

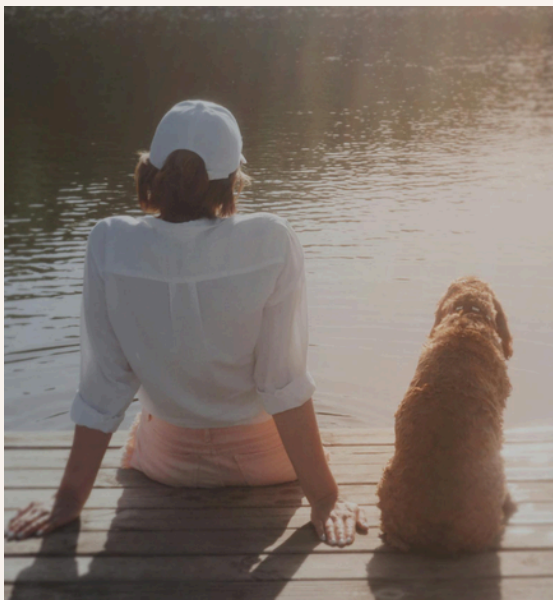


Embrace New Beginnings

August can feel like a quiet bridge—the sun still warm, but change gently whispering in the breeze. For many of us, it stirs up a deeply personal question:

“Is it too late to start over?”

“What if this is just how life is for me now—a bit flat, like I’m just going through the motions?”



If that sounds familiar, I want you to know:

- ♥ You are not behind.
- ♥ You are not broken.
- ♥ You are not too late.

Whether your divorce was recent or years ago, August is a

gentle invitation to start a new season—not with pressure, but with presence. It doesn't require a massive reinvention. Sometimes, all it takes is one small shift—a new morning ritual, a softer inner dialogue, a brave little “yes.”

In my world, August has always felt like a soft reset. Summer's winding down, the breeze shifts just slightly, and everything around us seems to whisper,

“Are you ready to come back to yourself?”

This month, I invite you to explore who you're becoming—not just who you were. Let this be the moment you soften your shoulders, lift your chin, and turn toward the possibility of more.

You're not moving on—you're moving forward.

And to support that shift, I've created for you, the Affirmation of the Month, a simple yet powerful practice designed to help you reconnect with your worth—right from your own mirror, fridge, or bedside table.

And, you'll also find the August Spark below, where you can download a very do-able challenge that's sure to “spark” embracing new beginnings with confidence and clarity! ✨

Coach Jill

Chief “Glow Girl”

Divorce Recovery Coach

Founder, EmpowHERful Journey

Stories that Shine ✨

From Unclear to Reignited



Alison, from Minnesota, came to me feeling disconnected from her sense of direction, unsure what the next leg of her journey should look like. Our sessions focused on reconnecting to her core values and passions, uncovering what truly brought her joy and purpose.

" Thank you for your guidance. You brought a spark out of me regarding my passion and next steps to figuring out what I want to do with my... future.

I'm really excited!"

- Alison D., Minnesota

Through a mix of honest self-discovery, vulnerable conversations, and a willingness to face things she'd been avoiding, Alison gradually peeled back the layers of doubt and fear that had been limiting her potential and clouding her vision.

It wasn't always easy—but identifying her strengths, her value and her passion brought out a new energy, zest and spark in her as she

started to reconnect with a long-buried part of herself. The clarity didn't come all at once—but through consistency and compassion, her glow slowly returned. I mean, you can see it now in her bright, beautiful face. I love it!!

Her journey reminds us that clarity doesn't come from doing more—it comes from getting still, turning inward, and trusting the quiet voice that says, "I matter, no one is like me. I can do this."

Affirmation of the Month



August Ray of Light

An affirmation created just for you!

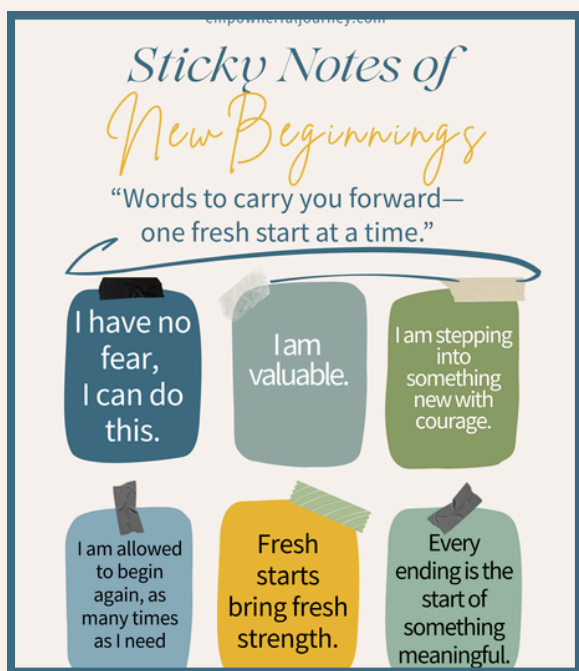
Let this gentle mantra anchor you in August.

- ✦ Save as your phone wallpaper
- ✦ Repeat it in the mirror each morning
- ✦ Whisper it to yourself on hard days

Your glow doesn't have to rush. It just needs room to rise.

[Save It Now](#)

August Spark



Sticky Notes of Self- Worth “Words that rebuild me”

A printable mini-ritual to help you reconnect with your confidence—one note at a time.

This month’s Spark includes 12 beautifully crafted “I AM” affirmations, blank templates for your own, and powerful journaling prompts. Post them where you’ll see them daily—and let your own words become the mirror that reflects your worth. 🧡

[Download August Spark](#)

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

Snap a pic of your sticky notes in action and tag @empowerfuljourney on IG or FB, or DM/email us at jill@empowerfuljourney.com

You’ll receive 30% off my 90-Day 1 on 1 Divorce Healing Program
Deadline: August 31st — Let your self-worth shine! ☀️

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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