

From Heartbreak to Healing - Thriving After Divorce



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A Faith-Based Guide to Rebuilding Life with Strength and Purpose

Introduction: A Journey of Renewal

Divorce can feel like the end of a chapter, but it can also be the beginning of a new one. Psalm 147:3 reminds us, *"He heals the brokenhearted and binds up their wounds."* As a NeuroCoach and Strengths-based practitioner, I believe that every woman has unique God-given talents that can guide her toward healing and renewal. This guide is designed to help you shift your mindset, and embrace the abundant life God has planned for you.

Rewrite Your Story: Five Mindset Shifts to Reclaim Your Joy

Healing starts with transforming the way we think. Romans 12:2 encourages us: *"Do not conform to the pattern of this world but be transformed by the renewing of your mind."*

Here are five mindset shifts to help you move forward:

1. From Broken to Becoming

You are not defined by your past. Every experience, even pain, can shape you into a stronger, wiser woman.

2. From Scarcity to Abundance

God's plans for you are still full of hope and provision (Jeremiah 29:11).

3. From Fear to Faith

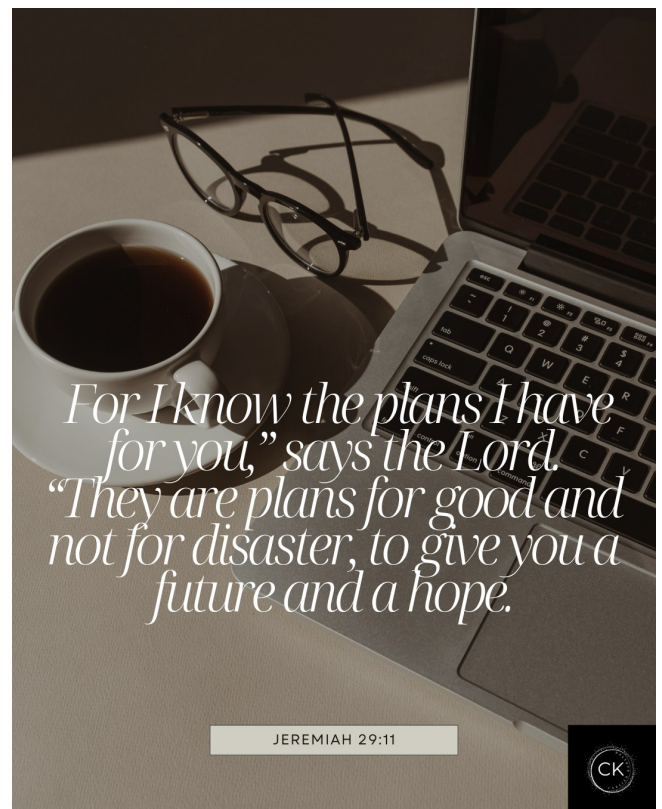
Step forward in faith, knowing that God is guiding your path.

4. From Victim to Victor

Your strengths are the foundation for rebuilding your confidence.

5. From Isolation to Community

Healing happens in supportive relationships. Surround yourself with faith-driven and uplifting women.



Rediscovering Your Strengths and Identity

God has uniquely gifted you with talents and strengths (1 Peter 4:10). The Gallup Strengths framework helps identify what makes you naturally powerful. Reflect on these questions:

- What are the moments in my life when I felt the most alive and confident?
- What strengths did I use to overcome past challenges?
- How can I use my strengths to rebuild my life after divorce?
- List five things you're naturally good at. Now, pray and ask God how He wants you to use these strengths in your new season of life.

⇒ If you want to know more about your natural Strengths and Talents, send me a WhatsApp on 082 552 0570.

The Divorce Recovery Guide

Navigating this transition requires emotional, financial, and spiritual renewal. Here's a step-by-step guide:

A. Emotional Healing

- **Prayer & Surrender:** Give your pain to God (Philippians 4:6-7).
- **Journaling for Clarity:** Write down what you're feeling and invite God into those emotions.
- **Healthy Boundaries:** Establish relationships that bring peace, not pain.

B. Financial Stability

- **Budget & Stewardship:** Proverbs 21:5 reminds us that *"The plans of the diligent lead surely to abundance."*
- **Earning with Purpose:** Use your God-given skills to build financial independence.

C. Personal Growth

- **Lifelong Learning:** Take a course, develop a new skill, or explore career opportunities.
- **Faith-Based Coaching or Mentorship:** Seek guidance from others who have walked this path before.

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Renew, Refresh, Restore: Self-Care After Divorce

God calls us to care for our bodies and minds as temples of the Holy Spirit (1 Corinthians 6:19-20). Here's how:

- **Spiritual Self-Care:** Daily prayer, Scripture reading, and worship.
- **Mental Self-Care:** Reframing negative thoughts through gratitude and affirmations.
- **Physical Self-Care:** Exercise, healthy eating, and rest.

⇒ **Self-Care Challenge:** For the next 7 days, commit to one small self-care act daily. Journal how it makes you feel.

Journal Prompts & Biblical Affirmations

Use these journal prompts to deepen your healing journey:

- *"Lord, what new purpose are You revealing to me in this season?"*
- *"What strengths have You equipped me with for my future?"*
- *"How can I trust You more fully with my healing?"*



♦ Affirmations:

- *I am fearfully and wonderfully made (Psalm 139:14).*
- *God is making all things new in my life (Revelation 21:5).*
- *I have been given a spirit of power, love, and a sound mind (2 Timothy 1:7).*

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Your Next Chapter Starts Now

Healing takes time, but you are not alone. God is with you every step of the way, and you are part of a community of strong, faith-filled women. Keep leaning into your strengths, trusting His plan, and stepping boldly into the new life that awaits you.

"If you found this guide helpful, consider joining our Divorced Women Over 40 Mastermind, where we support each other in healing, growth, restoration, and rediscovery."

- ◇ **Want to learn more?** WhatsApp me, **Carlien**, at **082 552 0570** for more details about the Mastermind, StrengthsFinder coaching, or any general questions. Simply send me your **email address and any questions**, and I'll forward all the relevant info.
- ◇ **The Mastermind consists of 10 sessions over 3 months. Your first session is completely free, with no obligation.** If you find it valuable and want to continue the journey, only then will a minimal fee apply.
- ◇ *This Mastermind journey is for women who are separated, newly divorced, or have been divorced for 10 years or more, it doesn't matter. Everyone brings value, and therefore, there is so much value to gain.*

**Join the 'Heartbreak to Healing'
Mastermind today!**

You are
stronger than
you think, and
your best days
are ahead!



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