
Opening Doors **AFTER DIVORCE**



HEY SISTA!

I'm Erin Dickson

Divorce is difficult, but please have faith that transformation is possible.

If you commit to making the change and doing the work, you can get there, I know it!

I am a life transformation coach for women, like you, who are ready to climb out of the rut, get UNSTUCK and start living life the way it was meant to be lived! Change is freakin' scary! I empower women to make the changes they've been too scared to make...or EMBRACE the changes they've made.





You were meant for more...

It is time that you rediscover who you were before you were married. Was it that long ago? If so, then you get to discover who you are NOW! It all starts with deciding what you WANT.

This part is tricky for some women because they're not really sure what they want. But they usually know what they DON'T want! Start there if you must.



What do you LOVE to do? What are your hobbies, or things you wish were hobbies? Brainstorm here - anything goes! Share those things that make you feel ALIVE!



Now take a look at your list above and write down any of those things that you LOVE, but have stopped doing.



Of those things you wrote above, what is one that you can commit to this week? If this is difficult, ask yourself, "If I believed it were possible to..., how would I do it?"



Before completing this next exercise, you MUST think BIG and believe that anything is possible – because it is. Everything is a thought before it is a thing. Your positive transformation and success must first become a thought and an emotion before it can occur.

*I don't fix Problems
I fix my thinking
and then the problems
fix themselves*

-Louise Hay



Exercise 1: Define Your Dream

Look at the 6 different areas of your life,
below.

To start with, choose ONLY ONE area and
write it exactly as you would like it to be.

When you are thinking about this, ask
yourself: If a miracle occurred overnight and I
woke up in the morning to everything in my
life being perfect, what would be different?

EVERYTHING IS A
Thought
BEFORE IT IS A THING



- ✿ Write your dreams as if they are already yours: "I have a strong support system." "I'm going for a daily hike with my friends." "I have a career that I feel excited about." "My relationship with my ex is becoming more positive every day".
- ✿ Use positive language "I enjoy going to work every day; I have a lot of fun with the people I work with" rather than negative language "My boss is no longer rude to me"
- ✿ Use extra paper if you need it! Write as much detail and be as specific as you can!



Career

What gives you
passion and purpose?

Relationships

With yourself, ex,
family, peers, co-
workers, God/Spirit

Fun & Leisure

What do you LOVE to
do? Vacations, trips,
hobbies

Choose
One
Area
to
Start

Health

Physical and Mental

Spiritual

Do you have or desire
a relationship with your
Higher Power?

Finances

How and where you
earn, save, spend, give
money

Using the area that you chose above, write out how your dream life would look in this area (see page 7 for instructions).



Non-Reality Check!

When we think of “reality” we think of our own reality...which, often times, is not in fact, real.

When I say DREAM BIG...I mean really big!

FEARLESS Big!





What was stopping you from writing down those crazy dreams that you never thought could happen? Were you telling yourself things like: "I can't have THAT much money" or "I've never been able to stick to a healthy eating plan" or "I'm not good enough for a person like that"...

Go back and re-write to make them bigger.

If you didn't dream big, you might be stuck in what is referred to as a "Closed Mindset".

That's no place to be. It limits you from creating things that you ARE capable of, but somehow over the years have been trained to believe that you're not.



Exercise 2: What is your "Why?"

Unless you know your motivation behind what you truly want, it will be difficult to be successful. Below is an activity that I learned from Dean Graziosi through his book "Millionaire Success Habits" called "7 Levels Deep"

This exercise is VITAL to your success! Take your time to work through it!



7 Levels Deep

1. Why is it important to you to become successful?
(choose any area above that is a big goal for you)



2. Why is it important for you to _____

(on the line above, use your answer from #1)



3. Why is it important for you to _____

(on the line above, use your answer from #2)



4. Why is it important for you to _____

(on the line above, use your answer from #3)



5. Why is it important for you to _____

(on the line above, use your answer from #4)



6. Why is it important for you to _____

(on the line above, use your answer from #5)



7. Why is it important for you to _____

(on the line above, use your answer from #6)



Your final answer is your TRUE why and I'll bet it took some heart to get there.

Usually the answers to the first few questions are surface answers. Keep focusing on your "why" and you will have no choice but to be successful!



Exercise 3: Creating your Fearless Vision

When you can visualize your dreams, you are much more likely to be successful.

I have a running vision board – it is constantly growing and evolving. There's nothing more awesome than looking up at it and realizing that I can tick a few things off it.

Last year it was planning a family vacation – that at the time – seemed impossible, getting a pool set-up and starting a garden. They've all been checked off my board!



CREATE YOUR VISION BOARD. YOU CAN PRINT PICTURES FROM ONLINE, DRAW, COLOR, CUT FROM MAGAZINES, USE “DREAMITALIVE” WEBSITE, IF YOU’RE MORE OF THE DIGITAL CREATOR.

WORK ON IT WITH YOUR FAMILY OR ALONE - PUT IT IN A PROMINENT PLACE IN YOUR HOME WHERE YOU CAN SEE IT. IF YOU SEE IT IN YOUR MIND AND IMAGINE IT IS YOURS...YOU WILL HOLD IT IN YOUR HAND.



Exercise #4:
*Creating Action Steps to Make Your
Dreams Start Happening Today!*

Write down at least 2 things that YOU can do TODAY to reach your goals (that you identified above:



As difficult as this might seem right
now...the next part of your life is about
YOU.

You have a choice.
Embrace it.
Dream Big.
Be Happy.
Make Shit Happen.

DEAR PAST: THANK YOU FOR
ALL THE
Lessons

DEAR FUTURE
I am Ready.





If you've put time into and completed these exercises, then you're on the right path!

There is a lot more work to do, but once you start to see that there are steps that YOU can take that will give you more control in your life AND when you actually TAKE those steps and see EVIDENCE of CHANGE, you will know that you are capable of so much more...

For more work on getting "unstuck" and creating your FIERCE life, click here to check out my new Facebook Group "Opening Doors after Divorce" Keep moving forward...keep telling yourself you can. It's okay to invest in and take time for yourself. You are worth it.



Love,

Erin