



From Surviving to Thriving

September often feels like a threshold month—summer fades, routines return, and there’s a gentle pull to reset. For many of us navigating life after divorce, this season can stir a big question:

“Am I just surviving... or am I truly thriving?”

If you’ve been feeling like life is a blur of obligations and chaos, and you’re simply trying to “get through the day,” you’re not alone. Healing after divorce is not just about surviving—it’s about reclaiming your spark, your confidence, and your joy.



- ♥ You deserve to thrive.
- ♥ You deserve to feel motivated.
- ♥ You deserve a life that lights you up.

This month, I invite you to pause and reflect: What would thriving look like for me right now? Maybe it's waking up without heaviness, saying yes to new opportunities, or simply noticing the joy in small, ordinary moments.

This month, I've created an Affirmation of the Month just for you—a gentle yet powerful reminder that you are no longer stuck in survival mode. It's meant to be more than just words; it's a practice you can easily weave into each day. Save it as your phone wallpaper, or print it and pin it up near your mirror where you get ready. Just keep it close for those moments you need a little extra light as you rise.

Alongside it, I've designed this month's September Spark—a free guide called “From Surviving to Thriving.” Inside, you'll find practical steps, thoughtful journaling prompts, and confidence-boosting exercises to help you shift from simply getting through the day to truly stepping into your glow. I poured some great content into this one, so I urge you to print it, go through it, and return to it as needed - it's your personal roadmap forward. ✨

Coach Jill

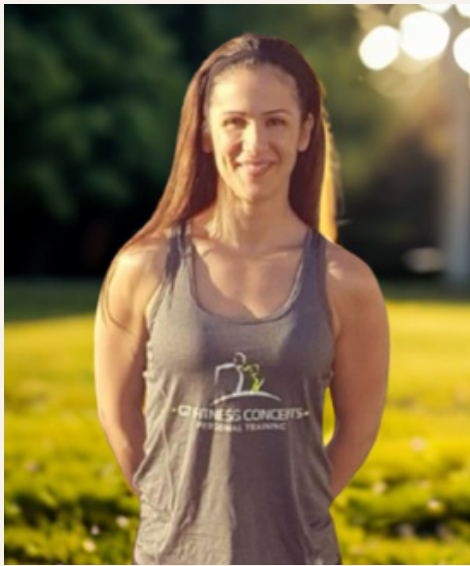
Chief “Glow Girl”

Divorce Recovery Coach

Founder, EmpowHERful Journey

Stories that Shine ✨

Stepping into a Brighter, Thriving Life



When Cathy first reached out, she was doing what so many women do —put on a brave face for the world while quietly feeling stuck inside. She had been in “survival mode”, carrying the weight of responsibilities and emotions that left little room for herself.

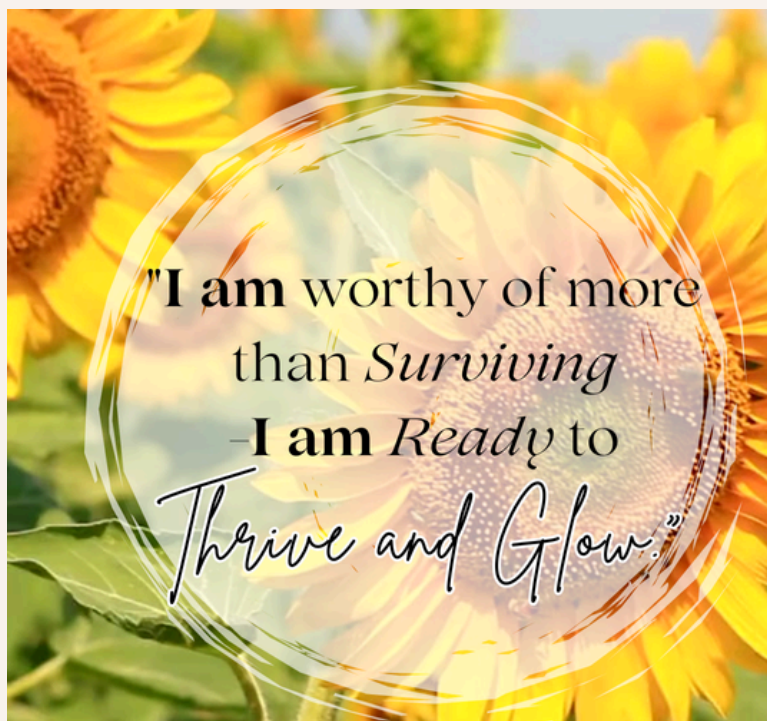
"They say people are brought into your life for a reason, and I feel like you were that for me. I've learned so many things from you."

— Cathy F., New Jersey

Together, we worked on gently shifting her perspective—helping her release the constant self-doubt, and reconnect with her strengths, by creating small daily practices and putting the tools she learned into practice, she rebuilt her confidence step by step and was hopeful about the future.

Her story is a powerful reminder that thriving doesn't always come from massive leaps; it often starts with one empowering choice at a time. Cathy's glow today is proof that with the right guidance, you can move beyond surviving and step into a brighter, thriving life. ✨

Affirmation of the Month



August Ray of Light

An affirmation created just for you!

This month's affirmation is a gentle yet powerful reminder that you're meant for more than just getting through the days—you're meant to rise and shine.

- ✨ Save it as your phone wallpaper
- ✨ Say it in the mirror each morning
- ✨ Repeat it on the days you feel like you're slipping back

Thriving isn't a distant dream—it's the glow you're meant to live. ✨

[Save It Now](#)

September Spark



[Download](#)
[September Spark](#)

From Surviving to Thriving

This month's Spark is your roadmap out of survival mode and into your glow. Inside, you'll discover how to:

- ✦ Reclaim your self-worth
- ✦ Rediscover your purpose
- ✦ Build an empowered mindset
- ✦ Take bold, loving action each day

Simple steps, powerful shifts—so you can thrive with confidence and light.



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A 90-Day Program to Heal, Rise and Shine After Divorce

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- Create a positive vision and plan for the life you want

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and verbal assessments- That's it!

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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 ✨



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