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Make Your Life Beautiful

I THINK ONE OF THE HARDEST THINGS PEOPLE DEAL with when going through and after a divorce is finding beauty in life. I can remember going days, literally not knowing the sun was shining and I lived in Florida. Can you imagine? Well if you have gone through a divorce, sadly, you can.

I hated it when people would say things like, "You are better off," "This too shall pass," "Don't worry, you will get through this," as they continued down the path of their happy little life. However, no looking back, they were right. I am better off, it did pass and even though my days were fraught with worry, I did get through it and not only got through it but thrived. It wasn't easy and there were days, weeks and months I was on my knees but I did it and you can too.

"How?" you ask. It's simple: words, choice and faith. Choices can be easy or difficult and if we make the wrong choice, it could make things more difficult for us. Choosing not to see the beauty in life when going through divorce can make life unbearable. Let me tell you what will happen if you choose not to see the beauty in life. It will take you longer to recover mentally, emotionally and physically. You will alienate friends and family. You won't be able to have a healthy romantic relationship and you will need a valet to carry your steam trunk of emotional baggage. So, how does one see a beautiful life in the middle of a storm?

1. Find things to be grateful for each day and write them down, preferably in the morning.
2. Take time each day to be in nature, even if it's in your backyard or a bench in a park. Close your eyes and breathe in the air, feel it and hear the sounds around you. Look at the trees, the sunrise or sunset. Nature is imperative to restore the soul. During this time, do not let your mind wander to worries and if it does, bring it right back to the present.
3. Do a vision board of how you want your life to be and put it where you will see it each day.
4. Keep yourself physically fit with diet, exercise and rest.
5. Surround yourself with positivity – people, places, music, books, TV shows.
6. Choose every day to be a warrior for yourself and your children.
7. Have faith.



Faith is the other ingredient for making your life beautiful. People with a faith recover from setbacks quicker than those who don't have it. Faith gives one hope, strength and peace. So many of my clients have told me that their faith got stronger during their divorce and led them down a more enlightened path.

No one wants to go through a divorce and experience everything that comes along with it but if you are one of the 50 percent of people who end up in divorce, make it count for something. Yes, I am one of those people who say everything happens for a reason and I firmly believe it. Even a divorce has a reason. Look for it and use it to grow into a better version of yourself.

THE MINDFUL DIVORCÉE



Debbie Martinez

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@transformationdivorce.com.

VOICES