



**HOW TO
GIVE ZERO F\$%K'S
AFTER YOUR
DIVORCE TO LIVE
YOUR BEST LIFE**

**introductory empowerment workbook
provides insight to become empowered and
more confident to start over again.**

How to give zero F\$%ks after divorce to live your best life

Hi, I'm Farrah. I am a divorced mom of two that has spent the last 14 years going through my own unique personal development to create my ideal life.

I am not done yet. But I think I have done a pretty good job of shifting my mindset, discovering my true self and connecting to divine intelligence to create what I want most. A happy balanced life.

I have transformed my thinking to attract what I want without worrying myself crazy or limiting my enjoyment of the things I love and care about. This did not come easy but it did come.

Let me just say the title of this e-book is a little out there but this is the attitude you have to have about your life. Stop caring what everyone thinks and do you.

How to give zero F\$%ks after divorce to live your best life

As a certified life coach I want to empower other women that have gone through or are going through a divorce, that this is not the end. There is so much more positivity, fun and love coming your way if you allow it.

This workbook is a introductory guide to help find empowerment and connection to your own individual power.

Divorce is easy, said no one ever! Its freaking hard and if kids are involved it can be a painstaking process to maneuver through every phase of life.

I am here to offer my assistance through my insight, experience and my own growth through divorce to help you have support, accountability and encouragement.

How to give zero F\$%ks after divorce to live your best life

In this workbook I will discuss how focusing on yourself and allowing for self awareness provides confidence, clarity and peace of mind.

I also provide questions to examine limiting beliefs and how these beliefs run on auto pilot and guide day-to-day decisions that become our reality.

At the end of this workbook I have included a list of daily affirmations,

Say them everyday. If you don't want to say them all pick the ones that appeal to you the most and say those out loud or in your head each day. It's a great way to start and end the day.

What is a limiting belief and how it messes you up.

Changingminds.org defines a limiting belief as a belief that constrains us in some way. This belief is usually about ourself or the world around us and its usually negative.

Everyone has some degree of limiting beliefs. We create these types of beliefs through our own experiences and the results we witness. Based on what we witness we establish that this result must be this way for all similar experiences.

This way of thinking limits our potential and ability to be aware of other possibilities.

What is a limiting belief and how it messes you up.

My favorite quote by Wayne Dyer is "We will never know enough to be negative". This says so much in just eight words. Basically, information is infinite. We as humans only know what we know, which is a very small amount when you consider all the information out in the world from all cultures, species, planets, and eras. There is no way anyone can know all things.

That being the case most of what we believe are assumptions based on a few experiences that we made choices to be involved in.

So how can we know that the negative thoughts are true and the positive thoughts are not true?

We can't! It comes down to a choice in what you want to believe is possible.

Self Reflection Questions

This is a brief exercise that provides you with an excellent opportunity to self-reflect. You will only benefit from this exercise if you answer the questions honestly. Remember only you need to know the answers to these questions.

1. Do I let unexamined thoughts run amok in my day?
2. Am I more inclined to make wise decisions or emotionally led decisions?
3. What are my core values? List your top 5.
4. Does my daily routine serve my most predominant core values?
5. Am I open and receptive to new ideas?
6. Am I too attached to my thoughts, feelings and judgments to understand how I impact my overall life?

Self Reflection Part 2 -

This section provides guidance to questions in part 1.

1. Feed the space between events and your interpretations of them by practicing mindfulness. You'll experience inner peace far more frequently.
2. Wise decisions are made through a narrowing of possibilities. You'll know if your decisions are moving you towards self-alignment, You will have feelings of balance, appreciation and gratitude . Emotional led decisions usually have you feeling regretful, distracted, self loathing and lost.
3. Routines are not sexy, but routines often get results. Competent people rely on routines. Successful people rely on routines. Anyone who has ever accomplished something meaningful in life uses a routine. Morning routines are a critical discipline to build into our lives, carefully craft yours.
4. If life is too structured then we can expect to have the same experiences day in day out. Make room for opportunities and synchronicity and both will grace you. The best way to invite possibility is to clear your mind daily of your past and present concerns. Practice being present. Be in the now.
5. Life involves a balancing act of paying attention to our emotions, while simultaneously ignoring them. And by ignoring them, I mean not letting them dictate your day-to-day decisions or your ability to meet your priorities. Our judgments and opinions are mostly determined by our subconscious mind. Answering this question helps us to stay aware of that.

How to become Empowered Now

1..

Own your crap!
Its your life take
full
responsibility

2.

Let it go or
drive away
everyone you
care about

You

3.

Speak your
truth. Stop lying
to yourself.

4.

Read a good
book. It is
necessary for
the healing
process.

How to become Empowered Now

1. **Own it**- identify what you contributed to the breakdown of a relationship. Any relationship. A friendship, romantic relationship, marriage, family or the relationship with yourself. Look inward and see where you contributed to the result of this relationship and take responsibility. Empowerment comes via responsibility.

2. **Take one positive thing with you then LET. IT. GO.** – Make an agreement with yourself that you will move forward and only focus on the positive of a situation you need to move on from. There's only a couple of ways to do this. Either figure out what you learned about yourself or figure out what you will do better for next time.

Good Example: I learned I need verbal acknowledgement. I will communicate that need better next time around.

Bad example: I don't like that he never listened.

Once you do this do not look back & do not continue to analyze the situation. Let. It. Go. Holding on to it does not prevent or accelerate anything. It keeps you in that same thought pattern repeating the story over and over again only to keep you stuck.

How to become Empowered Now

3. **Speak your truth** – Vocalize or journal how you feel about anything that is causing you stress, distraction, hurt, lack of motivation or sadness. Talk to someone. You can also write it out and then read it out loud to yourself. Writing is therapeutic and no one has to ever see it.

4. **Read a good book** – I find reading a good book is helpful in the healing process. When I was broke and couldn't afford life coaching I would use books as a tool for coaching me through problems in my life.

Find a good book to get absorbed into. Here are some suggestions:

The 4 Agreements by Don Miguel Ruiz

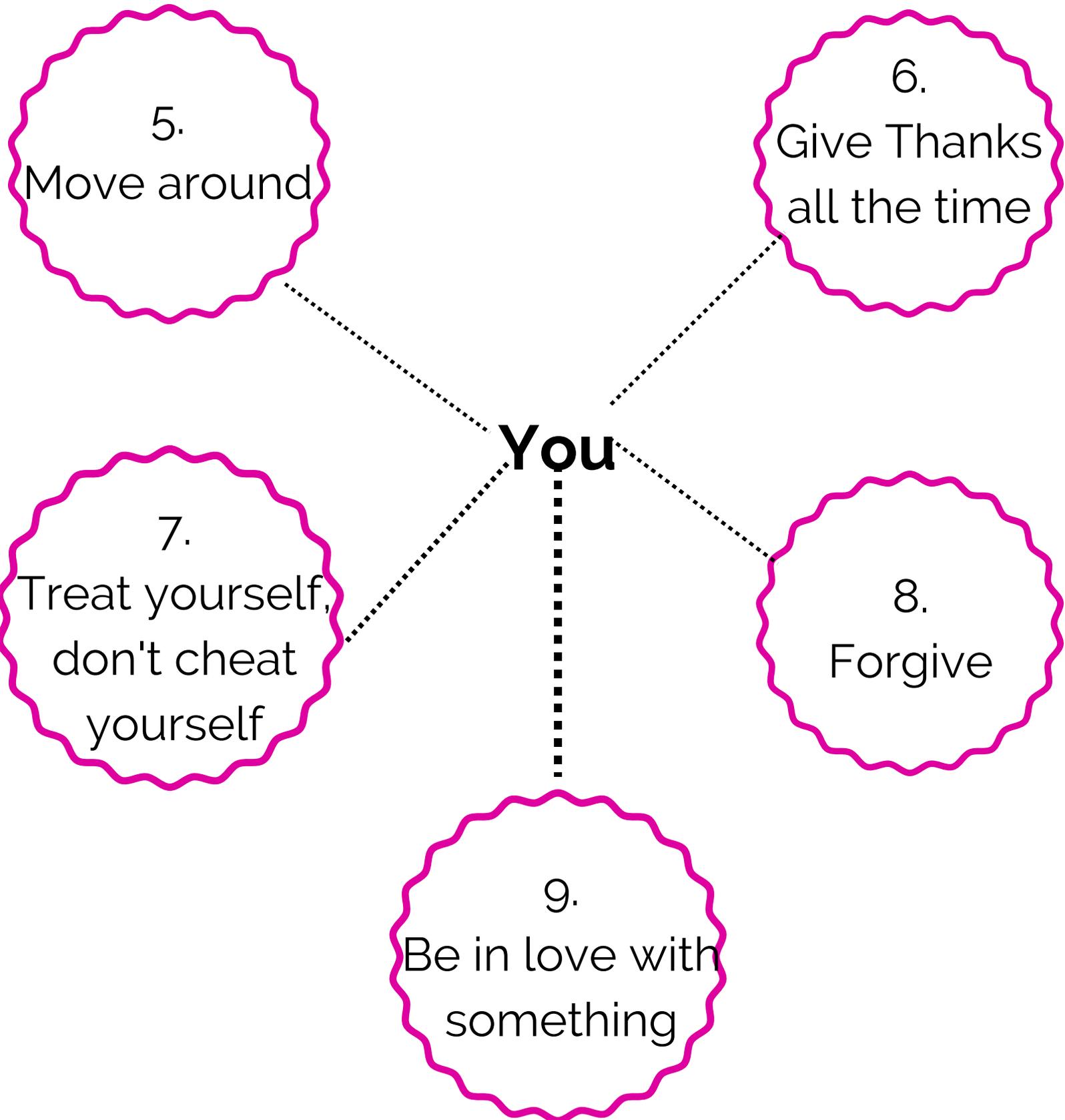
Radical Acceptance by Tara Brach

Steering by Starlight by Martha Beck

The 45 Laws of Power by Robert Greene

You are a Badass by Jen Sincero

How to become Empowered Now



How to become Empowered Now

5. **Move** – join a gym, start an exercise routine, go eat at a restaurant on the other side of town, take a trip, reconnect with old friends, get active and create moments on your calendar to look forward to.

6. **Give thanks ALL. THE. TIME.** – To be genuine in gratitude you must first understand this - No one has to do anything for you. Not your parents, not your family, not your friends, not coworkers, not neighbors, NO ONE. When you absorb this truth then you will experience genuine gratitude for everything. EVERY. SINGLE. THING. Especially the small things. The small things are what make life livable and convenient, so do not discount the small things. Write down 10 things you are grateful for. If 10 is too hard then write down 5, or 3.

7. **Treat yourself** – Show compassion for yourself. Give yourself a treat. Mani/Pedi, Netflix binge, a nap, a nice dinner out, hot cup of tea and quiet time, get a massage, get a blowout and your makeup done for no reason. Anything to show how much you care about yourself.

How to become Empowered Now

8. **Forgive** – This is a big one. Whatever you claim to be mad at, forgive the person or yourself for whatever it is. Holding grudges does not give you power. It distracts you from what is really important. Receiving! When you do not forgive you are delaying receiving what is yours. You cannot open your arms to receive if you're holding on to something.

9. **Be in love with something.** The most important act of love begins with loving ourselves. Love does not stop. It shifts, it changes, it slows down, it speeds up but it never stops. Love comes in all forms. Take the time to figure out what you love or want to learn so you can see if you love it. Be in love with your work, be in love with your friends, be in love with your kids and family, be in love with good books, movies, travel, be in love with trying new things. Be in love with yourself! Send out the energy of love so love will be sent back to you.

***Bonus Tip** - Do a challenge. I dare you. Facebook and Instagram have challenges all the time. Workout challenges, writing challenges, wake up early challenges, the list goes on. Plus it's free. If you mess up you don't lose anything except bragging rights.

Increase your Power & Confidence Now

Hi, I'm Farrah. Thank you for taking the time to read through this workbook. Hopefully, I helped shed some light in understanding yourself better. This workbook is a snippet from my coaching program. I am grateful I get to help women understand how powerful they are and that living their best and most authentic life is possible.

I was not always this confident about who I am or my life. There was a time I was constantly worried, tried to control everything and was anxious about the future. It started before I went through my own divorce and it all stemmed from my thought patterns.

As a coach, I focus on female empowerment for divorced women and single mothers. The foundation of my coaching is to consciously lead and be a personal change catalyst for women that have gone through the hurt of divorce. I teach principles to bring awareness, empowerment, and self-evolution to equip you to take control of your life and to reconnect you to your inner power.

Increase your Power & Confidence Now

Increase your power and confidence by signing up for empowerment coaching with me.

In my 4-month coaching program, I partner with you to establish clear goals, your personal vision statement and the steps to take you from anxious, worried and scared to confident, carefree and thriving. Waking up each day excited for the day and the future is a blessing that everyone deserves.

www.FarrahBlakely.com for more information

I am beautiful inside and out.

I am learning more about myself and the world
everyday.

I make a lot of money doing what I love.

I am safe and I love my life.

I am working toward being my best self
everyday.

I love me and people love me.

I am creating a new life for me.

I am always connected to a higher power.

My kids are cared for in a positive and
nurturing environment.

AFFIRMATIONS

I create my results.

Its ok to change my mind if I want to.

Taking time for myself is necessary to be healthy.

I am healthy, wealthy and wise.

I am surrounded by love.

I am living my best life.

Everything is always working out for me.

I release all resistance.

Abundance is infinite and I am a magnet for
abundance.

I am loving and accepting of my kids, my family
and my friends as they are. They are free to be who
they are and I am free to be who I am.

AFFIRMATIONS