



From Surviving to *Thriving*

Hi, I'm Jill.

Founder of EmpowHERful Journey Life Coaching.

I help divorced women heal from the pain of their past, rediscover who they truly are, and rise stronger—with the confidence to create a life they love.

After going through my own divorce, I know how overwhelming and isolating this journey can feel. But I also know this:

Divorce is not the end—it's a fresh new beginning.

I created this guide to help you move from **Surviving to Thriving**—with tools to rebuild confidence, gain clarity, and to create the life that you desire.

It all starts with the first step. Don't worry girl, I got you. Take my hand & let's begin...



Step 1: **RECLAIM** *Your Self-Worth*

Divorce may have shaken your confidence, but it did not define your value. This is your moment to remember who you are—**beyond the roles, the pain, or the past.**

It's time to rebuild from the inside out—one empowering choice, one kind thought, one bold boundary at a time.

Let's begin by reconnecting with the woman you've always been: **worthy, whole, and wildly resilient.**

♥ Quick Confidence Boost Checklist

Rebuild your self-worth after divorce—one small step at a time.

☐ **Affirm Yourself Daily**

Say “I am strong. I am worthy. I am enough.”

☐ **Celebrate a Small Win**

Write down one thing you did well today.

☐ **Set a Healthy Boundary**

Say “no” to something that drains your energy.

☐ **Take 10 Minutes for You**

Walk, journal, stretch, or simply breathe.

☐ **Surround Yourself with Positivity**

Follow inspiring accounts, read something uplifting, or call a supportive friend.

Step 1: RECLAIM *Your Self-Worth*

Action Step

List 3 things you love about yourself
(personality, skills, or strengths):



Four horizontal dashed lines for writing, spaced evenly down the page.



Step 2

REDISCOVER *Your Purpose*

Without your former identity as a wife, it's normal to feel a little lost. But this is not the end—it's the beginning of your most powerful chapter yet.

This is your time to reconnect with who you are at your core—your passions, talents, and dreams that have always been there, waiting for you to return.

Your purpose doesn't have to be big or loud. It just has to feel true.

Purpose Discovery Reflection Checklist

☐ What did I love to do before marriage that I stopped doing?

☐ What am I naturally good at? (What do people compliment me on?)

☐ What excites me and makes me feel alive?

☐ What kind of life do I want to create moving forward?

Step 2

REDISCOVER *Your Purpose*

Action Step

Write your new life vision statement
using this prompt:

“I am creating a life where I feel _____,
do _____, and experience _____.”



.....

.....

.....

.....

Congrats! Now share it on IG
@empowHERfuljourney to claim
and manifest it in your mind.



WIN! One life vision post shared to
IG will be drawn to receive
1 month of FREE 1:1 coaching
(with the purchase of a 3 month pkg. \$500 Value)

Step 3

BUILD



a New Empowered Mindset



Your thoughts shape your reality.



To truly thrive, you must shift from “I am broken” to “I am becoming the best version of me.”

This isn't about ignoring your pain—it's about choosing to believe in your power to rise

From Surviving to Thriving: Mindset Shifts

-  Instead of: “I’m not good enough”
-  Say: “I am learning and growing every day.”

-  Instead of: “I’ll never be happy again”
-  Say: “I have the power to create happiness in my life.”

-  Instead of: “I failed”
-  Say: “This is a fresh start, not a failure.”

*Speak to yourself like someone you love.
Your inner voice can be your greatest
source of strength.*

Step 3

BUILD

a New Empowered Mindset

Action Step

Write down one limiting belief that's
been holding you back:



Now, reframe it into a truth that
empowers you:





You are rewriting your story—
one thought at a time.



Step 4

TAKE ACTION

empowherfuljourney.co

and Step Into Your Power

Thriving doesn't just happen—it's created.

Every small, intentional step you take builds momentum, confidence, and a life that reflects your worth.

You've done the inner work—now it's time to take bold, loving action toward your new beginning.



Your Thriving Action Plan

☐ Set One Small Goal This Week

Try something new or brave. Example: "I'll take myself out for coffee and reflect on what excites me about my future."

☐ Create a Supportive Routine

Incorporate daily habits that nourish you—like affirmations, gentle movement, or journaling.

☐ Find Your Empowering Community

Surround yourself with women who uplift you. You don't have to do this alone.

[Get ready for the launch of the GLOW Girls Collective, an EmpowHERful MembHERship Community for Divorced Women - Coming Soon!]

☐ Celebrate Your Growth



Recognize your progress—every small step counts. Be kind to yourself along the way, share your wins with each other!

Step 4 TAKE ACTION and Step Into Your Power Action Step



Write down one small action
you'll take this week to step into
your power.

EG: Tame my inner-critic and be kind to myself. My
journey is about progress, not perfection.



.....

.....

.....

.....

This is your proof that you are
moving forward—on your terms,
in your time, and with your
whole heart.



From Surviving to *Thriving*

✨ You Have the Power to Thrive

You've reflected and
kicked off your healing process!

🔥 Inside Your EmpowHERful Journey You'll:

- ✓ Rebuild unshakable confidence
- ✓ Rediscover your purpose and passion
- ✓ Create a life that feels joyful, aligned,
and truly yours

You don't have to do this alone!

I've walked in your shoes—and I'm here to
light the path along your journey to guide you
every step of the way and help you heal, and
rise stronger and more confident than ever!



Scan Here
to Book your FREE
EmpowHER Session!

