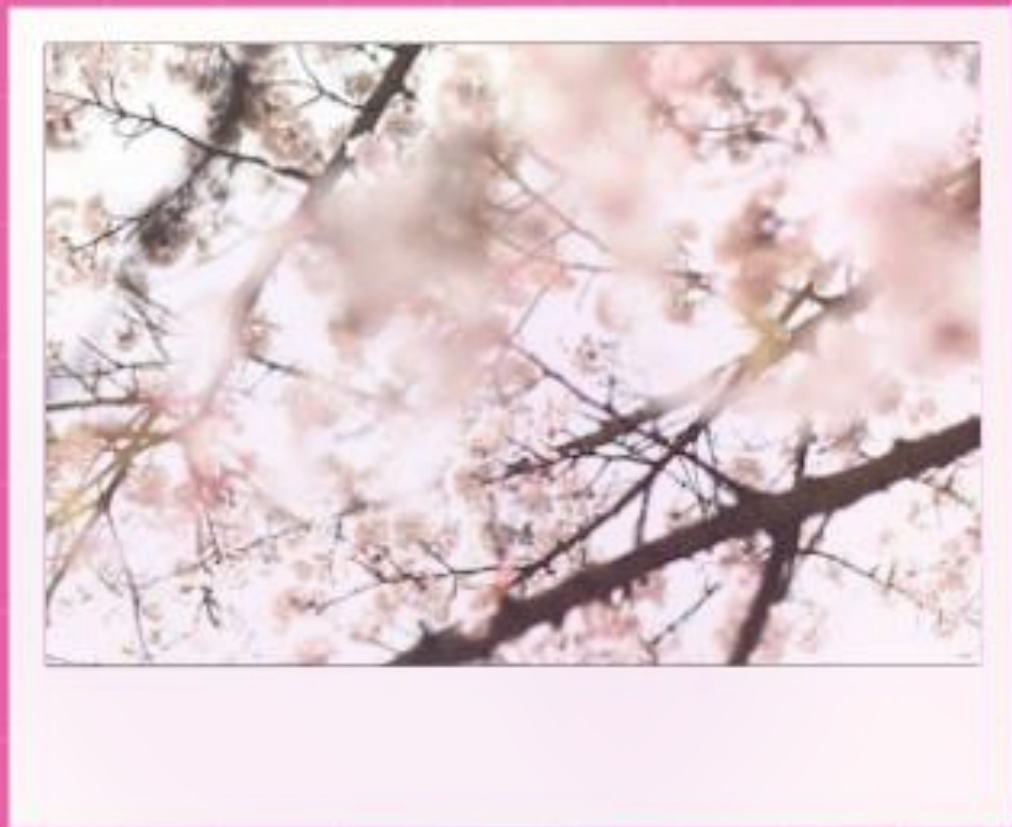




Create a Life You D.E.S.I.R.E.



Discover a six-step coaching model for women who are getting divorced to create a life you desire.



D.E.S.I.R.E.

Based on 10 years of research and lived experience the D.E.S.I.R.E. coaching model empowers you to truly understand yourself, heal what is holding you back and to create a life you really love.

refindingher



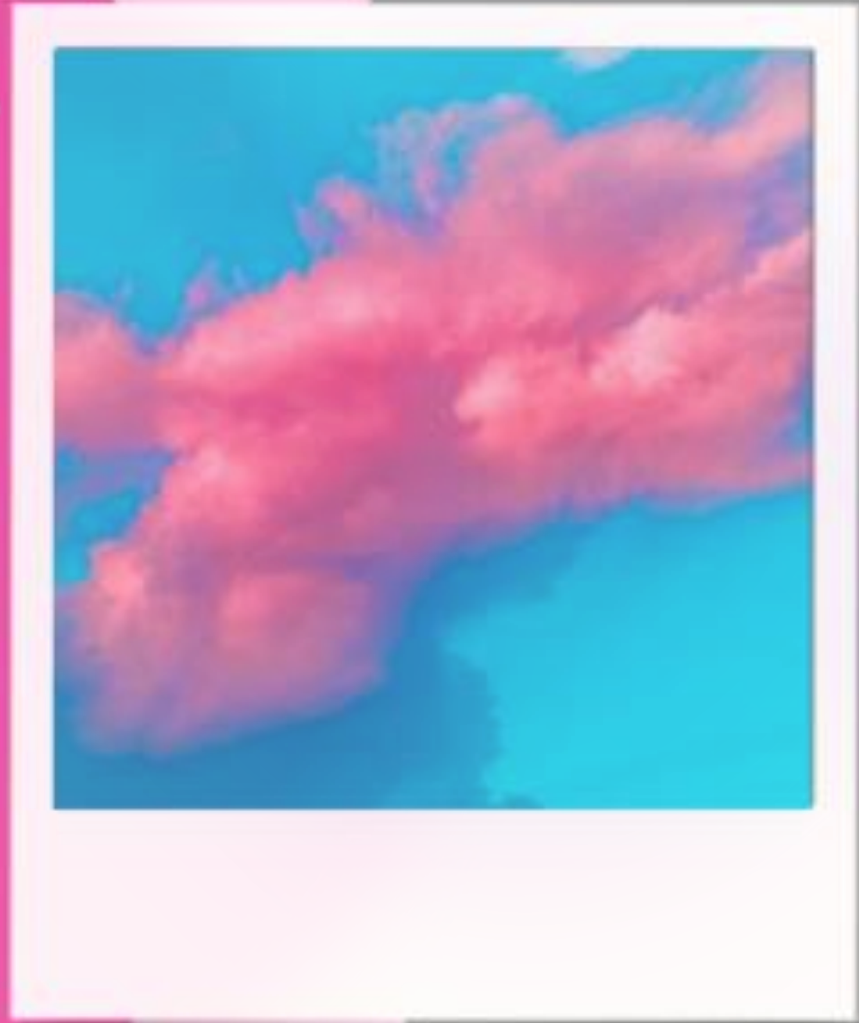
I have been where you are now. Getting divorced, sad about the life I hoped I would have, confused as to who I am anymore and definitely not in love with myself or my life. I set out to re-find myself, heal and create a life I really wanted.

Now as an experienced coach, let me share with you all the best tools and knowledge I have learned over the last 10 years to empower you to re-find yourself and create a life you truly D.E.S.I.R.E.

1

Dreamstate

Lets start by making friends with the reality of where you are to wake up from the dreamstate you are currently in.



- **Dreamstate Questions to Ask Yourself.**

- 1. Have a look through your photos in your phone or look through your diary or calendar. What have been the best things that have happened over the last 12 months. Make a list of all of them.
- 2. What have been the challenges or low points over the last 12 month? Make a list
- 3. Draw a big circle on a piece of paper and draw lines in the circle so that it is cut into 10 pie sections. For each pie section write one of the 10 areas below in bold. If you had to rate each of the areas of your life out of 10 what would be the score (10 being really happy and 1 being very unhappy) how would the following areas score (put the score next to the relevant pie area) and write down why your score is what it is?
- **Love Life, Friendships, Money, Children, Family, Work, Health and Wellbeing, Relationship with Ex Husband/Partner (if have children with an ex), Self Acceptance, Personal Growth.**

- **Dreamstate Questions to Ask Yourself.**
- 4. Looking at your life who are the people you are most judgemental or jealous of? Write down honestly why that is. Keeping asking yourself why until you get to the **real** reason why you are jealous or judgemental towards them.
- 5. What is it about them or their life that you want and don't think you can have?



Enlighten

Time to enlighten yourself on who you are and what really matters to you.

- **Enlighten Questions to Ask Yourself.**
- 1. Looking at each of the areas you rated Love Life, Friendships, Money, Children, Family, Work, Health and Wellbeing, Relationship with Ex Husband/Partner (if have children with an ex), Self Acceptance, Personal Growth. What 3 scored lowest?
- How do you want to **feel** this year in those 3 areas?
- 2. Looking at the people you said you are most jealous or judgemental of is it true that you can't have the areas of their life that you want? Write down any negative thoughts you have when you ask yourself this question.

- **Enlighten Questions to Ask Yourself.**

- Values are the principles that guide you through your life. They are the areas that we want to live our life by and also what we want from other people in our life and in our work.
- 3. Consider when you have been really happy - what was happening?
- 4. Consider when you have felt most angry or frustrated - what was happening?
- It is most likely that you were living your values when you felt happy and that you or someone around you was not living your values when you were most angry/frustrated.
- 5. Click on this link to Values (on the Resources page on refindingher.com) and choose the top 5 that most resonate with you. You may start with more but don't end up with more than 5!
- 6. Pin them somewhere you can see them and put them on your phone..notice when you are happy or sad are these values in place?

3

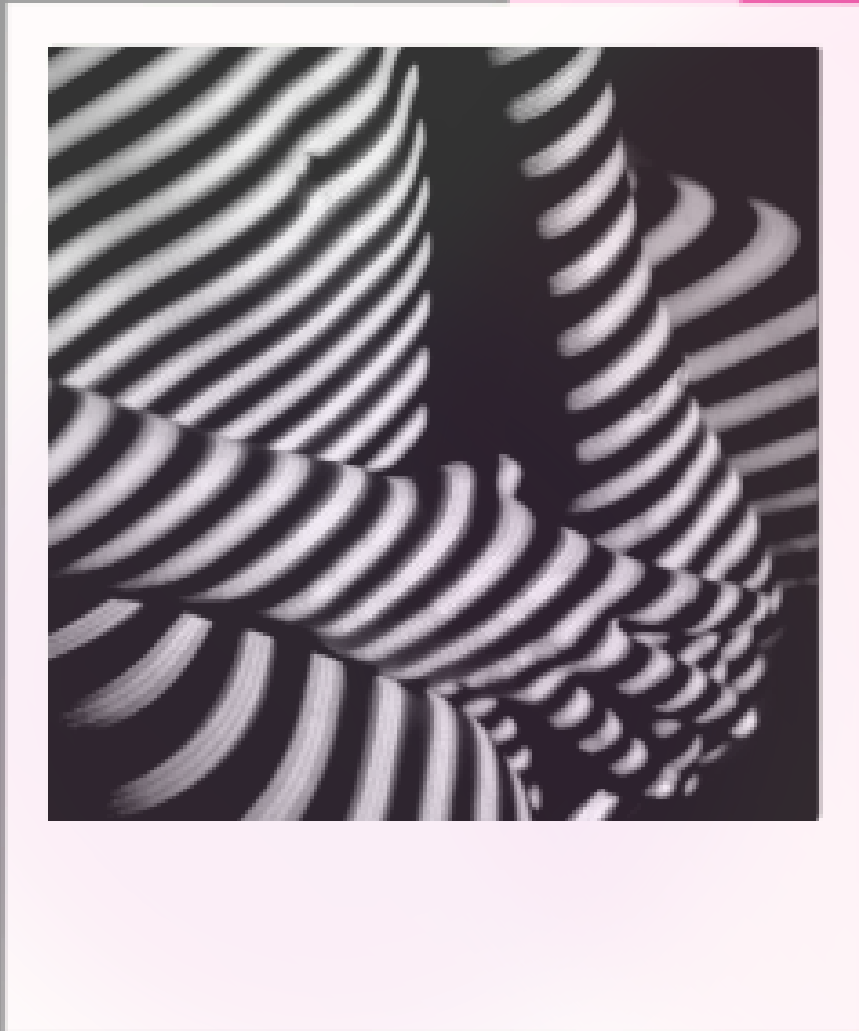
Soul Desire

What does the highest version of yourself want for you and how do you want to feel?



▪ Soul Desire Questions to Ask Yourself.

1. Would you like to learn more?
2. Let me have your feedback by messaging me on [Instagram](#) or email hello@refindingher.com



Illusions

Lets understand what is stopping you from living the life you desire.

- **Illusions Questions to Ask Yourself.**

1. Would you like to learn more?
2. Let me have your feedback by messaging me on [Instagram](#) or email hello@refindingher.com

5

Radical Shift

Time to shift those illusions and start believing what is possible.



- **Radical Shift Questions to Ask Yourself.**

1. Would you like to learn more?
2. Let me have your feedback by messaging me on [Instagram](#) or email hello@refindingher.com



Extraordinary Beginnings

Time for you to start living the life you
DESIRE right now

- **Radical Shift Questions to Ask Yourself.**

1. Would you like to learn more?
2. Let me have your feedback by messaging me on [Instagram](#) or email hello@refindingher.com