


THE ROADMAP TO CREATING **THE LIFE** **YOU DESERVE**



UNBREAKYOURLIFE



I'm so glad you decided to take this opportunity to allow me to help you put the broken pieces of your heart back where they belong.

Your world is being transformed and you may feel like you have no control over any of it. I know, I've been there. The sense of helplessness is overwhelming, and it may seem you can't grab hold of anything solid to steer you in the right direction.

This workbook will give you direction to start taking your life back and set you on a path to recovery... and the happiness you deserve. You'll begin to start thinking purposely about your future and current state of being. You'll move into envisioning what your future will look like and create helpful tools to keep you on track.

I want you to have the power to be the kind of woman who knows her worth and feels hopeful about your future and the new life you're creating.

This workbook is for you to be creative with. Take your time with each section. Really think about the questions you are asked because they are designed for you only. Answer them honestly for yourself and remember to type in anything you think of in the fillable spaces. You'll find yourself being prompted to remember things you haven't thought of in a long time... or maybe ever... and they may trigger memories that you may need to follow up on later.

Be intentional, just as you have been so far in seeking help and resources just like this.

Keep going... you deserve happiness!



10 Steps to Creating Your New Life

As you start to heal from your brokenness you are going to find that you will want to start doing some of the things that you have put on hold. Or you may find that you want to try some new things. Maybe right now you may not be able to think that far ahead yet, but it will happen and the best way to get yourself to that place is to start.

In the following pages, you'll be prompted to start thinking this way. You'll have opportunities to shape how you progress yourself through the stages of creating the life you want.

When you think about doing something, you have choices as to how you deal with it. You either act on it or you may let it fade and it remains just a thought. When you put thought into action it becomes real. When it becomes real you feel like you have accomplished something. That is what I want for you. Feeling a sense of accomplishment is huge when you have been in the midst of an emotional tornado for so long. You have probably felt frozen in your tracks and unable to act on anything. This process will give you that much needed kick start.

Are you living our purpose? Are you being true to yourself and your values? Do you want to courageously go after those unfulfilled goals and dreams you had at one time? Do you want to start growing and learning again? Do you want to find balance and do the things that really matter to you? Facing your fears and building empowering beliefs that serve you may seem impossible right now, but do you want to? Do you want to live up to your fullest potential? How do you feel when you get out of bed each morning?

These are all tough questions and will be reviewed again once you have worked through some crucial steps to be able to answer them in a positive and satisfying way. Some of these questions are ones that people often ask themselves when they are dying. At this point, or maybe not so long ago, you may have felt like you were dying. Dying emotionally and spiritually. Wherever you are now on this journey of healing you must know that because you have opened this workbook you have made a decision to make some changes in your life. You have decided to make the most of your life and find some help to do just that.



Step 1. Your Hopes & Dreams

Your life is a gift to the world, and you're about to find out that you're valued higher than gold, irreplaceable and unique in God's eyes. You are gifted and strong and have a light that shines brilliantly into the universe for all to see. God is on your side and is extremely happy about your choice to step into the direction of your hopes and dreams.

Exercise – Make a list of some of your hopes and dreams. What were the dreams you had before entering a relationship, when it was just you deciding? What dreams have you considered, but changed or put off?

No matter how long ago it was or how big or small your dreams may have been, today is a new day and you are becoming a new YOU! So, every single one counts.

This image shows a single page from a notebook or ledger. It features ten evenly spaced horizontal blue lines across its entire width. The background is white, and there are no margins, text, or other markings present.

Step 2. Your Unique Gifts

Let's start by looking inward. You were born with a special soul, unique to only you, and there will never again be anyone like you. You were born for a reason. Discover who you are, and you'll begin to understand that reason.

Answer the questions below the best you can. This can be useful as we move forward into self-discovery.

Who am I?

How am I a unique person?

What are my strengths?

What lights me up?

What are my passions?

Step 3. Your Heroic Power

You're the captain of your ship, and how you navigate decides where you'll end up. You're the only one responsible for your life and you're the only one with the power to change it. Fill in the questions below with what comes to mind first as a beginning to creating the pathway to being your own hero.

What is a hero to you?

What kind of power does your hero have that you'd like in your life?

How do you think you can bring that power into your life?

What could you do with that power?

How could that power affect your relationships?

Step 4. Your Values & Vision

Be a visionary. Now that you have written out your hopes and dreams, it's time to look at your life values and visions. You need to get crystal clear on what your values are in order to begin to create a vision for what you want your life to look like.

Exercise – Write your values and map out a vision of your future. List 5 core values that you hold yourself to and keep them in mind when writing your vision of your life.

An example would look like:

Core Value – Honest: impacts how truthful I am with others and creates lasting relationships.

Core Values & How Each Can Impact Your New Life & Vision Of Your Future

1. _____

2. _____

3. _____

4. _____

5. _____

Step 5. Creating Alignment & Achievable Goals

You're doing great so far! This is where everything starts to come together. Bring your hopes and dreams together with your values and vision, and set a real goal with timelines, end results and the steps needed to achieve it.

Goals are often just a way of saying you want to do something, but if there is no depth of detail in them or accountability along with it, you'll never reach them. We tend to listen to the negative voices in our heads saying, "It's too hard, I don't think I can do it, I am not good enough, and what if I fail?"

Yes, the goal may be hard work, but ask yourself... is it worth trying? You may not be able to do it on your own, but can you elicit some help and get someone to hold you accountable to finishing it.

One of the biggest reasons people never achieve their hopes and dreams is because of the fear of failure, and I don't want you to make this mistake. You have an advantage right now, you are working through the mud to clean yourself of the negativity that has been covering you for so long and you are stepping out into the realm of success. Create this success by creating alignment between your hopes, dreams, values, vision and goals.

NOTES

Review your hopes and dreams, values and vision, and use this information to create goals:

Goal: _____

Timeline with due date: _____

End Result of Goal/What does it look like when completed?:

Breakdown of small steps needed to achieve this goal:



Step 6. *Your Need For Acceptance*

Let go of what you think others think of you. We are very good at projecting onto others what we think they are thinking of us. More than 87% of the time we are wrong. Stop worrying what others think about you.

Remember... there are very few things you can control, and the others are out of your control. If you take what other people think of you personally, you'll be offended for the rest of your life. There will always be people who will judge you. Accept it and remember that their judgement cannot hold you back from accomplishing your goals.

Examine yourself by asking yourself the questions below. Give yourself permission to really think about your answers and explore the reasons for your answers.

Do you thank those that compliment you or do you try to deflect their comment?

Do you regularly do or say things that draw attention to yourself?

Do you tend to hide your true feelings in an effort to be accepted?

Do you find yourself going with the flow even when you are uncomfortable?

Do you make eye contact with people when walking down a street or hallway?



Step 7. The Power Of Habit

Habits are key. Creating good habits will ensure that you stay on track with reaching your goals. Your time and energy are two of your most precious assets. It's common knowledge that it takes 21 days to create a habit, good or bad.

What habit do you have that you would like to eliminate from your life to improve the quality of your life? A habit that you can honestly identify as one that is holding you back?

Now what habit do you want to replace it with? One that you feel can contribute to your healing? Write them down, any and all of them. Then choose the most negative habit to eliminate and its replacement, and focus on bringing that change into your life first.

Bad habit(s) to eliminate

Good habit(s) to start

NOTES

This means stepping into something that you know will help you... but it may be a situation you're not quite comfortable with.

In the area below, type in some of the things that you want to step into but are uncomfortable with doing or saying. Stating it here helps to make it appear smaller, more manageable, and is going to empower you when the time comes to actually carry it out.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Step 9. Your Self - Worth

Do you feel worthy of good things? Or do you feel generally undeserving, refuse offers of help or deflect praise?

This is not an uncommon way of feeling during this type traumatic event in life. However, the truth is... you are a valuable and precious soul that God created to be joy-filled and experience true love. Abundance and happiness are yours, and self-worth is tied to your connection and relationship to God.

How do you want to make that connection? All you need to do is take a step toward reconnection by answering those questions.

Do you feel like you are worthy of good things?
Why or Why not?

Do you feel deserving of help?
Why or why not?

Do you have a connection with God?
Why or why not?

Do you want to make a connection with God?
How do you think you can make that happen?

Step 10. Baby Steps

How do you climb a mountain? One step at a time.

How do you bake a cake? One ingredient at a time.

The same is true with achieving your goals and dreams. One at a time and one step at a time. You can do it, just break it down into manageable pieces. This is the difference between true, positive change and overwhelm.

So, go back through your answers and choose the 1 dream you'd like to focus on accomplishing first. Then, break down the steps that need to be taken to make that dream a reality. Big ideas don't seem as big when they're broken into smaller, more manageable tasks.


Your big dream:

Your due date:

What needs to happen in order to achieve the desired results:

What's the emotional payout you expect to achieve when this dream is finally completed?





As you work on the 10 steps to creating a new life, you may need inspiration to keep you motivated. It is very helpful to have daily reminders that can set the tone for your day, which you can carry with you and refer back to regularly.

I have provided a few links for you to get started, but it is important that you go through and find some that will best resonate with you.

I have also provided some resources for you to use to find quotes and inspiration for yourself, designed to push you forward on those days you feel like crawling back into bed.

For Example:

“Life isn’t about finding yourself, life is about creating yourself.” – George Bernard Shaw.

I have listed some categories that will help you as you do your research. If you have other ideas that work for you, then add to the list. Later in this workbook you are going to be guided through the journaling process and these quotes will become an important tool to help you work through some issues as you to write in your journal on a daily basis.

Inspirational and motivational resource sites

<https://www.briantracy.com/blog/personal-success/26-motivational-quotes-for-success/>

https://www.huffingtonpost.com/lolly-daskal-/100-motivational-quotes-t_b_4505356.html

Category Suggestions for your search

Gratitude

Love

Motivation

Self-worth – *“Life isn’t about finding yourself, life is about creating yourself.”*

Respect

Understanding

Relationships

Goals

Family

Attitude

Growth

Money

Beauty

Inner peace

Determination

Health



Listing Your Big Results

There are things that you have been wanting to do, but for many reasons you have put them off.

You may think of some small task like cleaning out the hall closet or reorganizing the kitchen cabinets to find more space. Or some larger tasks that you have put off because you know they may take more time and resources, like putting a garage sale together to clean out the garage or how about taking the 2-hour drive to see that relative you feel guilty about not visiting for over a year.

This is where you can bring together the goal setting, values, and vision you created earlier in the workbook. List those things that have value to you that you want to get done. You can also list things like getting a manicure and pedicure because you are now thinking about taking better care of yourself.

As you begin to heal, you may be starting to see that you are worthy of doing things for yourself... and maybe you haven't treated yourself this kindly for a very long time. In the blank spaces below, write the task you want to accomplish and then set a goal date. Keep in mind the realities of where you are emotionally as you set the date. In the blank space to the far right you will later write when you achieved that goal. Remember to think big because you have big things to accomplish. Don't minimize even the smallest things because small wins lead to the big ones. No task is too small or too large because these are important to you and yours to accomplish.

TASKS

1. _____	Goal date _____	Done	____ Y ____	N ____
2. _____	Goal date _____	Done	____ Y ____	N ____
3. _____	Goal date _____	Done	____ Y ____	N ____
4. _____	Goal date _____	Done	____ Y ____	N ____
5. _____	Goal date _____	Done	____ Y ____	N ____
6. _____	Goal date _____	Done	____ Y ____	N ____
7. _____	Goal date _____	Done	____ Y ____	N ____
8. _____	Goal date _____	Done	____ Y ____	N ____



Bonus Tip...

JOURNALING

Daily journaling can be so cathartic, but most people do not allow themselves the pleasure of trying it.

This booklet was designed to help you get started. When you journal you can start with writing the date and just a little on how you are feeling at the time, what you're thinking of, what you're thankful for, or reflections on something you saw or had taken in (like those quotes we'd gone over earlier)..

Then maybe bring in one of the quotes you found from earlier in this booklet.

Be honest with yourself so you can hold yourself accountable. When you go through the 6 Stages of Growth, you will find that accountability is going to be so important when you are accomplishing any goal.

I hope this workbook will help you with getting back on target with focusing on YOU and creating the life you so much deserve.

Thank you for allowing me to be a part of your growth journey.



Click here if you're interested in learning more about how you can be supported in gaining further healing, expert guidance and clarity in your life.

LEARN MORE

I am grateful to be continually growing to serve women like you to become beautiful mosaics and shine their light on a path to new life.



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Date _____

How I feel today

Quote _____

Task update _____

Other reflections

Date _____

How I feel today

Quote _____

Task update _____

Other reflections



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