

From Heartbreak to Happiness: Building a Joyful Life Beyond Relationship Challenges

Your Empowerment Guide to Healing, Growth, and Thriving

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INTRODUCTION

Welcome, to **"From Heartbreak to Happiness: Building a Joyful Life Beyond Relationship Challenges."** Choosing to download this guide, means you're ready to take a powerful step toward reclaiming your joy and building a brighter, more fulfilling future. I'm honored to be part of your transformation as you embark on a path toward rediscovering joy, confidence, and self-worth.

Navigating relationship hurdles can feel overwhelming and isolating. You may find yourself questioning your self-worth and wondering about the possibilities life holds for you. But I'm here to reassure you that these moments of doubt can be the very stepping stones to a brighter, more fulfilling future.

Heartbreak can leave us feeling lost and disconnected from our true selves. Whether through a broken relationship, lost friendship, unexpected challenges, or unmet expectations, these events can weigh heavily on our hearts.

While you may be going through a challenging time, you will emerge from this challenge even stronger and with a new awareness of who you are, what you want from your life and your relationships, and the importance of your thoughts and feelings on creating your next chapter.

The great writer, Napoleon Hill, famously said, "Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit." While it may not feel like it at the moment, somewhere along the path of your healing journey, you will be able to look back and see the hidden blessings that heartbreak brought into your life.

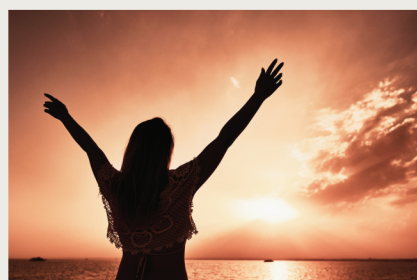
I encourage you to look at the heartbreak you are experiencing as an opportunity to reclaim your life and step into a future filled with possibility and fulfillment.

This guide is crafted with you in mind, offering insights and strategies to navigate this pivotal time in your life. The messages in this guide are meant to provide you with encouragement, reflection, empowering thoughts, reflective prompts, practical tips for managing emotions after a significant loss, and relevant exercises designed to support you in building a Joyful Life Beyond Relationship Challenges.

Remember, you are not alone on this journey. Many women, including myself, have walked a similar path and emerged stronger and more vibrant. Through this guide, you'll receive the support and guidance needed to move confidently from heartbreak to happiness, rebuild your self-esteem, explore your dreams, and create a life you truly love and deserve to live.

Throughout this journey, remember that healing is not linear, and transformation doesn't happen overnight. But with each step, you'll find yourself closer to a life filled with purpose, love, and unshakable happiness. So, grab your favorite journal, settle into a cozy spot, and let's begin this empowering journey together. You deserve a life that lights you up from the inside out—and I'm here to help you build it.

Here's to breaking free from the past and embracing the vibrant future that awaits you!



Why I Created This Guide:

For most of my life, I struggled with feeling worthy of love. I chased relationships, compromised my self-worth and happiness to please others, and settled for situations that left me feeling confused, unloved, and unfulfilled. After years of heartbreak, self-doubt, and limiting beliefs, I finally realized the truth: my happiness was never dependent on someone else or something else that was outside of me.

Through my personal journey of self-discovery, I learned that healing isn't about finding someone to love you; it's about learning to love yourself first. I also learned that I cannot get to my dream life. My dream life is not out there in some distant future. It is here now and I just needed to shift my thinking. This guide is the resource I wish I had when I was navigating the pain of breakups, rejection, and life's challenges and disappointments.

My goal is to help you shift your mindset, embrace your worth, and build a joyful life on your own terms—regardless of your past experiences or whatever current circumstances have been holding you back or stealing your joy.

If you're ready to move beyond heartbreak, disappointment and pain and step into the empowered, confident woman you were meant to be, this guide is for you. Let's begin!

My Story:

My husband and I were in bed asleep when we were awakened by the doorbell. I got up to answer the door. It was dark and pouring rain. I didn't recognize the man at the door. He told me who he was looking for and I acknowledged that was me, still wondering who he was and what he wanted. He said, "Great, this is for you", handed me a large envelope, and disappeared back into the rain.

I was puzzled. I opened the envelope and was shocked to find divorce papers!

Shortly after my divorce, I discovered that my ex-husband was marrying a friend of his sister's who had gone camping with our families just 4 months before! I suddenly realized; he left me for her.

I spent several years struggling with life after going through this. My self-esteem was shattered. I felt I was not good enough, pretty enough, or sexy enough for anyone to want me. I felt betrayed, insecure, heartbroken, and alone.

I was desperate to be in a loving committed relationship, but every time I met someone I really cared about, it ended in more heartbreak.

I seemed to always fall for guys who didn't want a committed relationship, at least not with me. I'd been doing everything to please them to get them to want me, but after a while, they treated me in ways that reinforced my belief that I was not good enough.

Eventually, I gave up on my dreams to settle for a life of working, eating, sleeping, drinking too much, gaining weight, feeling resentful, resigned, and plenty of self-loathing.

I have been through many setbacks in all areas of my life. Seven years of unbearable nerve pain (trigeminal neuralgia), cervical cancer, kidney cancer, skin cancer, job loss, financial struggle and the untimely death of loved ones.

This is where my own healing journey began, along with my desire to share what I have learned with others—to help them discover the insights that took me years to discover and, hopefully, spare them from the pain of feeling unhappy, unworthy, stuck, or lost in relationships that do not serve them.

If this resonates with you at all, you are in the right place.

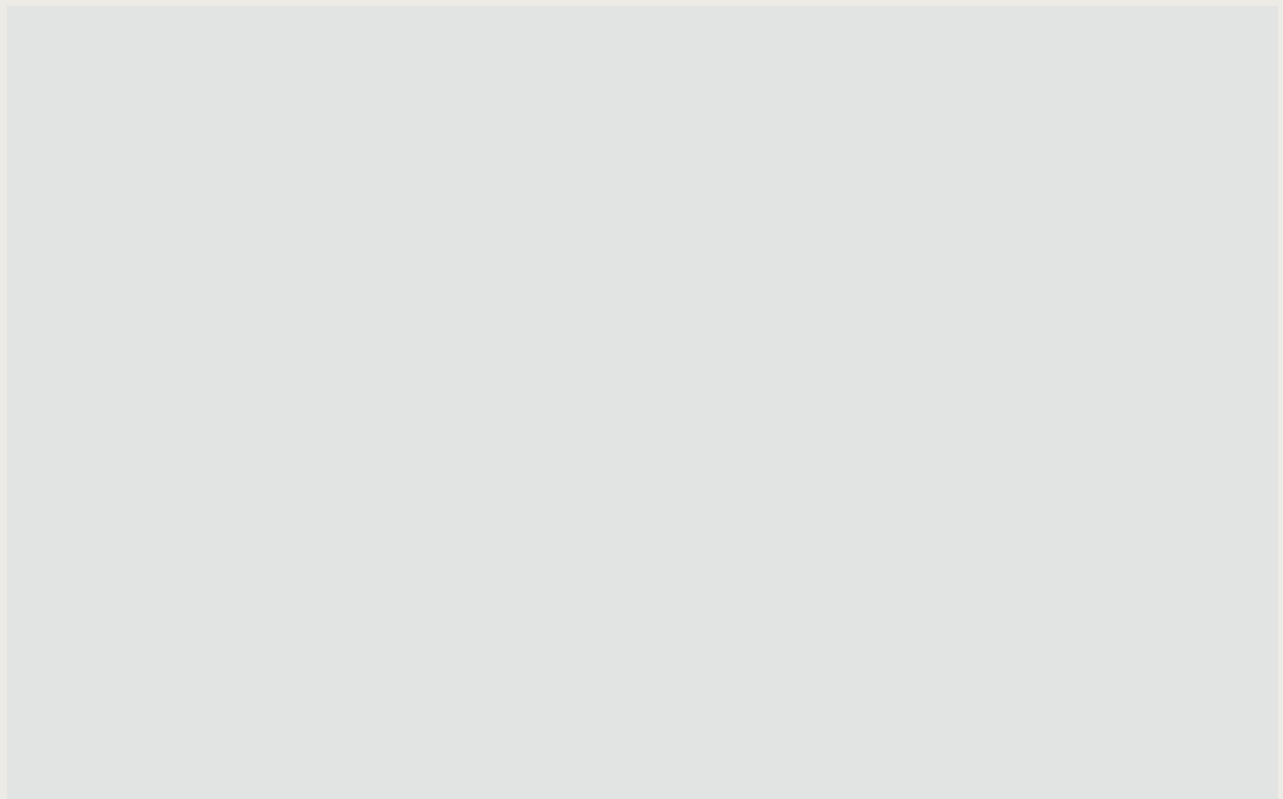
Understanding Your Journey

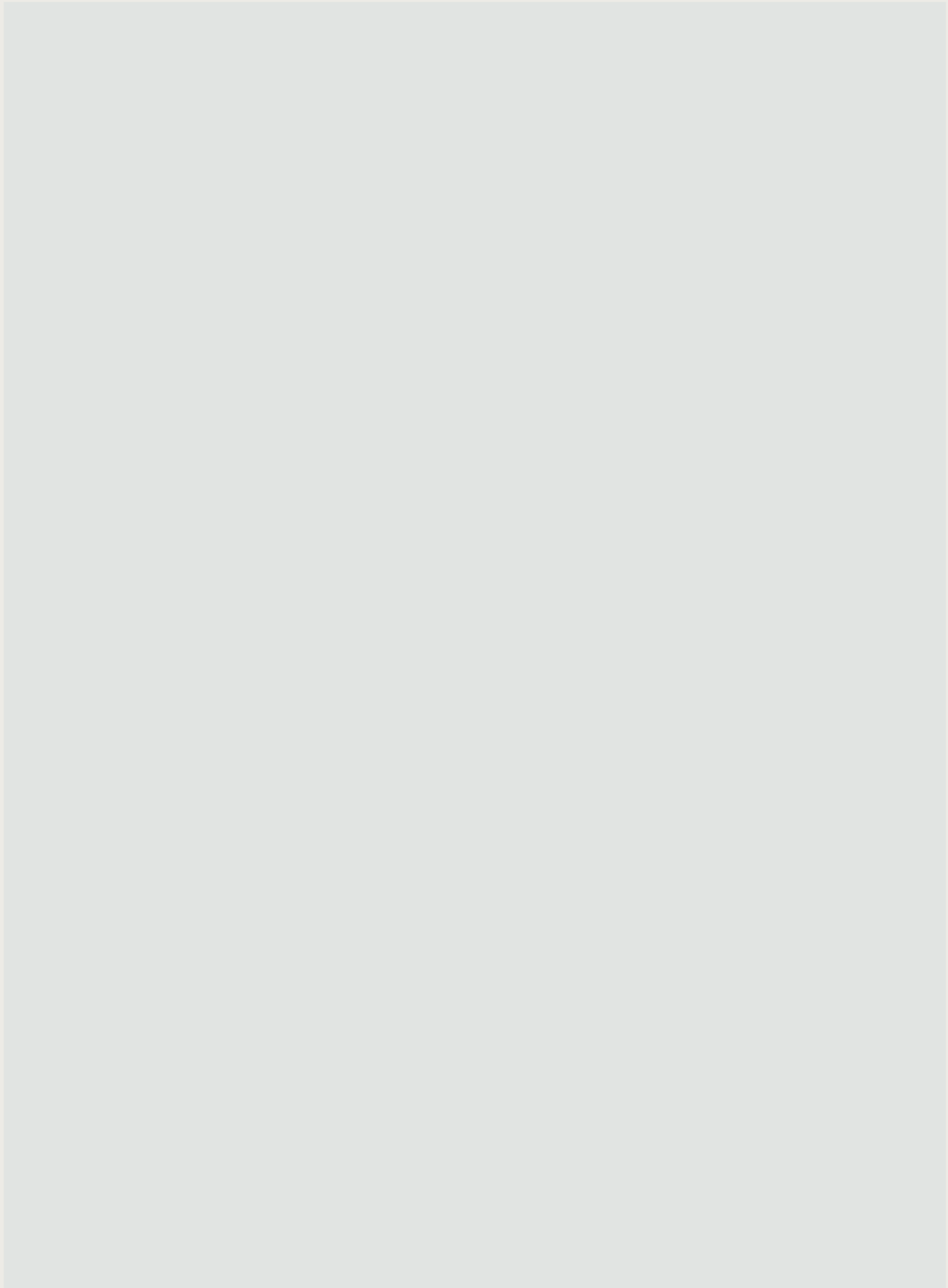
Breakups, broken trust, and feeling undervalued can leave deep emotional scars. Healing begins with acknowledging your experience, permitting yourself to feel the sadness, anger, and confusion without adding any judgment about what it means about you or about your future or what is possible for you. Only then can you begin to release what no longer serves you and make space for the healing, growth, and self-love that you truly deserve.

Just as storms eventually clear, the pain you're feeling will make way for brighter days. As the days pass, the pain will gradually lessen, and you'll find yourself starting to rebuild your life. There will be moments of joy, laughter, and new adventures ahead on your healing journey. You've already shown immense courage by facing this pain head-on. Trust in your ability to navigate this challenging time and emerge on the other side stronger and wiser.

Write in your journal or use the space below to reflect on the following questions:

- What emotions am I currently experiencing most often?
- What have I been afraid to feel?
- What would it mean or how would it look to give myself permission to heal?
- What pain or patterns keep showing up in my life?
- What parts of my story are asking to be heard and healed?
- What is a daily practice I can create to integrate joy into my everyday life? (For example, meditating, gratitude journaling, walking, listening to music, coloring, etc.)





Reclaiming Self-Worth

Your worth has never been lost—it has simply been buried under old beliefs and wounds. Your worth is inherent. It is not based on anything you have done or not done. It is not based on anything outside yourself. Through reflection and conscious reprogramming, you can reclaim the confident, self-assured person within.

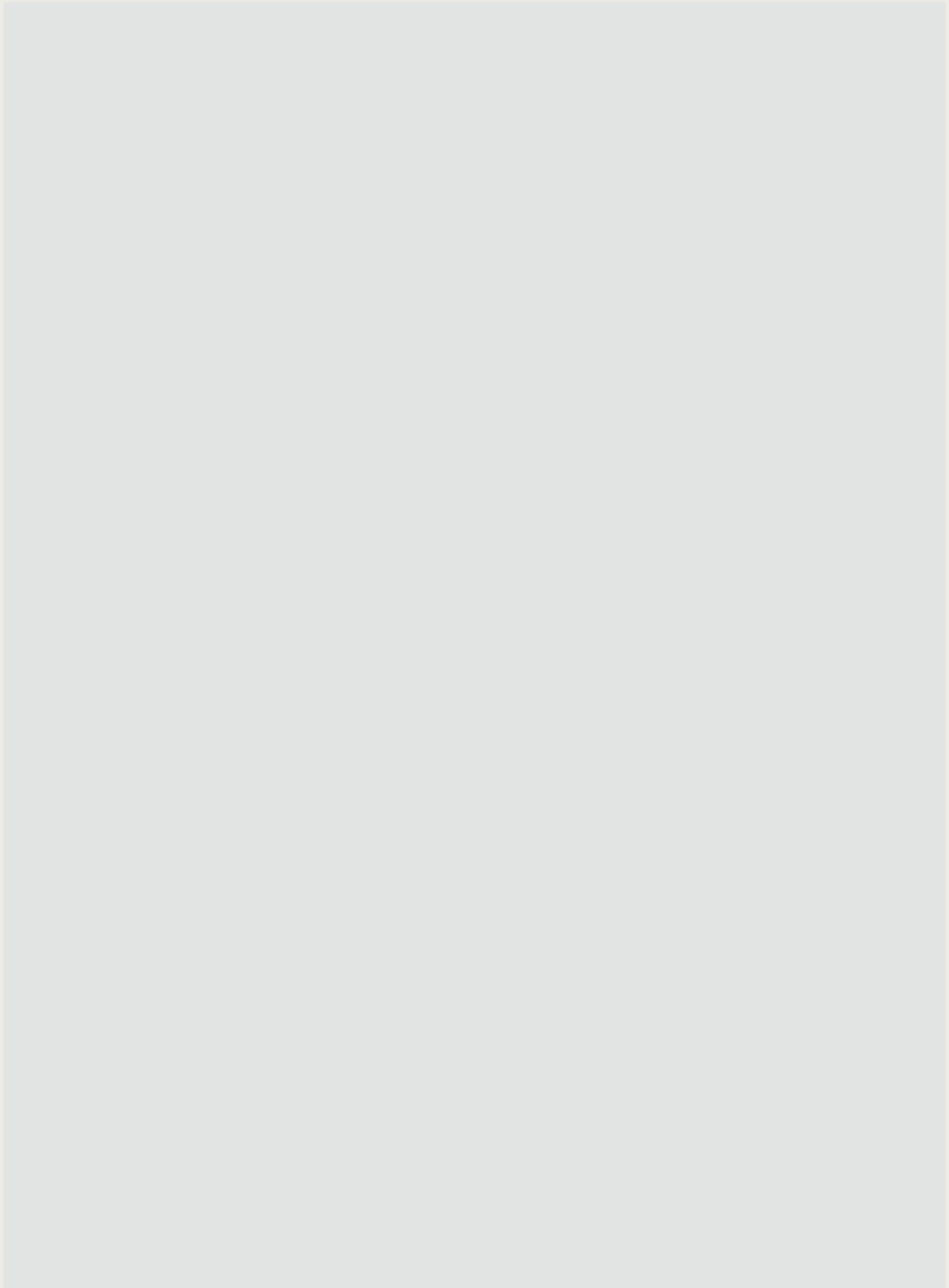
Write in your journal or use the space below to reflect on the following:

- Make a list of 10 things you love, value, or admire about yourself.
- Write a letter from your Future Self reminding you of your worth.
- What would I do differently today if I believed I was worthy of love and joy?

Imagine Your Ideal Outcome

The best place to begin any journey is to start from where you are with a clear idea of where you want to go. You do not need to know how you are going to get there. For now, you just need to know where you are in life (challenges, disappointments, resentments, broken dreams, etc.) and where it is you want to go (what would you love your life to look like?)

Write in your journal or use the space below to write down (with complete honesty) where you are right now in the areas of your life that matter to you. Then, write down in as much detail as possible, what you want for yourself in your life in each of those areas. If it were one year from now and it was the best year of your life, what does that look like?



Setting Intentions and Goals

When we are intentional, we move forward with purpose—not just survival. When we set conscious intentions, we begin to co-create our future. This section will help you clarify your desires and set goals that align with your authentic self—not who you were told to be, but who you choose to become.

Write in your journal or use the space below to reflect on the following:

- Make a list of 5 feelings you want more of (joy, peace, confidence, etc.)
- Next, write: *What actions can I take this week to feel more of each one?*

Overcoming Obstacles and Fear

Fear isn't the enemy. Have you seen or heard the following acronym for fear?

False

Evidence

Appearing

Real

Fear will always try to keep us safe, but it can also keep us playing small. Notice the fears that have been holding you back from the life you've imagined. Fear is like a border guard trying to keep you safe and in the place where you are comfortable, but growth lives just beyond that checkpoint. Fear might whisper warnings, but courage is what lets you show your passport to possibility and keep walking anyway. You don't have to be fearless—just willing. Everything you want is on the other side of fear.

Write in your journal or use the space below to reflect on the following:

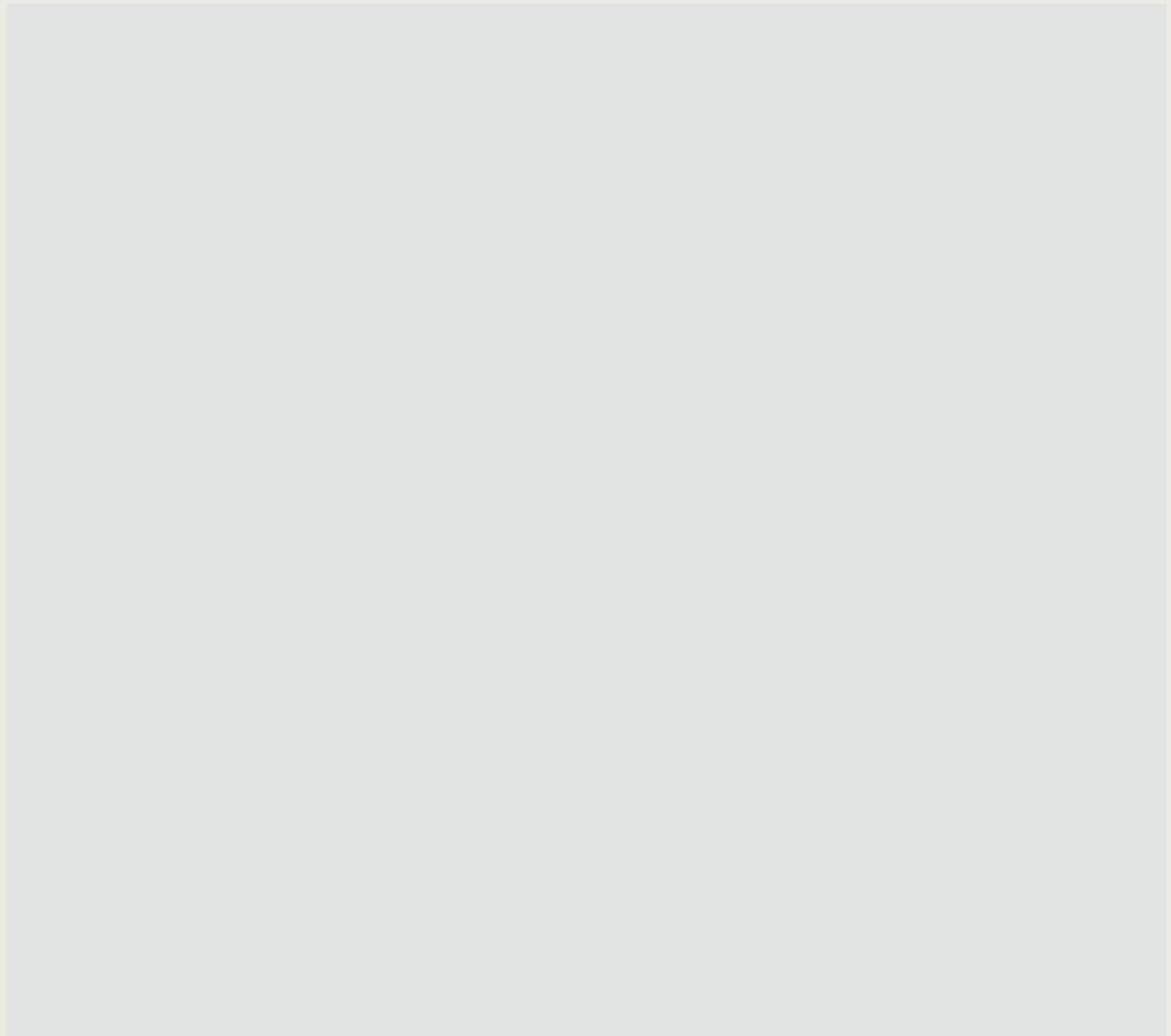
- Write down 3 fears you currently have.
- For each fear you have listed, write: "Even though I feel _____, I choose to move forward with love and courage."

Nurturing Self-Discovery and Growth

You are not who you were a year ago. A year from now, you will not be the same person you are today. You can become whoever you choose to be. Healing is not about fixing yourself—it's about finding yourself. In this section, let's explore your values, passions, and strengths.

Write in your journal or use the space below to reflect on the following:

- What makes me feel most alive?
- Who do I most admire? What is it I most admire about them?
- If I were the best version of myself, living my best life, what would that look like? Who would I be being? What would I be doing?
- What did I love doing before something or someone outside myself told me who to be?

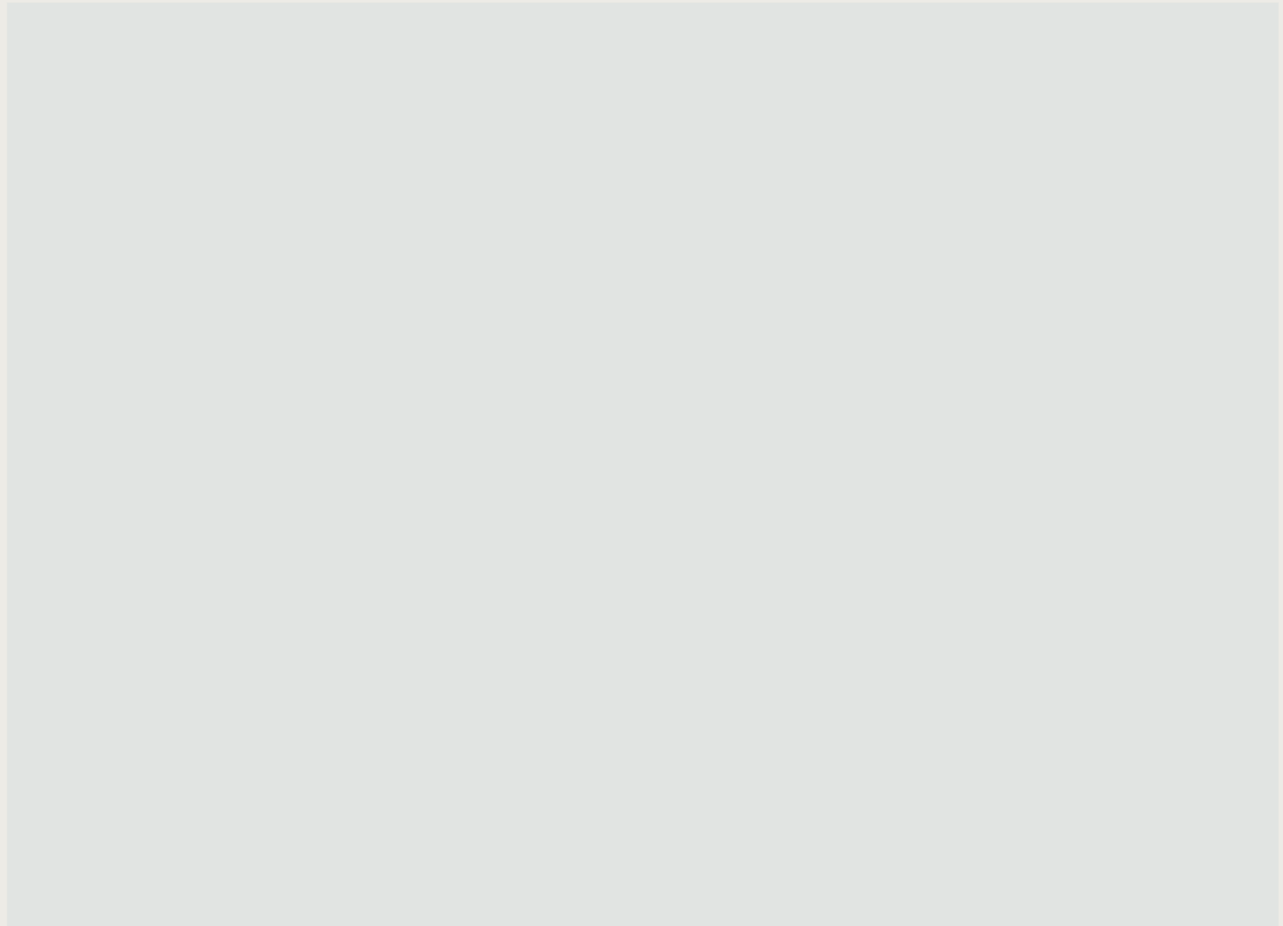


Building Healthy Relationships

We teach others how to treat us by how we treat ourselves and how we allow others to treat us. When we fully love ourselves and treat ourselves with the love and respect we deserve, we stop attracting people who mistreat us. We begin attracting the healthy, loving relationships our hearts desire. Tip: Make a list of your non-negotiables in friendships and love.

Write in your journal or use the space below to reflect on the following:

- How have I been teaching people to treat me? What behaviors have I been allowing from others that do not feel good to me?
- What boundaries do I need to set with people in my life that would feel good to me?
- Who in my life am I blaming for things I am unhappy with in my life?
- Who in my life do I need to forgive or who do I need to forgive me?
- When did I first start to believe I wasn't enough?
- What does love feel like when it's safe?
- I am deserving of love, happiness, and healthy, fulfilling relationships. I embrace my worthiness and allow love and joy to flow into my life. I am developing the mindset, and self-awareness necessary to attract and nurture a healthy relationship.



Focus On What You Want

Most people focus on what they don't want without realizing it. This was definitely true for me during the years of my life when I was struggling. I did not understand that I was focusing on what I didn't want. It was just that I was not happy with the way things were and I was trying to figure out how to fix it. Not realizing that thinking about the things I was unhappy about and trying to figure out how to fix them or change them, so I could be happy was ultimately keeping me stuck and causing me to continue creating the same circumstances year after year.

It was not the same man in my life or the same job loss, or the same health challenge. It was not the exact same circumstances, but it was the same struggle of not being happy with the way things were and trying to figure out how to fix or change my circumstances to get to the life I wanted. I have since learned that what you focus on expands in your life. Meaning that the more I focused on fixing and changing my circumstances, the more I attracted the same types of circumstances into my life.

You might be like I was, and when someone suggested that I take my focus off of the circumstances and focus on what I wanted, not on what I didn't want. I was lost and confused. I could not fathom how on earth I could do that. My circumstances were REAL!! How could I not focus on fixing or changing them?!!! All the visualizing of a future I wanted could not change the fact that I had no money or no job or had cancer!!

Well, that was how it occurred for me at the time. I was clearly stuck.

What I finally came to understand is that the problems I had in my life or the circumstances I was unhappy with were not the problem. It was my thoughts about the problems and circumstances in my life.

How Our Thoughts Create Our Circumstances

This may not be exactly new to you. I had heard it before and I believed I understood it, but at the time, I did not clearly understand how it worked. As humans, we assign meaning to the events in our lives and we make decisions about ourselves, about others and about life based on the meaning we gave these events. Those decisions we made about ourselves, about others and about life formed our beliefs about ourselves, about others and about life based on what we decided.

Some of our beliefs we adopted as children from overhearing things our parents or teachers or someone else said or by adding meaning to something we heard them say or saw them do. As adults, we do not often question these beliefs we adopted as children, they are just part of who we are.

The meaning (our interpretation) we give to events that happen in our lives is based on our past life experiences, biases, cultural background, and current emotional state at the time. We interpret the event(s) as a way of making sense of what happened. Our interpretations of events can differ significantly from someone else's, even when witnessing the same event. It is seldom just about the facts of what happened, and more about how we interpreted the event based on our point of view.

Our beliefs are formed from the meanings (interpretations) we give to our experiences in life, and our thoughts flow from these beliefs. Our thoughts create our feelings and emotions, which lead to our actions, and our actions give us our results. Our results reinforce our original beliefs. This perpetuating cycle not only keeps our old beliefs in place, but it keeps our circumstances consistent with our old beliefs.

We miss out on magic moments we cannot even see due to our focus on the small percentage of life that our old beliefs allow us to see. Our thoughts become things (they manifest and become our reality), and because we are mostly focused on the things we don't want, the things we want to fix or change, we continue to get more of the same, not realizing that we are creating our own reality/circumstances that we are complaining about. The results we have in life are an exact match to the vibrational frequency of our major dominant thinking patterns.

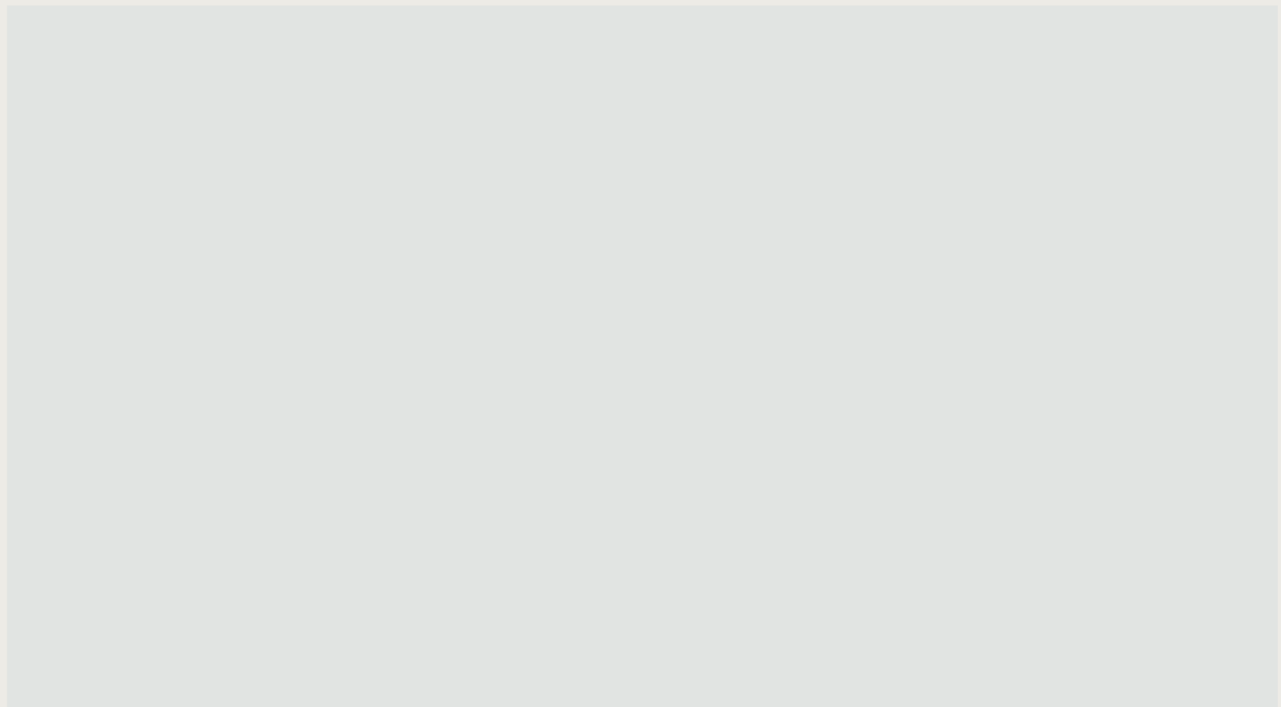
I want to help spread the good news that we do create our own reality (by default or by design) and to teach women how to identify their limiting beliefs that have been creating the life they don't want and support them in creating new beliefs that empower them. I want everyone to understand how, armed with new beliefs, they can create any future that they desire.

Embracing Joy and Gratitude

When you can focus on enjoying your life and choosing to be happy and grateful no matter what the current circumstances are in your life, when you can allow yourself to relax and trust that all is well and you are exactly where you are supposed to be and that life is leading you to a beautiful future and that everything in your life right now is what it looks like on your unique path to realizing that beautiful future you desire, you will not only find more joy in your present moments, but you will be attracting that beautiful future to you. Joy is a daily practice. We fill our lives with love and abundance when we focus on a daily practice to cultivate joy, happiness, and gratitude. It is a daily practice of harnessing and directing our thoughts intentionally rather than allowing our default thoughts to run us. Thoughts are like seeds in the garden of our mind. The thoughts we choose to focus on and nurture with our attention and focus not only reproduce more of the same kind of thoughts, but they actually manifest in our lives as the outer circumstances and conditions of our life. What we focus on, we attract more of. What we consistently think about becomes our reality.

Write in your journal or use the space below to reflect on the following:

- Recognize that I have a choice in what thoughts I think and what thoughts I focus on. Therefore, I have a choice on what life I am creating. I create my life by default or by design.
- How can I shift the focus of my thoughts from dwelling on problems and trying to solve them to embracing joy and gratitude?
- Today, I choose to empower my healing over my heartache, because what I choose to focus on expands. What is it I want to focus on today and have more of in my life?



Final Words

You are worthy of joy, peace, happiness, and abundance in all areas of your life. You deserve a life that lights you up and is filled with meaningful relationships, vibrant health, lasting energy, and the ability to attract to yourself all things your heart desires.

What are you ready to release?

What are you ready to receive?

What do you want your life to look like?

Where do you want to expand the boundaries in your life?

In what areas of your life do you want to stop asking circumstances for permission to live the life you want to be living?

This is just the beginning—Are you ready to take your next steps into the life you have imagined?

Book a free Empowerment Session with me. I would be honored to support you in achieving the life you desire.

What are you waiting for? “Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it.”

—William Hutchinson Murray, from his book *The Scottish Himalayan Expedition* (quote often attributed to Johann Wolfgang von Goethe)

You can also check out the following journals I have published on Amazon:

My Healing From Divorce Journal – A 90-Day Journey to Renewed Strength and Self-Discovery: Uplifting, Inspiring, Mindful, and Meditative Messages to ... Their Journey to heal from Divorce
–<https://a.co/d/byLEX41>

The New Me Journal: A 90 Day Journey to Inspire and Guide You on a Path to the Best Version of You.
–<https://a.co/d/3MNPmyW>

Winning At Life: A guided journey to creating the life of your dreams
–<https://a.co/d/45INDfY>

Healing a Broken Heart: A Guided Journal for Emotional Recovery and Self-Discovery
–<https://a.co/d/7aoORJt>

Thank you for letting me walk beside you in this chapter of your journey. If you're ready to go deeper, I invite you to connect with me — let's create the life you've been longing for, together.

- SANDRA LAFFOON

Today, I choose to trust the process of healing and growth. I am proud of myself for the courage it takes to move forward in spite of the pain, to create a better future.