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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.



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