

JULY 2025



Celebrate Your Own Independence

There's a moment in every healing journey where you pause and wonder...

“Will I always feel this way? Like I have no light - no energy.
I can't seem to get beyond the pain of my divorce.”



This month, I want to remind you—your light isn't gone. It's just waiting, patiently, under the weight of your heartbreak, burnout, and always putting others first.

In the US, the month of July represents our country's independence, freedom, fireworks and sparklers.

It's one of my favorite holidays in my little small town - a very "Norman Rockwell" like setting with the fireworks lighting up the sky and reflecting on the lake below.

Let this month be the time you decide to celebrate your independence, by setting a clear intention to work on getting your glow back. It's an inside job - whether it's a morning walk, the freedom to choose something new to try, or returning to a hobby you used to love and finding the joy in it, all over again.

To help you get started, I've created a section you'll see each month to help you put things into action, called the Spark! You'll find the **July Spark** below where you can download a very do-able 4-week challenge that's sure to "spark" a new beginning! ✨

Coach Jill
Chief "Glow Girl"

Divorce Recovery Coach
Founder, EmpowHERful Journey

PS: Although Independence Day was officially last week, it's never too late to thank those who have so bravely sacrificed in order to serve our country. You and your families are my heroes. **Thank you for your service!**

Stories that Shine ✨

From Hesitant to EmpowHERed



“I thought I was ready to date, but had blindspots that held me back. Jill put me at ease, helped shift my mindset, establish boundaries, and rebuild confidence.

Now I feel secure,
empowered
and excited!”

— Kristi B., Washington

Kristi, an Athletic Director from Washington, sought coaching after feeling disappointed with online dating post-divorce. Our sessions focused on her values and identifying triggers, empowering her to be authentic about what she truly wanted in a relationship and feeling secure enough to share more about who she is in her profile.

Through self-care, affirmations, and mindset shifts, Kristi gained confidence and released old patterns. She realized the importance of prioritizing her self-worth and authenticity, leading to increased attention online and excitement for new possibilities.

Her journey reminds us that true healing involves returning to one's true self, allowing one's self-love and inner "glow" to shine before seeking new relationships.

Affirmation of the Month



July Ray of Light

An affirmation created just for you!

Write it. Speak it. Let it settle into your bones.
Your glow is not gone—it's being reignited!

Let this be your daily reminder:

SAVE as your mobile phone wallpaper (or) print and pin up.
Either way, find inspiration all month long!

[Save It Now](#)

July Spark



Reignite Your Glow After Divorce

"This month, I choose Me."

A 4-week Challenge, to
"spark" a new beginning!

Each weekly motivation includes activities to explore small but powerful actions that honor your independence, reconnect you to yourself, and open doors to joyful discovery that make you sparkle! ✨

Download July Spark

📸 **GIVE AWAY:** Show your light in action!

Post or DM [@empowherfuljourney](https://www.instagram.com/empowherfuljourney) a picture with the caption of "July Spark", and share a bit about what positive action you took to bring back your spark.

PLUS, you'll have a chance to be entered into a drawing for a free set of affirmation cards to keep your momentum going! ✨

Let's Connect!



Your EmpowHERful Journey Starts Here

**Book your
EmpowHER Session Today!**

Your complimentary 30 minute session is in a safe, confidential setting where we'll cover:

- Where you are
- Where you want to be
- Taking simple consistent action,
- and Create a life you love!

You don't have to do this alone!
I've been there, and I'm here for you.
So come on, Let's Glow Girl ✨

Start Your Journey



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