



Gratitude, Growth & Grounding

November carries a quiet kind of beauty for me—crisp air, colorful leaves scattered underfoot, and the first feel of winter in the air. Uff!

It's the perfect time to slow down, wrap yourself in something cozy, and reflect on all that's carried you here—the lessons, the growth, and the quiet strength you've found along the way.

For many divorced women, this season can bring up bittersweet emotions—grief for what's been lost, gratitude for what's been learned, and hope for the new life before you.



This month, I invite you to pause and ask yourself:

“Where have I grown the most this year?
What am I most grateful for in myself?”

🍁 You've weathered storms

🍁 You've rebuilt from the inside out

🍁 You've proven that healing doesn't mean forgetting—it means remembering who you are.

Let November be your month to root into gratitude—not just for what’s around you, but for the woman you are.

I’ve created an **Affirmation of the Month** to help you stay grounded around these thoughts as we head toward Thanksgiving.

Your **November Spark** action guide brings something extra special... an opportunity to **Engage & Win** by showing your glow on the EmpowHERful Journey Instagram or Facebook page!

As I welcome in the new season, I want to express my sincere gratitude for your support, engagement and beautiful glow!

Coach Jill
Chief “Glow Girl”

Divorce Recovery Coach
Founder, EmpowHERful Journey



Stories that Shine ✨

A Journey Back to Self-Love



“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

When Kristi first came to me, she was trying to move on after her divorce, yet still questioning herself if she was "ready". Nonetheless, she dipped her toe into the dating pool, only to run into the same disappointments. Deep down, she knew something wasn't clicking—she wanted love, but wasn't fully trusting herself.

Together, we peeled back layers of doubt and fear that had built up over the years. Through honest reflection, boundary work, and gentle mindset shifts, she began to see that her glow wasn't gone—it was simply buried under old beliefs and people-pleasing.

Week by week, we focused on reconnecting with her values, confidently speak her truth without guilt, and showing up from a place of confidence rather than longing.

Kristi put in the work and now - she's no longer searching for validation from others - - she's attracting connection from a place of peace and self-love.

Her story is a reminder that healing doesn't start with finding someone new—it starts with grounding yourself in the work to learn to love the person most important - yourself .

Affirmation of the Month



"I am Grounded,
Grateful, and Growing
in my own Glow."

An affirmation created just for you!

This month's affirmation is a gentle reminder that gratitude isn't just about what we have—it's about who we're becoming. Each moment of thankfulness helps us see that we are already enough, and that our light was never lost, only waiting to be seen. 🍁

- ✨ Save it as your phone wallpaper
- ✨ Say it as you pour your morning coffee
- ✨ Whisper it when life feels heavy

[Save It Now](#)

November Spark

Give Thanks & Glow Challenge

✨ Engaged for a Chance to WIN! ✨

The weather's cooling down, but our glow is heating up! Join this month's **Give Thanks & Glow Challenge**, and if you post to the EmpowHERful Journey Instagram or Facebook page, you'll have the chance to **WIN** a 60-minute **1:1 coaching session** with me!

This month's Spark Action guide is your opportunity to reflect, reconnect, and celebrate how far you've come—while giving yourself the gift of deeper healing and guidance. 🧡

Here's how to get your chance to WIN a 1:1 session with me:

Follow @empowherfuljourney on Instagram and Facebook

Post or share a Story showing something you're grateful for this season—your growth, your peace, or your family.

Tag us using #EmpowHERfulGlow

✨ Winner announced November 30th! ✨

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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!



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Your EmpowHERful Journey Case Study**

Receive an \$800 Discount off the reg. price of
this life-changing program!

Limited Spots available to women serious
about investing in their growth. If that's you,
Click "Start Your Journey" to grab one of these
last spots to save \$800.

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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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