



From Narcissistic Chaos to Breaking Free

October is a season of release—the leaves let go, the air shifts, and we're invited to do the same. For many women healing after divorce, this month brings up another layer of truth:

What (or who) do I need to release in order to reclaim my peace?

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 clarity.
- ♥ You deserve safety and love.
- ♥ You deserve a life that's yours again.

This month, I invite you to reflect: Where am I still holding onto fear, anxiety and chaos that no longer belong to me? What small step can I take today to choose clarity, peace, and healing?

I've created an **Affirmation of the Month** to help you anchor into this truth daily—a gentle reminder that your peace is worth protecting. And alongside it, this month's **October Spark** is a free guide called, *From Narcissistic Chaos to Breaking Free*. Inside it, you'll find empowering insights, real-life examples, and practical “power moves” to help you rise above manipulation, protect your boundaries, and begin reclaiming your glow.

Coach Jill

Chief “Glow Girl”

Divorce Recovery Coach

Founder, EmpowHERful Journey



Stories that Shine ✨

From Self-Doubt to Celebrating the Wins



When Sita began her journey, she lacked self-esteem, often second-guessed herself and felt unsure of her next steps. Together, we created space for clarity—helping her shift her mindset from constant self-doubt to self-celebration. By building small, intentional practices and reconnecting with her inner strength, she grew more confident in her choices and began taking bold steps toward the life she wanted.

"Jill, You inspire me to find the courage to pursue my big 'why' in life and to take the time to reflect on and celebrate my small wins along the way. Thank you for being such a guiding light—I'm truly grateful."

— Sita P., Australia

Something that really hit home for her, was when we took a look "in the rearview mirror" and recognized how much she'd learned, how far she'd come in just a short period of time but taking the time to invest in herself.

Today, Sita is moving forward with clarity and courage, fully embracing her purpose and allowing herself to celebrate every step of her glow-filled journey.

Her story is a reminder that healing is not about rushing to the finish line—it's about honoring the small wins that build your confidence and light the path toward a life that feels true to you.

Affirmation of the Month



August Ray of Light

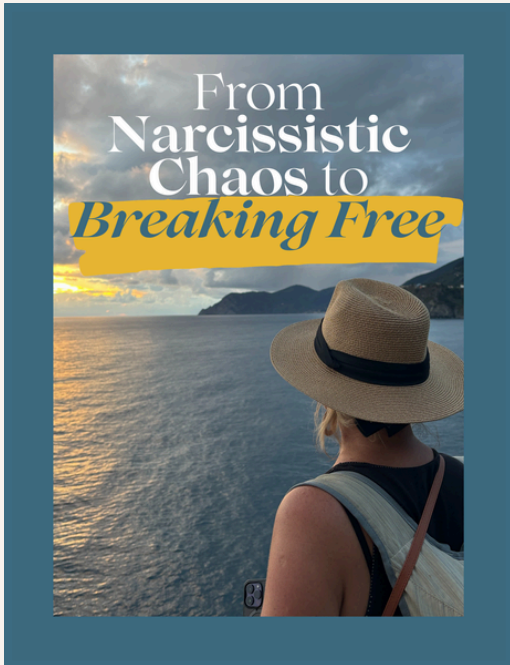
An affirmation created just for you!

This month's affirmation is a gentle reminder that healing is about daily choices—the choice to release what no longer serves you and step toward what feels light and true.

- ✦ Save it as your phone wallpaper
- ✦ Repeat it each morning in the mirror
- ✦ Whisper it on the days you feel pulled back into old cycle

[Save It Now](#)

October Spark



[Download](#)
[October Spark](#)

From Narcissistic Chaos to Breaking Free

This month's Spark is your guide to stepping out of confusion and into clarity. Inside, you'll discover how to:

- ✦ Recognize the patterns of narcissistic abuse.
- ✦ Understand the impact it has had on your confidence and peace.
- ✦ Take intentional steps to reclaim your reality, hold your boundaries, and protect your glow.

Simple truths, powerful shifts—so you can walk forward with courage and light.

Transform Your Life After Divorce

Save \$800! Join the Divorce Recovery Study!

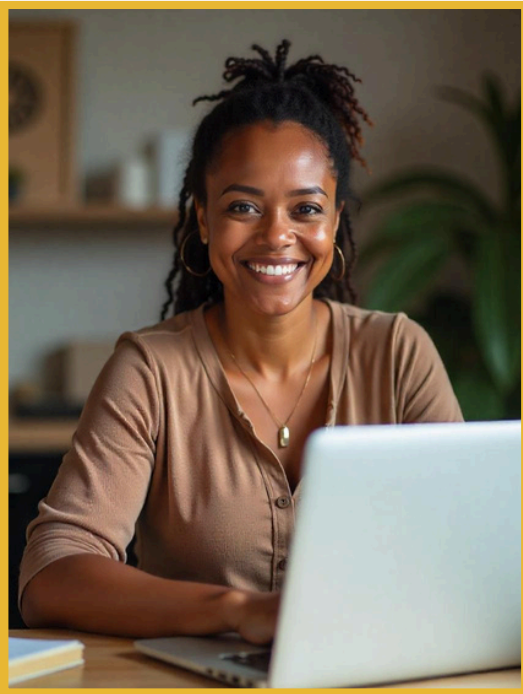
SAVE \$800!

Your EmpowHERful Journey

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

- Weekly 1:1 virtual coaching
- Heal from a painful past
- Rise stronger and validate your self-worth
- Confidently get your motivation and shine back
- Create a positive vision and plan for the life you want

Hurry - Book before this Offer Expires!



Enroll Today: Your EmpowHERful Journey Case Study

Receive an \$800 Discount in
exchange for completing 4 written
and verbal assessments- That's it!

Book a Complimentary 30 Minute
EmpowHER Session to learn more.

[Start Your Journey.](#)

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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