

Change and Be Changed

BY DEBBIE MARTINEZ, DIVORCE COACH



BELLS WILL CHIME, THE BALL WILL DROP IN TIMES SQUARE and the sky will be aglow with fireworks as a new year is born. The New Year ushers in time for reflection, self-awareness and resolutions. Most people's resolutions or goals are specific things they want to do or acquire but very rarely a concept or mindset. I invite you to think on a broader scale; something that will impact all aspects of your life, and that is the concept of change and how you view it.

My question to you readers, is what will you do with your new year? Will you continue to carry around old hurts and resentments? Will you choose to still see the negatives about your divorce instead of the positives? Or will you allow yourself to remain in the same place that didn't work for you last year? This is the year to have a "Change is Good" mentality. Look at whatever is keeping you stuck or isn't for your highest good and let it go. Breathe freshness into your home by changing up the décor. Get a new hairdo or change your wardrobe. What friends are really friends and not just people who hang around you?

Life is not waiting for you. The clock is still ticking whether you are living or only existing. Choose to live each day. Change your perspective on your circumstances so you are grateful for what you have and not focused on what you have lost. Change is good.

Get rid of fear, as it serves no purpose. Most of my clients struggle with fear of the unknown, losing the familiar and the change that is inevitable with a divorce. When fear creeps in, tell yourself, "Change is good" and start listing all the positives that can come with that change in circumstances. Instead of being afraid of the unknown, embrace it and look at it with anticipation instead of apprehension.

Another phrase I hear quite a bit is, "We always did it that way." Well, let me point out the obvious, you are no longer a "we" but an "I" and you are free to change things up anyway you want to. Enjoy the freedom that comes with change. Change is good. Step out of your comfort zone and do things you haven't done. Getting in a rut is a slow and imperceptible process and once it's there, it becomes familiar and hard to get out of. Change it up because why? Change is good.

George Bernard Shaw said, "Progress is impossible without change, and those who cannot change their minds cannot change anything." We all become conditioned for different reasons. Do not be a person who lives with complacency due to fear of the unknown. Nothing will damage your soul more than feeling trapped by your self-imposed limitations due to fear. We cannot change time, only what we do with it. Make 2017 your year by remembering Change is Good.



Debbie Martinez, MA is a certified, mindful life coach specializing in divorce (aka: heartbreak coach). She professionally coaches clients on how to avoid the breakup backlash and live better, not bitter. As a Florida Supreme Court Certified Family Mediator trained in collaborative divorce, Debbie gives clients the tools they need to successfully untie the knot and stand strong in the wake of adversity. She brings her formal training and life experience into her coaching practice to empower and educate clients through their divorce journey and onto new beginnings. You can contact Debbie at debbie@thepowerofdivorcecoach.com.



THE DOG FROM IPANEMA

Making Your Pet Look Like A Champion Everyday.

Hand Stripping • Show Cuts • Express Service/Parents Always Welcome
The Best Selection of Collars In Town
We'll make you proud of the natural beauty of your adopted baby.



Named Best of Miami,
Best of South Florida
& Best of South Miami
by Reader Polls



Monday: 9am - 6pm
Tuesday - Saturday: 8am - 7pm
Sunday: 10am - 6pm

Now offering Pick-up
and Delivery

305-663-1712

7230 SW 57th Avenue
South Miami, FL 33143

thedogfromipanema.com



Outside is fun again.

Let us rid your yard of pesky mosquitoes, ticks and fleas.

- Barrier Sprays
- Special event sprays
- All-natural treatment options



\$39 FIRST TREATMENT

COUPON CODE: **SOUTHMIAMI**

Offer is valid for up to a half-acre. New customers only.

CALL TODAY 786-516-2488
SOUTHMIAMI.MOSQUITOJOE.COM