
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.

Welcome to the journey of your life

HOLD ON

the ride is the best part!





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!

A large, dashed rectangular box with green circles at each corner, intended for brainstorming hobbies and things that make one feel alive.



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

A large rectangular box with a dashed black border. The corners of the box are marked with green circles, each containing a white dot.

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?"

A large rectangular box with a dashed black border. The corners of the box are marked with green circles, each containing a white dot.



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

Choose
One
Area
to
Start

Fun & Leisure

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

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 above for instructions)

A large rectangular area defined by a dashed line, intended for writing. The corners of the rectangle are marked with small green circles. The background of the page is a light green, textured surface.

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.





Need help believing in the power of your thoughts?
Try this! It will blow your mind!



Get or create a set of dowsing rods. You can order them online, or make them yourself. Take a wire coat hanger and cut it so that it can be bent in the shape as seen above. Then use a straw to on each handle so the rods move freely in your hands.

Hold them in your hands like the picture above and focus all of your energy on your thoughts and feelings. If your thoughts and feelings are negative, they rods will cross in front of you. If your thoughts and feelings are positive they will open widely in front of you.





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, 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

