



Divorce can be overwhelming.

You're likely starting over, moving, rebuilding your life, and possibly restarting your career. All at the same time. Yes, it's a lot to handle. Take a breath. Life happens one day at a time.

Start something new. Your choice. Be creative. Take a trip and create new memories. Join an online social club to meet new people. Take photos of your life now and display them around your home. Redo home spaces to make them more bright and airy. Practice acceptance & self-love, bathe yourself with flowers & lots of my time. Start a new hobby or volunteer your time.

Divorce is hard, Marriage is hard. Eating healthy is hard, being overweight is hard, Running a marathon is hard, and walking 5 miles daily is hard. Everything you do or don't do will be hard. Chose your hard.

The point is to get on with life, it awaits with anticipation in hopes that you will grab it by the wheel and drive off into the sunset. Without looking back!