



## **MAKE DIVORCE THE BEST THING THAT'S EVER HAPPENED TO YOU.**



**Get back in the driving seat of your life, feel  
happier than ever and embrace this next chapter.**

[www.sarah-woodward.com](http://www.sarah-woodward.com)

Hi there,

I'm guessing that if you've downloaded this guide, then you're either in the midst of a breakup, or you're thinking of leaving your relationship.

And seeing as divorce was never part of the plan when you got married, it can bring up a lot of emotions.

So my intention is that at the end of this, you'll be a whole lot clearer on the actions you can take to diffuse the emotion and give yourself support when you need it most.

And yes, actually begin to see how divorce CAN be the best thing that's ever happened to you.

**What you'll discover in this guide:**

- How to start reprogramming your brain so that you naturally feel more positive and ready to take on whatever's thrown at you.
- Get back in the driving seat of your life so that you're running your life rather than being at the mercy of it.
- Support your mental and physical health to feel stronger and more capable to manage the roller coaster of emotions which is inevitable during this process.





## Have we met?

I'm Sarah,

20 years ago I was blindsided when my husband walked out on me and our 'perfect life'

I turned up for therapy every week, hammered the credit card hoping that if I felt better on the outside with my new wardrobe then I'd feel better on the inside and bought all the self help books going.

None of it worked and I beat myself up wondering why I couldn't get over it.

What I know is that no one ever showed me how to navigate this.

If I'd known the tools and techniques that I share with my clients now, then I would have moved on so much quicker and improved every area of my life, instead of staying stuck for years.

I'm an accredited breakup and divorce coach and a positive psychology coach which is the science of happiness and all about giving you the tools to flourish and thrive in life.

**I've won multiple awards and I'm regularly featured in the press.**



The Telegraph



STYLIST



DAILY EXPRESS

I've helped tons of women just like you to fast track through their breakup and make divorce the best thing that's ever happened to them!

**Don't be a stranger, come and say hello on Instagram or Facebook**



Instagram: [https://www.instagram.com/sarahwoodward\\_divorcecoach/](https://www.instagram.com/sarahwoodward_divorcecoach/)



FB Business Page: <https://www.facebook.com/sarahwoodwarddivorcecoach>

## Small actions make a big difference

By taking consistent action every day with the tools I share in this guide, you'll begin to feel more positive and empowered. You feel ready to take the next step, which could be having the conversation with your husband, feel excited at having the day to yourself to do exactly as you want when the kids are with your ex, or realise you've got your sense of humour back when you join in with the office banter.

These actions might seem small, but that's the beauty of them. You don't have to climb the mountain, you just have to start with the tiny steps that will take you further each day.

What happens when you do this consistently is that your brain will start to change and to seek out the positive: think of it as planting seeds and watching them flower. Each day the colours will get brighter so that you genuinely feel happier, instead of simply trying to mask your feelings and put on a brave face.



## So, let's dive in...

This guide is in 3 parts because the support you need at the very start when you're trying to make a decision and struggling with emotions like guilt and anxiety is different to what you need once you've moved through that and feel ready to embrace your new life and say "YES" to your future.











**IN THE MIDST OF A BREAKUP:**

It's often the small consistent actions you take during your breakup that have the biggest impact as they build momentum and before you know it, you'll look back and realise just how far you've come.

**1. Commit to doing one thing every day that makes you happy.**

Training your brain to be happy again and focusing on the positives in your life is a powerful way of making divorce the best thing to happen to you.

What can you commit to this week that you enjoy and will make you feel happier, make you smile or laugh. Try and do at least one thing every day.

Even if it's just 5 mins... it could be going for a quick walk, listening to empowering or uplifting music (have the playlists ready) or playing with your cat.

Track this so you can keep yourself accountable ...and happy!

	<b>What did I do today that made me happy and what do I want to do more of?</b>
<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	

## 2. Surround yourself with people who light you up.

Now is the time to clear out the people who drain you.

- Who makes you laugh?
- Who would you like to see more of in your life?

Do an audit of friends and family and make conscious choices to spend time with the 'radiators' in your life rather than the mood hoovers who just drain your energy.

**List of people who light me up and make me feel good about myself that I can reach out to when I need to. Plan in time to spend with them.**

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## 3. Gratitude

This is probably the last thing you feel like if you're going through a breakup, but practising gratitude daily for as little as 15 days has been proved to have a significant impact on your mental health.

This is not about false positivity, it's about starting to appreciate what you do have in your life so that you train your brain to look for more of the positives.

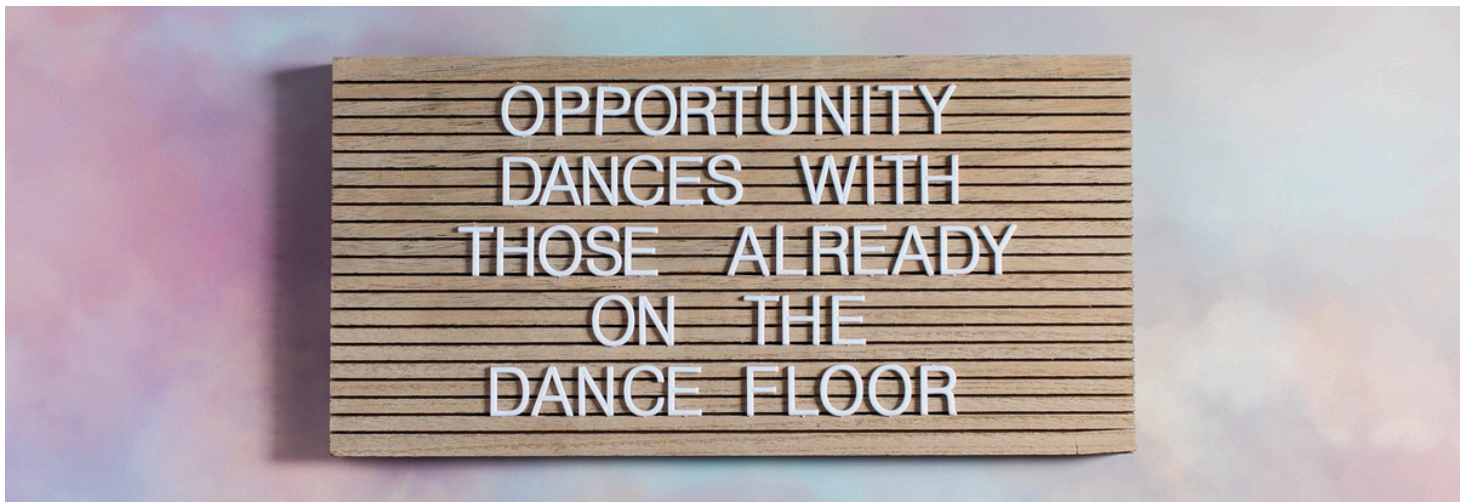
Even on those days when you feel there's nothing to be grateful for ...there is

- Are you grateful for the snuggles your dog gives you?
- Is your bed comfy?
- Is the sun shining through your window?
- Did you enjoy that first cup of coffee this morning?



And then start including gratitude in your daily habits. Either first thing in the morning, or at the end of the day, list 3 things you're grateful for. Think about why you're grateful for each thing as this makes the exercise more powerful.

	What am I grateful for today?
<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	











This guide has just scratched the surface of the tools and techniques I teach my clients. And the best part is that these tools don't just support you through your breakup, they support your happiness and wellbeing on an ongoing basis... and who doesn't want to feel happier more of the time?

If you've seen shifts from using the tools in this guide, and know you'd like the individual support to help you can fast track through your breakup, instead of wasting time and energy trying to do it on your own, you can click the link below to book a free, no obligation call with me to discover how coaching could support you.

**BOOK YOUR CALL**

*"With Sarah's help, I'm now fully in control of my destiny and choices."*

*"I would 100% recommend coaching with Sarah. Therapy has a place; friends and family have a place but if you want to stop being stuck in grief, shock, anger, upset and utter heartbreak and move forwards into your future with peace and happiness, coaching with Sarah is the best gift you can give yourself!"*

*"I am so pleased that I decided to work with Sarah and have made a lot of progress towards creating a new and exciting future. I had been having weekly therapy which had helped me process my emotions, but I felt 'stuck'. I wanted to move forward rather than keep thinking about all the sadness... I feel so positive and inspired after our sessions."*

*"I was struggling with having to deal with life on my own & I was worried about how I was going to get to a place of happiness again... I have noticed huge changes in my life and my family and friends have seen how much I have grown since working with Sarah...I would recommend coaching as it has completely transformed my life."*

*"Sarah has not only built me back up but reinvigorated me to feel empowered. I'd recommend this to anyone, the importance of knowing what makes you happy both in and out of a relationship means I will never settle or live anything other than the happiest version of life."*

*"If you are going through a divorce, it's one of life's most stressful event and I'd thoroughly recommend talking to Sarah. She puts everything in perspective and shows you how to make a negative experience have a positive outcome."*

*"By the time I finished my coaching with Sarah, I left with feelings of hope, optimism, and a plan on how to rebuild my life on my terms. I would definitely recommend Sarah to anyone who feels misunderstood and alone in the divorce journey. Thank you Sarah for everything you have done to help me through this dark period in my life!"*



**AND DON'T FORGET TO GRAB YOUR  
15 DAILY HAPPINESS HABITS HERE**

**I WANT TO BE HAPPIER >>**

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