

Intentional Life Power Before, During & After Divorce

Workbook by Mari Craig



Intentional Life Power Before, During & After Your Divorce

Introduction:

Rebuilding your life from pre- to post-divorce is can be an amazing journey. Some will cringe when they hear that, but those who respond in a positive way are tapping into their personal power to recreate their lives their own way; some perhaps for the first time. Opportunities abound for you to make healthy, happy, balanced choices in your new life. Your new life begins the moment you decide that you no longer want to be anchored to a life that doesn't work for you. That epiphany may come before, during or after your divorce, but whenever it does come you are on the road to a new personal freedom. This is a companion workbook for my book *Awaken the Power Within You: By Getting Out of Your Own Way*. Together these books will provide guidance for navigating your new life.

During your time of transition your support system will be made up of many different people filling disparate roles from psychotherapist; professional coach to mediator and/or lawyer. Sharing your workbook will keep you grounded and help you communicate clearly and consistently with your support system. This in turn will put each member of your support system on the same page with the same goals. In so doing you will have everyone pulling together for you in the same direction saving you time, energy and money.

We will begin using this workbook by looking at some of the ways for tapping into your personal power. In subsequent chapters we will use the *Intentional Life Power* (ILP) Program to harness and manifest your personal power to rebuild your life after divorce.

Think of yourself as a sailor on a sail boat accompanied by the key people in your support system. You are at the helm with other crewmembers occasionally assisting you to chart your course. You want your sails to be trimmed well to take advantage of the wind at optimum speed. If your crew supports are not working together you might run ashore on the rocks. If your sails are not trimmed properly they will luff wildly in the wind and you will waste time and energy going nowhere. So it is with you and your crew for your journey...the importance of working hand in glove cannot be overemphasized.

As your Professional Divorce Coach, I am here to help make your trip successful along with the other members of your crew. May your ship sail with the tide and your sails be well trimmed for your journey!

Beginning:

Tapping into your personal power is a choice. It is about making choices that enhance your power. Begin by considering some of the choices you have made to rebuild your life before, during or after your divorce.

Write down a few of your recent choices for rebuilding your life along with what the outcomes were for you.

Did these choices enhance your personal power? If not, why didn't these choices have positive outcomes for you?

What personal qualities would have given you more positive outcomes?

The seven secrets for tapping into your personal power to rebuild your life before, during, or after divorce may have made a difference in achieving more positive outcomes in your life. Let's take a look at the seven secrets:

1. Self Knowledge
2. Healthy self esteem
3. Maintaining Healthy boundaries
4. Setting a Goal/Intention that you care passionately
5. Committing to a timeline for achieving that goal/intention
6. Being Proactive in moving past fears/anxieties
7. Regular Meditation Practice

Let's take a look at each of these individually to examine how they can assist you in rebuilding your life. You will gain considerable insight into the seven secrets by taking the Core Inventory in *Awaken the Power Within You: By Getting Out of Your Own Way* (Chapter 18).

Self-Knowledge – The benefit of knowing yourself means you will have a foundation for rebuilding your life and relationships. Make a list of what you know about yourself as if you were explaining who you are to a new friend.

Now that you have a better sense of yourself from a fresh perspective, how does that feel?

Healthy self-esteem – For many of us, feeling good about who we are seems to be illusive; especially during times of transition. Oftentimes, we are so close to ourselves that it is easy to be critical. On a scale of 1-10 with 10 being the highest self-esteem rate where you are on average on that scale. If you are lower than 5 you have some work to do. If you are higher than a 5 perhaps you would still like to increase that number.



Since we tend to overlook the positive contributions that we have made in our lives, it would be helpful to take the time to make a list to remind ourselves of what those are. Begin by listing the small kindnesses to others then moving on to larger contributions. Keep in mind, that your random acts of kindness often have a ripple effect that is unseen, yet paid forward by others.

When you have finished your list ask others to add to their own ideas. When you have a completed list, read and reflect on the contributions you have made. How does that feel? Where is your self-esteem now on the scale below?



To further get a sense of the meaning of your contributions, write a character reference in the third person that includes your past contributions for a phantom employer. Keep in mind that this is a position you really want with a six-figure salary.

When you are done, read it thoughtfully taking in the meaning of your true value while allowing yourself to feel a palpable sense of healthy self-esteem.

Maintaining Healthy Boundaries – Years ago a garbage truck went out of control as it drove down my street with papers and such flying everywhere much to the dismay of everyone in the neighborhood. The neighbors rushed out to try to control the uncontrollable by picking up whatever they could while the driver stood idly by watching. What would you have done in this situation?

Once you are done ask yourself if your actions were healthy and appropriate. The principle behind this is simple...if you go around picking up everyone else's garbage you will have difficulty taking care your own. In their daily lives, many people are caretakers for others to the exclusion of their own needs. Maintaining healthy boundaries by setting limits allows you to take care of yourself. This is especially critical during times of transition and stress.

Setting an Intention – Your intention needs to be considered in the context of transition. I suggest that you start with an aspect of your personal life that needs attention. List those below and prioritize by what is easiest to achieve and will give you the results you need to fuel your passion.

Committing to a timeline: Set your deadlines beginning with one year, nine months, six months, and three months. Write these dates on your calendar or day timer and commit yourself to achieving the intentions you have set. You may also read more about this in my book in Chapter 22.

Move Past Fears and Anxieties - Transition is a time of fear and anxiety, but you don't have to let it overwhelm you. Write down your fears below; next to each fear write down the probability of that fear occurring based on solid evidence. Challenge each one with a more rational thought by playing angel's advocate with yourself. Befriend your fears and tame their hold on you.

Regular Meditation Practice - During your transition you are being pulled in many different directions. Spend time alone each day to stimulate your frontal cortex to make good decisions on your behalf. Read more about Meditation in Chapter 19 of my book. You wouldn't get results if you worked out only when you wanted to look good, so begin practicing regularly at the same time and place.

Keeping these seven keys for rebuilding your life before, during and after divorce in mind as we progress. They will be useful for unlocking your personal power and giving you the courage to make your transition a good one. Next, we will use the Intentional Life Program, which I developed to harness and manifest that power before, during and after your divorce. Let's move ahead by creating a chart together.

Step One: Define Your Problem – When you define your problem or challenge in your time of transition, write it clearly so that it is specific and measurable. Think of communicating your problem with a child who needs to understand. Will that child know what you mean and be able to be on the same wavelength with you?

Angie, who was transitioning through divorce, initially attributed her problem to her husband and in-laws. Angie found the courage to look deep within herself to discover that it was her perception of herself and her lack of confidence that were at the root of her problems.

Here is a weak example of defining your problem: I have esteem issues and no idea how to solve them.

I would like you to write this statement so that it is clear, specific and measurable:

Angie rewrote her problem statement to read: *I have low self-esteem (5 on a scale of 10) with no clear plan to work on it for the next twelve months.*

Now try to craft your own problem or challenge statement in the best possible language:

Step Two: Define Your Intention – This is the flip side of defining your problem during your time of transition. It includes each of the same elements with the purpose of motivating you to achieve your intention.

Angie wrote, I intend to build positive self-esteem with a clear plan for the next twelve months (5 to 6 on a scale of 10).

Keeping in mind your definition of the problem, transpose it into a statement for defining a strong intention to support you through your time of transition.

Next, see if you can define your own intention statement during your time of transition in the best possible language that will motivate you to manifest.

Step Three: Select Your Building Blocks – When you select Building Block energy it becomes the bridge for your achieving your intention before, during and after your divorce. I recommend that you to use the type of energy that will best help you do that. Select one or two Building Blocks to begin with and move on to more if you wish to with subsequent ILP Charts.

Some examples of what the six different energy types include the following:

- **Mental** – reading, problem solving, organizing
- **Physical** – running, working out, weight training
- **Emotional** – hugging, loving, crying
- **Spiritual** – meditation, prayer, nature, healing
- **Social** – groups, dating, people, community
- **Financial** – income, money, investing

After careful consideration, Angie chose the Mental, Emotional and Spiritual Building Block to keep her focus clear and direct.



Select your Building Blocks to achieve your intention in the most effective way. Write the ones you have chosen with the first letter the space below:

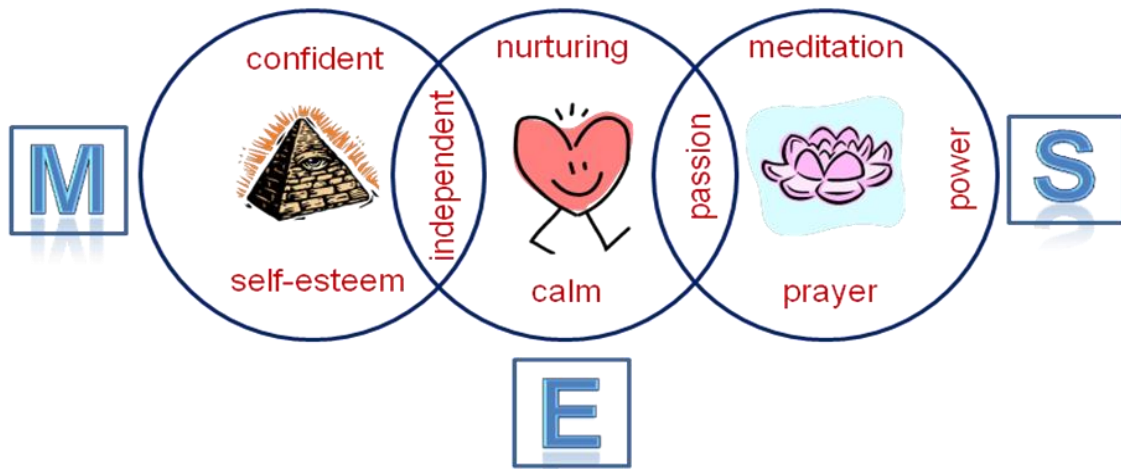
Step Four: Choosing Your Personal Power Words (PPW's) – Words have enormous power that you tap into with this step. There are no wrong answers – simply experiment with words that appeal to you and that intuitively resonate with you. For each Building Block use care in choosing a few Power Words that speak to getting through your transition to rebuild your new life.

The PPW's Angie picked were:

- **Mental** – *confident, Independent, self-esteem*
- **Emotional** – *calm, nurturing, passion*
- **Spiritual** – *power prayer, meditation*

The personal meaning you attach to each word will impact the outcome of your intention. I suggest that you start by looking in the glossary of my book *Awaken the Power Within You* to determine which Power Words are salient for each type of Building Block energy. In the space below write your own PPW's:

Step Five: Develop Your Power Circles: Your Power Circles represent infinite energy and focus the power of your intention to make your transition a good one. This is much like adding fuel to the tank of your car.



Draw your intersecting Power Circles in the space below adding your Power Words for fuel along the inner perimeter. I suggest that you imprint your mind with a powerful symbol of your intention in the center of each Power Circle.

Step Six: Develop Personal Power Statements – These three statements are a verbal representation of your Power Circle(s) for your transition from separation to post-divorce. Together they support and validate your Power Circle(s). I call these DIF Statements since each one begins with a corresponding letter: I Deserve, I Intend, I Follow Through.

I deserve to be an *Independent* and *confidant* woman.

I intend to build positive *self-esteem* with a clear plan for the next twelve months (5 to 6 on a scale of 10).

I follow through by *nurturing* myself through *prayer* and by meditating on the words *power* and *calm* and by *passionately* envisioning my intention twice daily.

Complete your own DIF statements below underlining your Power Words for added emphasis:

I Deserve to _____

I Intend to _____

I Follow Through by _____

Step Eight: Manifesting Your Intention – The daily conditioning of your mind through envisioning prepares you to manifest what you desire during your time of transition. This is what Angie had to say after a few weeks of working her program.

“It was AMAZING! I felt like a transformed woman. My insides were so calm that when Mari asked about where I was with my self-esteem I replied that I could at this moment say that it was even up to an 8 or a 9. It felt wonderful. Thank you, Mari.”

If you were an athlete your body would be conditioned by daily workouts to excel at your sport. So it is with manifesting your intention. In the space below, write your ILP Chart including all eight steps so that you may begin to practice your ILP program: (See the example on the next page if you wish to view a completed ILP Chart based on what we have been doing so far with the ILP Program.

Summary:

If you were an athlete your body would be conditioned by daily workouts to win at your sport. So it is with manifesting your intention. I recommend completing your ILP Chart on a large sheet of paper and monitoring your progress daily. Place both the Chart and monitor sheet on a wall where it will be easily seen. You may make changes as needed to keep both current.

When you are satisfied with the ILP Chart you have written it should be similar in structure to the example I have developed below.

Step 1 - Problem: I have low self-esteem with no clear plan to work on it for the next twelve months.

Step 2 - Intention: *I intend to build positive self-esteem with a clear plan for the next twelve months (5 to 6 on a scale of 10).*

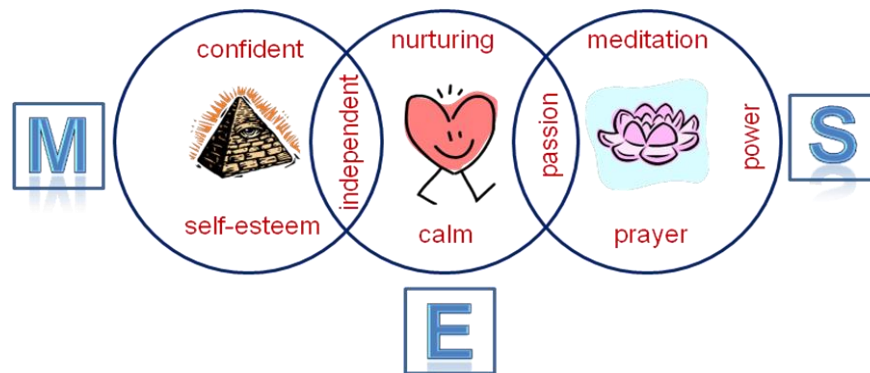
Step 3 - Building Blocks:



Step 4 - Personal Power Words (PPW's):

- **Mental** – *confident, Independent, self-esteem*
- **Emotional** – *calm, nurturing, passion*
- **Spiritual** – *power prayer, meditation*

Step 5 - Personal Power Circles:



Step 6 - Personal Power Statements (PPW's are italicized):

I deserve to be an *Independent* and *confidant* woman.

I intend to build positive *self-esteem* with a clear plan for the next twelve months (5 to 6 on a scale of 10).

I follow through by *nurturing* myself through prayer and healthy living and by meditating on the words *power* and *calm* and by *passionately* envisioning my intention twice daily.

Step Seven - Envisioning your Intention: I envision my intention to build positive *self-esteem* with a clear plan for the next twelve months (5 to 6 on a scale of 10).

I see myself acting as if I deserve to be an *Independent* and *confidant* woman. I see myself going through the day intending to build positive *self-esteem* with a clear plan for the next twelve months (5 to 6 on a scale of 10). I vividly envision nurturing myself through *prayer* and by meditating on the words *power* and *calm* and by *passionately* envisioning my intention twice daily.

Step Eight - Manifesting Your Intention: I manifest my intention on a regular basis and see evidence in my daily life that I am growing in positive self-esteem and following a clear plan of action for the next twelve months.

When you develop your own eight steps I recommend completing your ILP Chart on a large sheet of paper placing a monitor sheet next to it on a wall where you can easily review it during the day. You will need to make changes as needed to keep both current with your progress. To read more about how to work with your Monitor Sheet read Chapter 23 in my book. You may refer to the completed ILP Chart at the end of this workbook to further clarify the information I have given you. Congratulations on the good work you have put forth in completing this workbook. Blessings to you as you harness and manifest your power before, during and after your divorce to rebuild your new life.