is.



Then, rate each area of your life depending on how you want it to look like in 6 month's time.



3 What's on your post-divorce **bucket list**?

Dream big and take steps towards your goals. Ask yourself these questions:

- Is there anywhere you've always wanted to go?
- Is there anything you've always wanted to do, but your ex didn't?
- Who could you reconnect with?
- What did your old self love to do?
- Are there any hobbies you'd like to explore?