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**Tips from the
Divorce Support
Club**

How to create the
blueprint for a bright
future.

1 What are your values?

What are the values that you want to live your life around? These values will affect your everyday life, and the decisions that you make.

Ask yourself :

What really matters to me?

What motivates me?

What do I admire in others?

What irritates me in others?

What do I want to be remembered for?

Once you have your values, you can use them in various ways. Stick them up on a wall, or create a vision board.

Pick the most important values to you and use them to make decisions.

This will allow you to create a future that works for you.

2 Take back control

- When talking about life after divorce, we often think about what we **don't** want. When you catch yourself doing this, make the decision to focus instead on what you **do** want.
- Think about your future and what you can take control of. Begin making small, positive changes to your life.



3 Find things that you enjoy

Your life after divorce, although it may not feel like it, is the perfect time to find or re-visit things that you enjoy.

- What can I do now that I couldn't before?
- What did my 20 year old self want to do, and what would my 80 year old self regret **not** doing?
- What is something new that I would like to try?
- What did I always want to do, that my ex partner didn't?

4 Think **outside** the box

What would I do if I couldn't fail?

Ask yourself what you would do if you couldn't fail. Start writing down your ideas. It may be something small, or something that you've always wanted to achieve.

What 3 steps can I take to start?

Once you've written down your ideas, pick the one that is most important to you. Then ask yourself, what are 3 steps that I can take to start? Again, this could be something as small as a phone call.

What will this give me?

Finally, ask yourself what this will give you. If you feel like this goal is going to bring you happiness, **go for it!**

