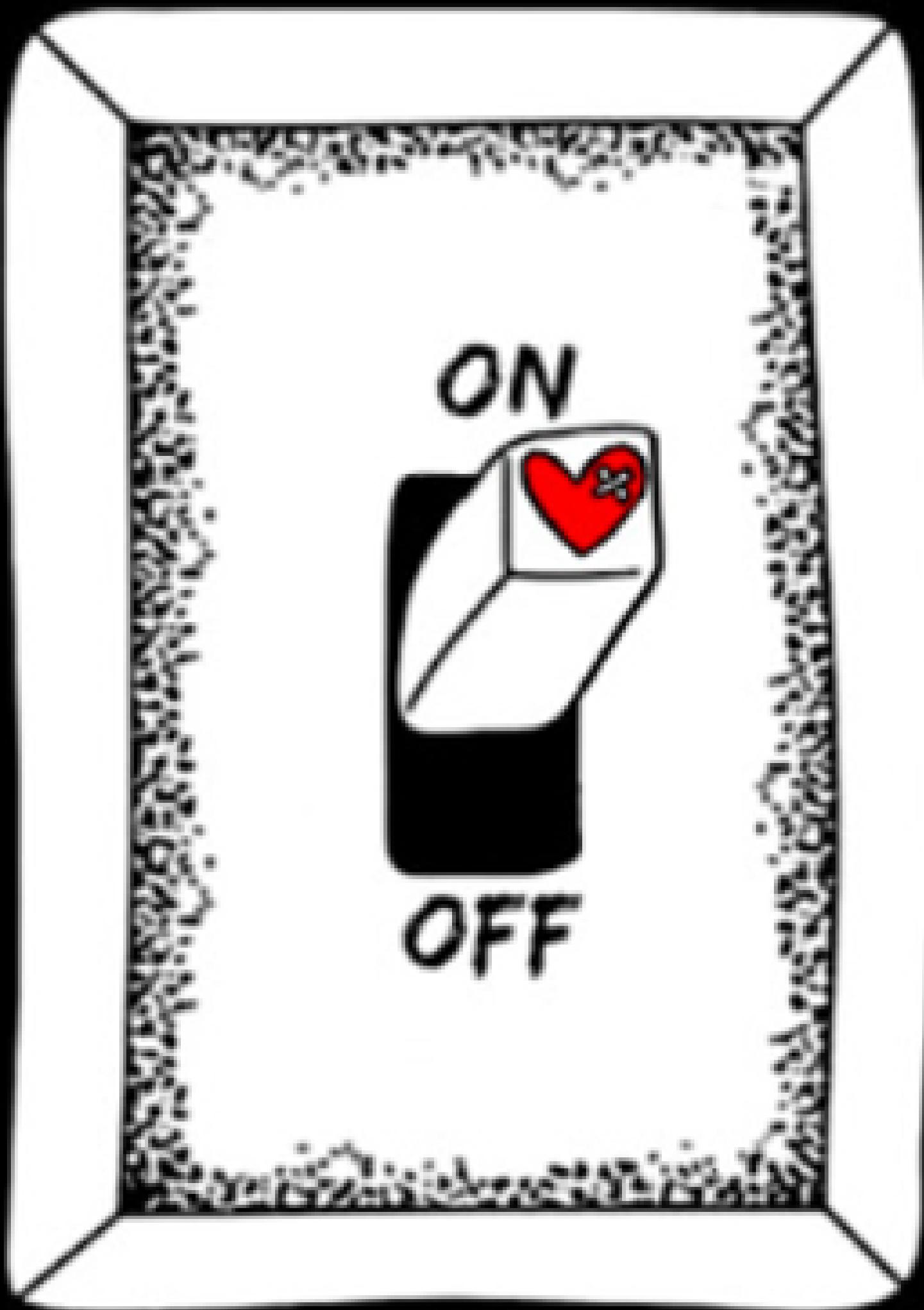


11 TIPS ON HOW TO FLIP THE SWITCH



A **BREAK UP & GLOW UP** guide
for the modern woman!

Celeste Wykes

Content^s

Introduction

#1 - Feel Your Feels

#2 - Have a Goal

#3 - Just do YOU

#4 - Let it Go

#5 - Write a List

#6 - Swap Out the Victim Mindset

#7 - If They Wanted to They Would or Could They?

#8 - Boundaries

#9 - Keep Emotion Out of It

#10 - The Saucy Secret

#11 - Don't Waste This Precious Time

Acknowledgments

Introduction

Hello beautiful babe, it's your girl Celeste! I've created this guide after wishing I had someone like me through my break-up journey, and after the many messages I received from women struggling to leave or move on from a relationship, I decided to make this guide to empower other woman, with or without kids.

To understand this book better you have to know where it all started. So, here we go....

In early November of 2021, the father of my 11 week old daughter (who was born 7 weeks premature) completely blindsided me and left for someone else after a relationship that lasted a total of 6 years. I was crippled with pain. When it finally ended my knees buckled beneath me, I could hardly breathe, I threw up the entire contents of my stomach: half a glass of wine, bile, and a cracker. My whole entire world was falling apart right in front of me and I felt completely out of control, sound familiar? I bet.

Two hours after my break-up I was all cried out and felt completely numb. I was staring out of my window and had the biggest epiphany of my life. I looked to my left where my best friend of 10+ years sat, peering through my hands at her while my elbows rested on the dining room table. I said to her calmer than I think both of us expected, "I'm going to do it". She didn't say a word, just had a puzzled look on her face and waited. I said... "I'm going to do it, I'm going to buy a motorhome and travel Aotearoa with my baby and dog" she looked at me with her eyes starting to light up and said, "Yes you fucking are!" confident because she knew I could and that I would. She hyped me up, gave me a massive hug, and the rest is what led me to writing this guide.

I want you to know that there is hope! Within 4 months I had sold my piece of land for over half a million dollars, purchased a caravan that literally has my name on it and bought a new Ute. I'm now travelling through Aotearoa, New Zealand as a solo mother in her mid-twenties, with a successful online mindset and fitness coaching business, all while raising a baby and doggo on my own. To commemorate the one year anniversary of becoming a solo mother, I launched this guide on the exact day my relationship ended, but when this version of me began. I wanted to reclaim the day and make it one to celebrate. So in honour of the 6th of November 2022, I officially became a published Author.

I DID THAT! And so can you! You can do anything you want. So... I am here to tell you QUEEN that your life is falling perfectly into place, purge those feelings, pick your damn self up, wipe those tears, and straighten that crown because, girlfriend, life is about to get a whole lot fucking better.

It's time to flip the switch baby!

Disclaimer

This is just a guide, this is my personal experiences and what I've learnt from both relationships after being cheated on twice, with and without kids. My personal do's and don'ts.

Take what information I've given you in this book and tailor it to your situation, every break up is different, but the fundamentals are the same it sucks and is painful. I'm just sharing what I've spoken to with other woman about and they said it really helped them or they wish they had known sooner. Do your own research, do what feels aligned to you and take what you like and leave what you don't.

I thought compiling all the information into one spicy spot would be the most helpful. I wish I had a guide on where to go, what to do, steps to take on moving through heartbreak logically and emotionally. I hope this supports you on your self love and healing journey.

Please feel free to tag me on any of my socials, @celestewykes and use the #howtofliptheswitch and write a review here to help reach other woman. I'd love to see who's purchasing and any lessons you've learnt or even if you resonated, happy reading girlfriend!



Firstly, I'm so sorry you're experiencing heartache. I know this one may seem a little obvious, or maybe you don't want to let yourself feel it because it's painful and hard, but it's so important for you to heal. Unfortunately, without feeling this pain it's gonna come up later! I still remember the first few nights after I found out that my ex was entertaining someone else and it looked a little like this...

I've never had to cry so quietly because I'm holding my almost 3 month old baby, crying so hard no noise came out. Feeling like I failed, not just myself but my daughter too. The dreams 5 year old me had of what my family would look like had been shattered. I was running on empty and don't drink coffee so not even caffeine could help. I was in a small room, on bunk beds surrounded by storage, feeling alone even though I was living with my amazing best friend who was **ALWAYS THERE!** (she did completely renovate it one day and it was the best surprise ever to come home too). I remember how long the nights felt, sore eyes from crying and the immense pain my body was in. I know now that if I didn't let myself feel it, I would never have truly hit rock bottom (you'll hit many "rock bottoms" throughout this journey and life itself! But you'll keep going, it **IS** always worth it!). I never wanted to feel that pain again (you feel it in different ways and at different times but it will never be that intense again). So when I say feel your feels, feel them!

Grieving the loss of a loved one is completely different for everyone. Sure, this person is still living and breathing here on earth, but that can almost make it harder! The grief process is different for everyone: how long, how deep, and the magnitude of how hurt we are is not a reflection of how much we loved! I think it's important to remember that you could hurt for 1 year or 1 day and that doesn't mean you loved that person any less. It just means you have chosen to love you more and know it's okay to move on. Expressing your emotions and feelings to family, close friends, a counsellor, or even to yourself in a journal is crucial for allowing your mind to process

everything. It's important to be vulnerable it's our power. However, it's important to let your support people of choice know they don't have to have an answer and try not to repeat the same thing over and over again. It's good to gain different perspectives but if they are trying to give you advice that will help you move out of this state, take it! As Einstein once said, "The definition of insanity is doing the same thing over and over again and expecting different results" - don't let it drive you insane! If you keep repeating feelings, scenarios, and what ifs, focusing on moving forward and finding a solution to your new path in life will be halted.

Of course, if you need to cry, scream, and shout then do it! But give yourself permission to laugh, have fun, and get excited about life again. Some days you won't even think about it and then something will come up, maybe their cologne, maybe a place you went often, or you may find out new information that triggers you and you could feel hurt and frustrated all over again.

You may even start to question your self worth and think why me? Why are they doing the things you asked them to do with someone else? Or even things you didn't even think were possible for them to do? Why wasn't I enough? How was I so easy to leave? It might seem like their doing everything for them, in my case, a whole new family. Or he's completely forgotten about the children you have together and moved on to a whole new life. You feel absolutely devastated for the life you imagined and if you have kids for them too. For a moment, I had these questions and I've come up with a couple answers. Maybe this is their person, maybe they were becoming bored with what you had? Maybe they majorly fucked up and it wasn't greener on the other side, and instead of leaving the new person, their doing everything to keep them so leaving you actually feels worth it! But, whatever the reason is, it doesn't matter. The fact is, no matter how hard it is to understand (trust me I know) thinking these thoughts changes absolutely nothing. Letting them control and negatively impact your energy is a waste of time, but your thoughts are ABSOLUTELY valid.

During this stage, I thought I needed closure but when I asked for that he didn't even know what the word "closure" meant and that's all I needed to realise he wasn't on my level in any way, shape, or form, especially after how he treated me. So I looked at it as though I'd absolutely dodged a bullet. I realised my ex is a walking red flag and if I was the other woman I would be running a few country miles away from him! Just remember, the actions or opinions of others do not reflect YOUR WORTH! NEVER allow someone else's choices to become the reason you question who you are! YOU DESERVE BETTER.

So don't let those negative thoughts consume you! This is the perfect time to go inward and do some major self reflection - work on who you are. Stay in your lane and focus on yourself and/or your baby because that's what's going to get you where you want to end up. In the end, I thanked the universe for taking him out of my life. Ultimately, you need to let their actions be theirs and not take them personally. It's hard to understand when you would never do what they did. You are the only person who can make you feel whole again, waiting for them to give you answers, and giving them that power is a waste of your precious energy. Don't beg for reasons why, their disrespect towards you and their actions is your why and that is your closure.

I believe we are all capable of learning new techniques to better ourselves. I believe in unlearning behaviour we grew up around that doesn't serve us, I believe in exploring your feelings and understanding them more to become a better equipped woman. I highly recommend getting a therapist to prevent you from exploding! When you actively engage in therapy and find a therapist that you mesh well with it can be an amazing experience. Having a stranger who is completely unbiased but also has sound advice is great because they can validate your choices and pull you up where needed. We can only own our own shit, we are in control of the way we react to our circumstances. So go get therapy, or get trustworthy honest friendship advice, and talk to people who have experienced the same thing as you. It'll help give you the tools you need.

A few things I learned in therapy that really helped me is this:

Imagine a helicopter pad at the top left of the letter “H” is your thoughts, top right side is the other person's thoughts, bottom left is an outsider's thoughts, and bottom right is the solution. This has helped me in my darkest moments to take a step back from myself and my emotions. Looking at things from a bird's eye view to try and gain a better understanding of the situation can be incredibly refreshing. It's helped me learn to respond rather than react. I've also learned that everyone has a different point of view and that's okay, it's not our job to always understand, and we don't have to agree. It's how we deal with things after we've had a moment to collect our thoughts that makes the difference.

Remember there are three sides to every story: yours, theirs, and somewhere in the middle lies the truth. However, when you don't know how to take that step back it can cause chaos. I experienced this with the father of my child over safety, boundaries, and communication. I absolutely lost my shit two times, there were months of deliberately causing issues on his part, and yup for a moment I let him have it! In hindsight, it sooo wasn't worth me becoming dysregulated over. Eventually, I moved through that and apologised for my actions (even though yes his actions caused me to get angry it's still on me for the way I reacted via text). I didn't get an apology from him, but if I were to do this again I'd have a formal agreement written up when it comes to boundaries, expectations, and communication. It would have made everything so much easier, but you live and learn!

Another tip I learnt that helped, was giving yourself permission to deal with your feelings or situations at a certain time or day that week can be beneficial when you are so busy. Looking after a baby, planning new adventures, dealing with family lawyers, property lawyers, real estate agents, balancing a social life, and having an ex who can drop more shit on you at any time is A LOT. Taking a deep breath (or a few) has

saved so much of my energy, and then creating a time and day when you know you don't have your kid/s, don't have work, or when you know you have space and have the emotional capacity can honestly help so much. For me, at night when my baby was asleep was my time to understand and gather my thoughts, feel feelings, and prepare to move on. It also gave me time to respond to her dad instead of reacting or even just allowed me time to see i didn't need to say anything at all, it gives you that space to reflect on what triggered you and how you can better move through it if it comes up again in another way.

What you are going through is a form of trauma. I experienced panic attacks and when breathing alone didn't help a few new techniques came into play. Shaking your body activates the parasympathetic nervous system it can help you move out built up trauma in the body, same with dancing. You can use somatic therapy which activates the nervous system and all you need to do is breathe and run your fingertips over your face, arms and hands. This causes us to become present with our body and mind and brings us back to a safe space.

Here are few questions to ponder on... do you feel afraid of the unknown? are you scared to be alone? If you reflect you were probably alone in the relationship anyway trying to make it work, putting in so much effort. Time and time again we as woman leave the relationship emotionally before leaving physically because we ask so many times what we want from them and they may change for a short time and then the same behaviour comes back. To them it's nagging to us it's communication. If they leave you, you could probably still look back and see how they weren't meeting your needs anyway, take it as a blessing. Are you afraid of the quiet? Silence can be deafeningly loud right? Being left with your own thoughts can be debilitating. Is it financial? Do you "need" them to survive? Are you scared to be with your feelings because you don't know what to do with them?

You aren't alone and I heard a TRUE story once about buffalos, I know strange but here me out. Buffalos hate water and being in storms, so

when they see storm clouds rolling in they actually run towards it... why? You may ask, because they stay in the storm the least amount of time, the storm passes over them and THEY RUN THROUGH IT because they have learned they will get to the other side faster, they recognise when they run away from it they are in the storm a lot longer.

If we implement that same theory to ourselves we tend to want to run away from it because the STORM is so painful that follows heartbreak. So we turn to numbing it using self destructive behaviours “to get over it” but all it does is make us stay in the storm a lot longer than we need too. If we choose to work on ourselves and process our emotions first, ATTACK THEM HEAD ON! we move out of the storm a lot faster, don’t let the fear of your feelings keep you from getting to the other side, run into it, do the work on yourself because your going to have to anyway, to move through this shit eventually! You can’t run from it forever you will get tired and you can only hide from life for so long.

So you have 2 paths... you can either numb yourself with substances and unhealthy behaviours and stay in the storm longer till inevitably you work through your shit OR skip the self destructive stage and go straight to healing. BOTH choices are fucking hard but one option is better and faster however, it’s YOUR CHOICE! If you are here I know you want option number 2, YOU CAN DO THIS!.

So ladies, a break-up can really fuck you up and put you in a position you DO NOT WANT TO BE IN. If you were blindsided like me BOTH times my relationships ended I FEEL YOUR PAIN. I know you didn't even want to be in this position. Be kind to yourself and learn how to regulate your own emotions! Put boundaries in place, stay firm and work through your trauma and FEEL YOUR FEELS girlfriend, it takes time but I promise you healing your inner child, allows you to understand you more, create healthier relationships in the future, strengthen your current family/friend relationships you have. I AM SO PROUD of you, I know it's painful and isn't easy, but it's damn worth it.



Having goals completely changed the game for me, it felt like this was my first conscious step in my recent break up, but this wasn't the first time forward thinking helped me move on.

In 2015, my best friend and I caught my first ex in bed with another girl (a work colleague). It took 2 and a half weeks but I finally started looking for a new job - I had quit my previous job and sold my car thinking he and I were going to move down south, I had \$147.00 to my name. My goal then was independence and my biggest motivator for that was that I couldn't stand living with my mum. She had married into a big family and there was too much drama and constant noise for me, so once I realised I didn't need my ex I did something about it.

Within 3 months of that break up I found a job I loved and got my first apartment ALONE at 18. I remember working part-time, making just enough to pay for rent, watching the same three movies on repeat, living off pasta, BUT finding more joy in my independence than ever before. It wasn't long before I started working full-time and then my health and fitness became a new goal. Less than 18 months later I had gone from 96kg to 64kg and managed to buy myself a beautiful SUV. I was absolutely living my best single life! It was all because of THIS break up that I found my passion for health and fitness, inspired others to start their journey, and then was pushed to get my personal training qualification with the intention to help other women. Since October 2018 I've been on and off helping women do exactly that!

However, the big success was July 2022 when I launched my mindset and fitness coaching business and have since guided more women to become their healthiest and happiest self physically and mentally! All while raising a baby and doggo, alone, on the road and writing this guide! So let's just say the actions of both my failed relationships were the catalyst of WHO I AM TODAY!

People asked how I got through this particular break-up so quickly and almost happily?

Because after my first break up I never allowed a man to be my whole world again! I am a whole person, no one completes me, I am foremost me. When the father of my child and I officially got together in 2017 I knew who I was and I did love him, or I thought I did, I guess that version of me did but looking back I know now I loved the idea of him. He was a safe, reliable, the predictable option and to be honest very average I knew what I brought to the table and didn't think he would have done what he did, I was clearly so wrong! Once I learned to love myself after my first break up I kept my goals a priority. So when I started dating the father of my child I made sure not to stop doing the things that bought me joy so I studied, I moved cities, even countries to pursue my dreams and live my life fully, even in a relationship. I know now that in any future partner he would also want to do those things together because it aligns with him not because I want to.

When it comes to goals, in fact, comparisons are out of the question - whether it be big or small to someone else, it doesn't matter, it's your personal goal that's going to bring you joy! Build your own foundation and keep building with every step forward you get closer to your dreams and if someone comes along let them build alongside you and keep your foundation for you! Grow together, support each other's goals, but I always say, "a partner should compliment you not complete you, you are a whole person first". I don't mean compliment you on your looks or personality (but girl damn if they ain't doing that move on don't beg for that either!) I mean you compliment each other's goals, morals, and values: your way of life fits and compliments each other! The reason it's so important is if they decide to leave, for example, your foundation may be shaken but I promise it won't crumble and crash to the floor because you loved yourself first! You'll heal again and add more building blocks to your already strong foundation, after learning a few more lessons!

Loving yourself and your life also allows for a healthier relationship with a partner! You won't be co-dependent! You'll have the ability to voice your needs and opinions because you won't be so fragile,

you'll know your worth and recognise when it's time to leave! Not only does life get better generally, but If you follow this guide I swear it gets next level EPIC!

Moral of the story HAVE A GOAL! Find yourself in doing something YOU want to achieve. It gives you something to focus on, gives you a reason to KEEP MOVING FORWARD. Everyone's goal will be different. Have a big goal and then create little goals daily, weekly, and monthly until you reach it. I think this is so important that I incorporate this into my online coaching business. It teaches women how to do this effectively to help change their mindset daily and work on their physical health, so when they finish the challenge they have a new found sense of confidence, a new body, and a new perception of their reality! It's changing lives one step, one day, one week, one month at a time.

When the pressure of life tries to fuck with you (because it will), being focused on growth, means you won't let anyone or anything fuck with that. Not the ex, a current partner, and not even family or friends. If anyone chooses not to support your goal they ain't it! Cut them loose. The journey to self improvement, self happiness, and self love also includes a lot of boundary setting and a lot of cutting things that no longer serve you or bring you joy. That on its own can be a goal for people. It can feel like such a lonely road some days.

Once you reach your new goal you'll find inspiration and have something else you want to achieve. It's a ripple effect once you start unapologetically living life for you everything completely changes. I've been on this journey since the end of 2015 and at every stage I found a new me, the foundation of me is there, but my beliefs, where I live, and the people I surround myself with have changed with me. ALSO nothing sexier than a woman who is confident in herself, takes no bullshit, doesn't need a man and can achieve anything she wants.

You'll also see red flags from a mile away and attract like minded partners more than ever before. GIRL you become a weapon and a

force to be reckoned with as you become powerful, heard, fierce, confident and smarter.

Never forget, this has happened exactly how it's meant to! You may not know why or how right now but in time you'll know especially if you follow your intuition. Let your success be the greatest karma/revenge, it's not your reason but this sure damn is your season. So let your success be your "toxic trait", your getting even, and don't for a minute put that energy into trying to make them feel like shit, it's not your job, you'll be matching their low vibrational energy and sis you're better than that!

So I'm ordering you to GO SMASH THOSE GOALS GIRLFRIEND YOU FUCKING DESERVE IT! go and live your extra best life. Remove the limiting beliefs, do the things that bring you joy and make you feel full of passion, light your soul on freaking fire and follow those burning desires. It's time you go and re-write your story make it the best it's ever been.



After a big break-up you're going to have a lot of thoughts yourself, you'll also have opinions from family and friends, the ex, their friends, their family, and possibly more! Take the productive advice, of course, and just trash all the other noise and DO YOU! Especially if children are involved, you need to make yourself a priority and show them how to practice self love and start living your new normal.

Now you can do this whether you are my single ladies or my MILFS it's definitely easier without kids but working on yourself and JUST DOING YOU, IT'S OFFICALLY YOUR VILLIAN ERA! you can move locations, work on your physical health, getting a new career, travel overseas, make shit happen this is YOUR TIME! Now clearly I am doing some of this with a baby and dog, but I also had to think of her dad and get a lawyer involved to make sure I could travel legally. What a blessing as a single woman, you have ZERO commitments! I did a lot before my baby though, I could have done so much more, SO GO FOR IT!

Whether you are single or have children when you start working on every aspect of you, healing ALL trauma including childhood and understanding your triggers and how to manage them. This will naturally mean when you decide to open up to potential love or intimacy again you are more than likely to attract the right guy that aligns with you. You'll see the walking red flags that you'll either want to avoid or engage with because you know you won't catch feelings and your looking for something super casual, JUST DO YOU!

There is nothing wrong with casual sex, go get it girl, as long as you're safe, it's consensual and you're doing it for the right reasons meaning for your pleasure and not because you're trying to rebound. Getting under someone else to get over your ex won't work, use that sex toy hun it's less complicated, if you can't or don't want to do casual, its the safest option. The thing is when you become more self-aware on this journey you find that you don't want to give yourself to a casual partner you feel the emptiness, lack of connection and you don't wanna waste your time and to be honest the deeper you get into this

journey the more you don't even wanna be touched unless it's fully on your terms. You can never not see or not feel the energy again when it's just not right! Even messages can give you the ABSOLUTE ICK.

When your intuition peaks, which is that gut feeling or little voice in your head. It get so much stronger AND SO MUCH LOUDER once you've started your self-awareness and healing journey which is kind of annoying sometimes when you wanna let loose, but you protect your energy and peace at all costs. It increases your expectations on who you want as a sexual and life partner you won't romanticise the possibilities of a person because of the sexual ties that you have!

The next few paragraphs are taking you on a journey, but stay with me the example will make sense in a hot minute! I grew up with a solo mum and she admits she wishes she did things differently at points, but she was only parenting with the knowledge she had and what's happened, happened! It can't be changed. I remember hiding things I did from my dad, who I'd see in the holidays. I did kapa haka and embraced my Maori heritage. My mum encouraged me to be open with him, but I chose not to because I didn't want the stress or judgement when I was nine. I know what it feels like to be put last after a job and a new relationship/wife. So from being a child who has experienced what it's like to have a parent giving less than bare minimum I decided my daughter doesn't need that.

This can be an unpopular statement and some people may disagree but, here we go... kids don't NEED two parents, here me out! Is it ideal to have two loving, supportive, kind parents? ABSOLUTELY, but when two parents have tried and professional help doesn't work it equals toxic, unhealthy and/or abusive it's time to tap out and break-up FOR the kids. I also believe that It's not better to have a parent in a child's life who is inconsistent and doesn't make the child a priority. If it's only when they want to and money, new relationships, work, alcohol/drugs, and everything else comes before the child THEY. DO. NOT. DESERVE. TO. BE. PART. OF. THEIR. LIFE! PERIOD. We need to be

holding people to a higher standard when it comes to how they treat us and our children. Kids deserve respect and to be treated like real human beings. They have feelings and all they want is to be loved and have your attention. Don't twist my words either, if you have kids and the other parent is safe, capable and wants to see them regularly it's in the best interest of the child/ren to happily let them have access and keep building that connection. Ask yourself did you feel heard as a child? Respected? Loved? Did you hide things? could you be yourself? A lot of the ways we react now is because of how we were treated and how we felt as a child.

Going back to the original statement what does any of that have to do with "DOING YOU" it means unlearning some core values you were taught by your parents or led to believe by society. The way you were raised has a direct impact on how you perceive the world and could be completely defining the way you are looking through your life lens. Phrases you may have heard that affected how you chose to live.

“A successful family is 2 biological parents raising a child”

“You should always try keep the family together, no matter what they do, you have to work on it”

“Don’t have a high body count, no “good guy” wants someone who’s been around the block. You’ll never find someone else who wants you”

“Getting a career and staying in the same place shows loyalty”

AND SO MUCH MORE. Rewiring your brain when it comes to these things is so important, especially to ensure the same situation you’re in now doesn’t repeat again. I’m hoping that by healing my trauma now, I will give my daughter a shot at not making the same mistakes I did.

JUST DO YOU! Do it your way. If the other parent does have access then embrace time for you to freely do the things you enjoy, kid-free!

I love my daughter, but I'd love a weekend off to do the things she can't do with me or just get some unbroken sleep! This is the time you do the things YOU want to do. Things you've never done before, an ALL OVER GLOW UP! a happier, healthier, and more empowered you.

BUT with all of that must also come REST! It's all about balance, baby! Alongside smashing goals and choosing a better life! Drinking enough water, eating foods that fuel our bodies and brains, getting enough sleep AND having lazy do nothing days is all important for our brain and soul. We can sometimes put our worth on our productivity and too much of anything can become unhealthy. Everything in moderation is great, even the slice of cake or the glass of cider! We can also fill our time up being so productive that we are hiding our feelings, which can create an unhealthy coping mechanism too. Beware of these ones, they are sneaky. I was a victim of this, but I started checking in on myself like I would with my best friend and found I was unaware of some toxic positivity that was happening. Once I recognised this and started giving myself permission to have do nothing days where I'd stay in my oversized tee, eat pasta, and watch movies and remind myself it's okay to just do nothing. That relaxing can also fill your cup and make you feel rejuvenated again.

Or you might fall victim to the exact opposite; you may become walking negativity: nothing is good enough, you blame everyone else for everything bad, you feel like no one cares or really understands, your self worth is a hard ZERO, and you feel like the world hates you. It's a hard place to be in, it can look like a lot of bed-days, self destructive behaviours, self pity party and a lot of would've, should've, and could've thought processes. I experienced this too and even if it only lasted a short time it GIVES ME THE ICK! And here's why:

ONE: None of it was true. Bad things were happening but that didn't mean there wasn't any good. I changed my perspective. This wasn't happening TO me, it was happening FOR me . I wouldn't have the life I have now, or heck! Even be writing this guide, if he didn't do what he did "to me".

His actions, although selfish, have allowed me to thrive and I am so grateful for that.

TWO: Blaming everyone and everything else doesn't change what has happened, so instead of all the why's and what ifs, put your energy into finding a solution for your next steps. It's time you see the hand you've been dealt and make some sour lemons into some sweet lemonade.

THREE: A Lot of people won't understand you're situation. You probably feeling lost and that's normal, your life is changing and change is inevitable but growth is optional. It's your choice, whether you will roll with change or resist it. Your support system want to help you grow, it's not that they don't care, they probably just don't understand, so tell them what you need. Even if one person had a similar experience and did things differently no one, not even this guide can tell you how to feel!

FOUR: Self worth. Build yourself up, reinvent yourself, do new things you want, see this as a lesson, and a blessing. Instead of indulging in self sabotage and numbing the pain with alcohol, drugs and sex actually look inward. Do the work on yourself. We can't change what we don't acknowledge or what happens to us, only how we react and respond to our situations.

THIS IS YOUR STORY, YOUR CHOICE! YOU DECIDE HOW THIS CHAPTER IS GOING TO END! SO JUST DO YOU BOO!

Doing me did mean I lost a couple family members, be aware of this! I was posting stories of me dancing to music and they didn't think it was appropriate and to that I say, "FUCK THAT". The way I processed how I felt, by sharing it on social media, was incredibly therapeutic and I don't regret it ONE BIT. I wasn't embarrassed, I was sharing what many others have experienced but never spoke about. Sharing what happened FOR ME was the most liberating feeling ever, it wasn't

always pretty and at times I'm sure it was a little petty, but it helped me get through it. There are worse ways to move through a traumatic time than to sing and dance to some spicy music. The people I lost had a narrative around what they thought healing was, for them it lasted years not days and that doesn't mean I don't still have challenging day's, because I absolutely do. Come on I'm raising a toddler and dog alone on the road with no physical support, running a business there are going to be hard days but it's not a hard life, we have to differentiate between the two. There is no right answer! Grief is completely subjective.

I had made a goal set to travel (they weren't aware of this) and I was genuinely okay. They didn't believe me and I don't blame them as it was only two hours later after the actual break up (three days after I found out he was cheating) that I got the idea to travel and then I was the happiest and most excited I'd been for a long time. They thought it was a front (they should know me better), they thought I was being "too" strong, reminded me that it's a big deal for a relationship to end with kids like I wasn't going through it and didn't know that. I was also asked if there was anything I could do to work on it and change his mind. All of this was said with good intention, I'm sure, but I'm not part of the generation who stays for the kids. Time and time again it's proven that it doesn't work, it creates more drama, more trauma, and extends the pain of an unhappy relationship, unnecessarily!

I'm not going to beg for someone to stay because of how it may look to the outside world. I know my worth enough to know if he is happy to let me go, then me too! I deserve better. My mindset, my learning, my unlearning through trauma and heartbreak has made me stronger, smarter, and more determined to live a life full of joy.

So thank your ex for leaving or thank yourself for recognising you deserve better and leaving. It's time to reclaim your power. Remember how important it is to JUST DO YOU throughout this time. What feels right regardless of what anyone else thinks!



I know, I know... this is easier said than done, so let me explain.

There are thousands of thoughts that go through your mind during a break up, and here I am telling you to let it go, but I want you to look at what they have done. You potentially feel like they have ruined your life, like you were nothing, maybe a family has been destroyed, and so much more. I could go on but I won't, because simply said it doesn't change a thing! What's done is done and as hard as it is don't waste your breath repeating how you feel, what they are doing, and the mistakes they have made. If they don't hear you the first time that's their choice.

Things can be great for weeks, but it's hard to let go on those challenging days. For example: It's 8pm and my daughter throws up all over the bedding and herself, so I strip her down, but she starts pooping. I'm putting baking soda on the mattress to soak up the vomit, trying to remove all the bedding, and it's just a nightmare! So yes I get frustrated towards her dad internally as I didn't lay down and have a baby by myself and now he's helping raise another man's child and doing things he should be doing for his own baby, because if he was more active in her life these times wouldn't feel so overwhelming. However, after some deep breaths and my logical brain kicking in I remind myself that at the end of the day he isn't here and dysregulating myself doesn't do a damn thing but hurt me. So we bundle up, pack the pram up with 2 big loads of washing, get my doggo, and off to the campsite laundry we go! To be honest, she was happy and loved the mini adventure. We sang and played peek-a-boo and all was good! But my feelings are valid and I needed to let them out, holding onto them is only hurting me. So making a conscious effort to let go of any animosity or resentment towards him is all I can do for my own peace and sanity.

Let go of any nasty words, their actions, forgive yourself, but don't forget all of it! Just keep reminding yourself "it's more of a reflection of them then me" - the deflection and manipulation is them playing victim instead of acknowledging the issue and finding a solution that's

in the best interest of the child. If no children are involved, block them, don't respond, don't message them with how you're feeling everytime you're upset. I completely understand how you feel, but use your tools, contact your trusted people, or journal!

For me, the first thing I had to let go of wasn't that he left me for someone else, it was this family I was losing. I made such conscious decisions on who I dated and who would father my kids, because my dad was let's say... not great! I made sure the men I dated never physically abused me, never yelled at me, and that they had good intentions etc. I thought I had been so smart in choosing the father of my child and although he was good on paper he turned out not to be when it mattered most. When it was finally over and I hung up the phone and started to cry -because yes he had the audacity to do it over the phone... my first thought was my daughter and this picture I had in my head of a family that I never had. In just a moment it was gone and I had to mourn the loss of the life I had hoped to have with this person: building the house and having her play in the backyard with our doggo Koda, my big veggie garden I had drawn pictures of, waking up on Christmas morning and her running into mummy and daddy's room so early, but so excited! I mourned the loss of that more than him.

To be honest I never missed him, the way he treated me at the end was so vile, so disgusting, no empathy, not a show of any emotion and that was part of how I flipped that switch so damn quick. For a moment I felt like my life was over. I thought I couldn't do this on my own, but here I am today! One year later launching a break up guide to help woman. It did, however, take me a hot minute to realise my baby won't miss out on that childhood I so desperately wanted her to have. I can give her that myself and letting go of her biological dad allows space for us to one day, meet the right man: someone who will treat us with respect, love and adore us. She can experience what real connection looks like.

I remind myself too that his decisions have allowed me to have and do everything I've ever wanted. I get to raise my child exactly how I like!

She's my world and I get to experience her every day. Letting go of him and the future we had has opened such massive doors. I would never have written this guide if it wasn't for him making his choice. You have a choice, you too can see this as the best thing that ever happened to you! You can Channel that energy into making you the best version of yourself and in turn it'll attract all the right people. You'll know yourself better and will never settle again!

I want you to know that healing is an emotionally and mentally draining rollercoaster. When we are dealing with so much in life, whether that be raising kids alone, working, studying, trying to live healthily, and the weird and random shit life throws at us it can all get too much and staying positive can wear off. Maybe for no particular reason, or there could be a lot of reasons. We can fall into burn out and a depressive state. I have experienced this three times so far, it comes in phases and the reasons for it can vary. Also feel free to blame the moon, because after some research all three of my lows were during mercury retrograde (facepalm!). It's also good to remember that, usually, before something amazing happens there is a low. So in order to level up in life sometimes we have to go backwards first, like launching a slingshot!

Lows suck. I know EXACTLY how you feel! You just feel numb and meh and flat! Once I realise I'm in this state of doing nothing but laying in bed and watching mind numbing shows with zero energy or zest for life I follow 5 simple steps. At the start it's slow, just one task a day or even for a few days before adding in another! It can feel overwhelming but over a week or two of consistently following these steps at a pace that suits you things get better and joy starts to come back!

Here are my practical tips to focus on that'll help pull you out of a low phase and allow you to let go:

#1 Are you sleeping 7-9 hours, at a reasonable hour, or are you all over the place? Get enough sleep at a decent time!

#2 Are you staying hydrated with water? 2-3 litres a day helps with

brain function and digestion. Will get rid of that foggy feeling.

#3 Are you fuelling your body or are you under or overeating? Regulate your nutrition! It doesn't have to be perfect but be conscious and make healthier decisions. Fuel your mind so you can gain some clarity.

#4 Are you moving your body and getting fresh air, or are you doing less than bare minimum and spending too much time in bed? even a 10 minute walk in nature, 10 minute breathwork and yoga stretch can make you feel more present and regulated. Just move.

#5 Are you doing self care, something just for you? Skincare. Journal it and burn it! Crystals, tarot readings, a hot drink and a book, or even sex/masturbation - anything that's just for you and good for the mind.

All these tasks at once, of course, can feel overwhelming, but when you're in a low state doing nothing positive these steps can help you feel accomplished. WE JUST NEED TO START SOMEWHERE and oh my does it feel awkward and uncomfy at the start, YES! It does get easier a day at a time, but be proud of every accomplishment even just sitting in the sun. I preach all of this to my clients, we can't drink from an empty cup so look after yourself! This break up has taken enough don't let it take your health too. YOU DESERVE BETTER!

So hopefully that helps to pull you out of your low times, they are so basic but in the moment they feel massive. I know what it feels like to feel this way and having heavy feelings are usually involved before you can LET IT GO! but just like the seasons this too will pass.

So it's not like you can just fully let it go at a click of your fingers, how amazing if we could. Processing your emotions takes time but you can do your best to breathe and let go of tension and over time it'll fade. Your peace is your power. Do whatever it takes to protect it and remember letting go is for you not them!



This has to be one of my favourite steps. Short and sweet, Inventory ladies! Write the list of pros and cons. Doing this with an honest friend makes it a lot more fun. Maybe add a few glasses of wine and some hype bad-bitch music and make the list. It's so incredibly therapeutic!

The cons list will become your ride or die! I want you to write down all the things you DIDN'T LIKE about the relationship. This will be the list you read when your loving, forgiving side comes out to play. If you need some reinforcement, your friend will be there to remind you too when your ex is potentially sweet talking you, or you're contemplating messaging them, you can read this list and it'll help you remember all the factual things you didn't like about the relationship and why going back IS NOT A GOOD IDEA! I saw this quote and it says "IF HURTING YOU DOESN'T HURT THEM THAT'S NOT LOVE THEY'RE JUST USING YOU!!!!". They aren't thinking about your needs/wants/feelings are they? They aren't thinking about how their decisions would impact you. YOU DON'T DESERVE ANY OF IT! Literally WHAT'S THE POINT??? In theory, if they weren't around doing hurtful things you'd be better off right?

Personally, I never felt like I wanted to go back to either of my exes because my life got so much better so damn quick! My grieving period was short lived but their choices made it easier as they both left for other people. However, this list served me for my recent break-up.

Get a pen and paper, old school, classic energy! You can write it how you like, it can be bullet points or a whole journal entry - whatever you know will work for you. Here are some examples (these aren't all personal, I did not experience all of these things), but I'm sure you won't need any help!!!

- Terrible communicator
- NEVER showed emotion
- Always monotone
- Emotionally cold

- Never listened to how you feel or would make you feel crazy when you expressed emotion
- Invalidating you
- You couldn't be your full self
- Non-stimulating conversations, just boring!
- Mental/physical abuse
- Alienating you from family and/or friends

I could go on, but it's ANYTHING you didn't like including situations and experiences that made you feel unsafe, unheard, and disappointed. Once you've written it all down, TAKE A PICTURE AND SAVE IT IN YOUR FAVOURITES FOLDER SO WHEN YOU NEED IT, IT'S THERE!!! It's like a note from your most hurt self and why you'll never want to feel that way again.

On the flip side of cons you get the pros... strange, right? Why would I get you to do that when you hate them or find them repulsive? Well, because there was a time you didn't find them anything but the love of your life! I believe we shouldn't completely write off the entire relationship. They taught us a lot about what we do and don't like, they, at some point, made us feel cared for, and well damn! Let's be honest, yeah? that's what you held on to for so long right?.

Next, I want you to write a list of everything you would want in a man! I mean everything, get specific about every aspect of a relationship. I use my notes app on my phone for this and add to it over time! And yes, I mean literally everything, including down to the fine details ;). I've written about their physical appearance, size and performance (it's important), how they make you feel, how they treat you, their morals, their energy, their beliefs, what foods they like (for me he must be a spice fiend), understanding of love languages, financial status, doing something they love, can work from anywhere, loves the outdoors and adventures, have been on a healing journey and become self aware, I am everything they want and need, I am enough for them. This is obviously subjective some people are bi-sexual, or like open

relationships, I am very much manifesting a man who only want's to get spicy with me and super important that THEY ARE SINGLE AND EMOTIONALLY AVAILABLE! They must adore my little family and treat us all with respect and be an incredible communicator, he needs to be able to read the room, I deserve someone who will always have my back.

There's no point in manifesting your perfect person if they are taken or haven't healed. Some may think my standards are high, but I'm not settling! I love my single life, so why would I settle for less? I want someone who truly loves me, looks at me like how did he get so lucky, who is absolutely on or above my level, who wants to make my life easier, see where I need support and just do without having to ask me, who is romantic, I never cared for this before but I want that now and there is nothing wrong with being honest about what you do want.

So, have fun looking forward to one day meeting the perfect person for you and know you'll have love again WHEN YOU ARE READY! Take your time! For now focus on having fun, you can make your own even with kids. Have girlfriends over for some wine and cheeseboards while the kids play, or for me facetime dinners. Make time for the people who love and care for you and focus on the good.

So get writing those lists and manifesting your perfect partner and better yet your perfect life. I teach scripting in my business and a woman wrote down some goals for the next year as if they had already happened and less than 12 hours later she got a call to start a programme she wrote down that started 2 MONTHS EARLIER... how random! and 2 other things that would help align to reach her goals! HOW FREAKING WILD! but it works.

So have fun get super specific and deliciously descriptive and write those lists girlfriend.



#6

Swap Out the
Victim Mindset

This one may seem a bit harsh and, of course, your feelings are absolutely valid, but there comes a time when you need to put your big girl panties on, finish the glass of wine, eat the rest of the chocolate bar, turn the soppy music off, DO NOT SEND THAT TEXT OR CALL, wipe those tears, put real clothes on, and boss the fuck up! My god, girl! I know how great this space can be. It's so easy to sit in it, isn't it? BUT this would not be an effective break up guide to bossing up if I just said stay in the feels would it?

So, it's time stop putting yourself through the vicious cycle of fuck them, I miss them, they did this to me, I hate them, I love them, why did they do this? What could I have done differently? Etc. You can over analyse it all babe and it wouldn't change a damn thing, because he no longer wants to be with you and girl TAKE THAT AND RUN! Don't ignore your feelings, as we know they can just jump out of nowhere, but if you find you're having the same thoughts popping up weeks later it's time to genuinely work through them instead of suppressing them.

We can acknowledge what they did was painful, hurtful, disgusting, and that you didn't deserve ANY of it. Their choices, their words, their actions are not yours to hold onto. The main reason this hurts so much is because YOU WOULD NEVER HAVE DONE TO THEM WHAT THEY DID TO YOU. You are probably holding onto who they once were, the good times, making excuses for their behaviour and thinking that if they could just see your point of view it would be great again. These thoughts are unhelpful to your journey, continuously complaining about the situation, even in your thought processes, is not going to change anything, and trying to understand it all is pointless!

Unfortunately, although it was their choices that lead to you feeling this way it's going to be up to you to bring yourself back. We can't keep doing the same thing and expect a different outcome. So babe it's time... it's time to put the badass music on, pick yourself up, dust yourself off, adjust that mother fucking crown, and go slay the day, week, month and year! Don't forget that we are in an era where women

do not let any man dictate ANYTHING. If they don't want you baby, remind yourself that you want you enough to know that they missed out. Don't beg, don't ask politely, don't do any of it. LET THEM walk away from the greatest thing they had and boss up, glow up, use that brain space you've been giving them rent free for YOURSELF. You are what you attract, so VIBE BABY! Be confident and do everything you've always wanted to do. It's your own mind, your own limiting beliefs stopping you from reaching everything you are worth achieving. INCLUDING finding you a sexy, amazing, independent guy or gal that will be right for YOU!

Now you wouldn't be able to receive this amazing life if you are stuck in the victim mindset, stuck on the what if's and buts, what they did, the negative Nancy vibes, the self doubt, and the not feeling good enough. This is where the last tip, writing a list, will help you start to move on. As I've said, you may struggle with feelings arising in the future but always remember you have a choice - WE ALL DO. You have the choice to sit in an unhappy and sad victim mentality OR you can change the game and take your own steps to live a happier life.

Think about situations you experience, do you get defensive easily, express anger before conversation, do you yell and scream? How do you handle things when something comes up you don't agree with? Do you react or respond? Do you feel unheard and does that trigger you? Do you go inward, feel scared, or feel small? All of these are learned coping mechanisms. However, the common denominator that they share is that engaging in these behaviours doesn't usually get you the desired outcome. For instance, you start screaming and everyone shuts off or everyone screams and nothing changes, or you say nothing out of fear and again nothing changes it just keeps happening.

So, building your self-esteem, self worth, confidence and courage is vital because not allowing someone to disturb your peace takes lots of effort. It's incredibly hard but with time and consistency it will be worth it! Im a completely different person mentally since I started this journey.

Consistently using break ups or a hard childhood as an excuse for toxic behaviour needs to stop, because ultimately we hurt ourselves and hurting the people we care about because of unhealed trauma and end up going nowhere. That's the harsh reality. What has happened to us IS NOT FAIR, we didn't choose to be born into an abusive/neglectful family, or having partners cheat or abuse us, but it is our choice to reclaim ourselves and heal. It takes time. I'm 4 years into my own journey, and I know I still have so much learn.

I wasn't dealt an easy hand but I chose to live a life that brings me joy and make shit happen for myself... If I can do it, so can you! We have to remember to forgive ourselves for the mistakes we made when we didn't know any better, to forgive our decisions and actions because holding onto the regret is paralysing and won't get you anywhere productive, that is in the past and you can learn and move forward and gain a whole new perspective now.

I read this once where it says...

"People will LOVE to the level they LOVE themselves

COMMUNICATE to the level of THEIR self awareness

and BEHAVE to the level of THEIR healed trauma"

READ THAT AGAIN... seriously, read it again and understand it.

Once you understand this, it completely changes the way you look at the people who have hurt you, family, friends, relationships and even your own decisions. Perception is our reality and 2 people can experience the same situation but see it completely differently because of how they perceive it. It's their truth, if we can learn to be more open minded and see different points of views as well as love ourselves more, be more self aware and heal our own trauma, in doing so we will become the most elite version of ourselves and in turn make every encounter we experience a more fulfilling one.



#7

If they Wanted to
they Would

or

Could They?

Ladies, the feeling of rejection can hit the ego pretty damn hard, even I let it in for a hot minute, and I could have spiralled for sure. Thoughts of “not being enough” or “worthy” can creep in, especially when you are 100% all in and did everything you could, including putting their needs above yours. All the while you didn’t realise that they weren’t fully committed to you and that is an incredibly painful pill to swallow. It’s even harder when you put your foot down and make your needs clear and instead of them rising up and becoming a better person and doing anything to be with you, they would rather let you go and go find less. That too can make you feel like you’re not good enough to put effort in! But it’s better than wasting your time on loving someone and building a life with them only to realise they don’t want to put the work in and give you what you deserve.

In an earlier chapter, I briefly mentioned that you might question your worth if the ex moves on quickly: why are they doing everything you asked them to do or even doing things you didn’t even know they were capable of doing? Let me tell you, It threw me through an emotional loop for sure! I felt angry, which if you really break down is just hurt, fear, and frustration right? I was hurt that he didn’t see me or his daughter as “enough” to even try. I was frustrated at myself for settling for him in the first place, because I thought he would never hurt me: he was average in every aspect. I fell for his stability and predictability and all I ever wanted was the best for him! But, you could be JENNIFER LAWRENCE, KHLOE KARDASHIAN, BEYONCE, HALLE BERRY, MEL B and so many other extremely beautiful, rich, and successful women and STILL GET CHEATED ON, or have your partner leave. It doesn’t matter. So, questioning your worth because of their choices is absolutely pointless EVEN IF they try to deflect and say “you did or didn’t do this or that”. That, my friend, is manipulation and gaslighting, RUN! What I do know is that it’s a direct reflection of who they are, NOT YOU!

Cheating is insecurity at its finest. It took a couple of people to mention this notion before I really considered it, he didn’t come across as an “insecure person”. That’s because at the time, my brain

only acknowledged physical traits to be insecure. I now see comments like "Why are you complicating it" or " Why are you over thinking it". I really wasn't, he just didn't understand what was being said and that's how he would deflect to put it onto me and make me question myself. I may never know if it's true for my situation, but I do believe when someone cheats they are in a place of lack and not feeling like they are enough. Even if they go and cheat with multiple people, it's as though they are chasing that feeling of adrenaline and to be desired - it's a control thing! Whether it be emotional or physical, they are insecure about something and it's manifested into cheating. They fill that with someone else OR maybe these feelings were projected onto you within the relationship manifesting as controlling, manipulating, and gaslighting behaviour.

I look back and realise that I may have been “too much” for him. I had big goals whereas he didn't. He just saw the logic in mine. He then allowed someone else in because they matched each other's energy. He found someone who was less than me BUT more for him. Wow... that sentence right there, is when it hit me that there may be 2 sides to this “If they wanted to they would” but yet, could they? Okay hear me out! Just for visualisation sake imagine there is a scale of 1-10 and you are 10 but you're asking your partner who is operating at a level 5 to make actions of a 10. They literally aren't capable of reaching the 10. It may look like they are doing everything now for someone else, but understand that if they have met a 5 and everything else in their life matches at that level it's easier to make decisions that make them both happy.

Let's not forget to add IF this new relationship was due to cheating or in a short time after a break up they are most likely out here having to prove something because they are in a corner against everyone else and just trying to fight and prove that everything was worth it. So just remember when energy matches at any level it's easier, they aren't trying to completely change who they are. As for you, for example, asking for good communication could mean you need XYZ,

but this new person may have the same communication language so it fits well for them. It's easier to meet someone the same as them instead of growing and meeting you at your level in order to keep the amazing you that you are! Remember also that a lot of these decisions are subconscious. Sometimes they don't know why they did what they did, and it's only the last month of this year separation that all of this is clicking for me! Healing allows self reflection and it's beautiful and fucking hard, but it helps us move on and understand things more deeply. A lot of the time it's intimidating to have such a 10 too! They don't feel worthy on some level or they doubt your goals so they self sabotage because you aren't the same person they met you've grown and changed in ways they aren't capable of understanding. There are many reasons why breakups happen. This is just my example, but really have a look at your situation and see if this makes sense to you, maybe It'll stop the self doubt, the questioning, the why wasn't I good enough? Regardless, you are a 10! Let them operate at their level 5 and go live your extra best life.

Could the father of my child have shown so much more respect, ABSOLUTELY!!! Not just because I was the mother of his first and only child, but because we shared a life together and I felt like I had "wasted my time". Now, he's showing up for someone else and his new family in a way he never did for me or our daughter and that's painful, not just for me but for my sweet baby too. All I know is when they feel out of control they seek or allow someone to fall into their world and that gives them the ego boost they need. It shows they have little respect for themselves or for the other person in the relationship; I sure as hell wouldn't want to date someone who could do that. I thought my situation was "unique" but it's not! Thousands of women have experienced this and as awful as it sounds it makes me feel so much less alone. I hope this guide does that for you! He left me with an 11 week old baby, he left a family business, and moved towns only in a few short months and I remember asking him "did you ever think about leaving your travelling job for me? For your daughter? To be more present in her life and to actually raise her together? He hadn't thought about any of that, which was like a kick

to the gut, stab in the back, and poison to my heart, but it was just another pivotal point where I had to flip that switch to protect myself and keep sane for my daughter's sake. I'm sure there is a sentence they said that just broke you that sticks with you and has changed the way you look at people... he couldn't tell me why? And just said "this is REAL happiness" so I took what broke me and applied it to my life. Every single day I live my "real happiness". The great thing is I don't need anyone externally to feel that AND NEITHER DO YOU!! Chasing your dreams, going after those goals, and living a life that brings you joy is how you live your "real happiness".

All this taught me was that if someone wanted to make it work with you, they would do ANYTHING to be with you! Nothing is too much. It also showed me he would go above and beyond for something he really wants. Remembering that also comes into play when I think of my daughter and the standard of parenting she deserves from him. I now know he is capable and if he really wanted to see her he would.

For any future relationships I pursue I'll be sure to never settle for anything less than what I want in a partner, because if someone really wanted me they would show me and tell me that! If their words and actions don't align then they aren't my person.

For example: If I'm in the dating phase but I want a relationship, and they tell me "they aren't looking for anything serious and they don't want a relationship..." BUT they are taking you out, buying you flowers, wining and dining you, spending time with you as if they have relationship rights then that's a big NO. It's confusing. Stay firm with what you want and if they don't match you now then don't waste your time, and don't hold onto potential. If they see you are firm and realise you're serious and want to make you theirs then they will. It's not your job to persuade them you are a fucking 10 and deserve to be treated like one, and on the other side if they are saying "I want a relationship" BUT their actions show no effort, or they are entertaining other people, then that's also a HARD NO. Both of these examples are a situationship and are not healthy, if they really

wanted YOU it wouldn't even be a question for them. They would do anything to be yours, they would prove to you and not in a "love bombing" way, but in a genuine way that shows you're important in their day to day life! They would make time for you in their schedule, because they are thinking of you, they want to see you, and speak with you - as you do too! If their words AND actions don't align it's still a NO! Why? Because if they were on your level and wanted to, they would. Ask them for clarity, don't be scared of their response. It's better to know what their intentions are so you don't keep investing your time and energy you'll never get back.

Even though this chapter of my life was one of the most painful realisations I've had to go through, it also became my liberation, it showed me that someone who really loved me would move mountains to have me, they would nurture my needs, and one day I'll meet a real man who is on and above my level. We will grow together, they will be mentally and emotionally available, and will adore my daughter and I. Someone who will dance anywhere with me, someone I can have deep and meaningful conversations with, sing in the car and be goofy with, cook spicy meals together, someone who would buy me flowers just because, or buy my favourite snack without asking. We will build a real life together and not just because he sees logic in my goals but because our desires align. So just know if they could leave you they didn't deserve you. For a healthy relationship to function it's necessary for both people to show tender love and care, and if they can't give that to you then just remember that if they were on your level and wanted to they would and could.

So know that this is an amazing opportunity to move forward and work on yourself so you can attract the kind of person who is on your level, who would and could do anything for you and how amazing that you'll experience love that is real, true and meant for you. That is going to be incredible, amazing and almost unbelievable. How exciting you get that chance.



#8

Boundaries

OOOF! These can be absolutely terrifying and exhausting, but boundaries are so important. My advice is the earlier the better. This chapter looks a little different with and without children, so buckle in because it's a big chapter but here we go...

Without Children (although helpful for anyone to know)

Celebrate SO FREAKING HARD! GIRL YOU DODGED A FREAKING BULLET!! Dance that booty away for real! I remember how much easier it was to leave my first relationship. I was however 18 at the time and their may have been a name and shame post with choice words added. For the most part you can literally just block them and move on your merry way! This gives you time to adjust to your new life without them, to work through anything you need to, and to focus on your own healing journey. To be honest, if you are leaving a healthy relationship it can be harder than leaving a tumultuous one. So, regardless of how it ended having boundaries to protect yourself while you are vulnerable and feelings are still there is important for you.

If you're leaving any kind of abusive relationship: mental, emotional, physical, or all of the above then safety is the most important thing for you. I have never experienced this personally but if you have you can get help. You aren't alone and YOU WILL get through this. If no one has sincerely told you and said "I'm so incredibly sorry for what you experienced, it wasn't your fault, no one deserves to be treated the way you were". I hope you hear this loud and clear, I am so sorry. I can't speak on the subject much, but I've had family and friends experience the spectrum of abuse and have a fair idea of ways women could work through this situation. I reached out to my amazing women on social media and unfortunately many had advice, so these are some of the ideas that could be incredibly helpful to anyone leaving a toxic relationship and needing an escape route.

If you are needing to leave and end a toxic relationship a good place to start is by making sure you don't show them any signs you're leaving. Slowly start to take some of your stuff and store it with friends or

family you can trust! Hide cash if they have control over your finances, delete messages, set yourself a date to leave, tell your safe person, and leave on that date. Go to a safe place with family, friends, or women's refuge can put you in emergency housing or a shelter. That same day put a protection order in place with absolutely no contact, you could leave one final message and then block them on everything! Turn your location off or change your phone if it can be tracked. Your safety is number 1! If it's your home and you need them to leave, this too will look different depending on the situation. You can get legal advice from a lawyer, or even the non-emergency police line. You can set up a trespassing order, get the locks changed, and pack up all of their stuff with the help of a few people while you know they are away all day is the safest and firmest way to get them to leave. If it's incredibly dangerous it's probably safer if you leave. Everything will get sorted by authorities once you're safe.

Your self esteem may be incredibly low, so this is a time to be surrounded by supportive family and friends. Finding a therapist online worked best for me and there are plenty of options out there. You may want to take him back because it's "not all the time" or "he said he's changed!". However, it is never okay for someone that says they love you to talk down to you, to make you feel like shit, to lay a hand on you to inflict pain - NOT EVEN ONCE! There is no way, in any situation, under any circumstance that, that is okay! No matter how they may want to twist it! Once is one too many times, and you should press charges!!! I don't care how big or little it was! Be where it ends! There needs to be consequences to actions and if they are big enough to cause physical harm they are big enough to deal with the consequences. You speaking out may come with backlash from their family and friends saying things like "you've ruined their life". NO YOU DIDN'T! They did that on their own. DON'T DO SHITY THINGS IF YOU DON'T WANT PEOPLE TO KNOW YOU ARE A SHITTY PERSON! Stand up for yourself and maybe they will think twice before hurting people in the future. Regardless if they change or not, what happened to you is not okay and you deserve damn better and that needs to be a firm

boundary for you. Reach out for help to trusted communities on facebook you can ask questions anonymously and take control of getting back on your feet! YOU ARE NOT ALONE!

With Children: (still helpful if you want kids or are around little ones)

When it comes to breakups with children involved, boundaries are brutal but absolutely essential. When the father of my child left I didn't scream or yell, no hate, just shock and disbelief. For my own mental health and for my baby, I truly just had to let it go. At that moment I knew I had mastered self worth in a real life situation, and that was empowering. When he finally came home 5 days later, I tried to be strict on facts and right to child support and how we were going to separate our things etc. This approach worked and is a completely safe and a smart line of action to take to keep it strictly "business".

However, it just isn't me. It felt like so much work to try and be this hardass when I didn't hate him. By day 5 I had already accepted that it was over and was excited for my new life. Anger towards him hadn't happened yet and, to be honest, it never would have happened if he made his child a priority. I saw how he could really be, so I sourced a family lawyer to create a parenting order to ensure my future travelling plans wouldn't be jeopardized and we had a structured plan for my daughter's care. When I did this we were still on reasonably good terms. It took him 1 time to question me on something we had previously discussed and agreed on and I felt that after 6 years knowing me and who I am that if he can question that then what else is he capable of. So I did what I had to do, to protect myself and my daughter and THANK THE HIGHER POWER I DID!

I was very fair and thankful he signed and made the process reasonably painless. He still has a chip on his shoulder about the whole thing, but that is a him problem! A parenting order is a legal contract written and agreed upon by both parties. So child support, visitation, future relationships and anything else you find necessary for your situation. Your family lawyer can help create this for you, but I do believe there

are ways it can be done for free or it can be issued through the court system if one party doesn't agree. Here are a few things that I added and that may be useful for you:

- We were to wait at least 6 months before introducing a new partner to the child and they had to meet the other parent first. This is in the best interest of the child to see if it is a genuine and serious relationship.
- How does communication work between the two of you? Text, calls, emails, all of the above?
- How often will the child be with each parent? Is it 50/50, weekends? Monthly? School holidays? Every situation is different. If you prefer no contact with the ex, is it possible for the kids to be picked up and dropped off through school or a mediator?
- What time and days are they to pick up and drop off? Including a time frame of which you both need to inform of any changes to said plan AND if they are working, or for some reason can't have the child, is it the parent who is caring for the child at the time to find an AGREED upon babysitter? You may want the people you are both comfortable with written in this order also. IF the parent can't find childcare they then have to cancel said plans.
- Child support, how much and who receives it? Is there travel costs? How will healthcare responsibilities be split between parents? How do birthdays, Christmas, and special holidays get split? Is it half the day for each parent? Is it alternating years? Does the other parent have everything they need or do you send them with it?
- How often, or when are phone calls/video chats happening?
- What happens if the plan isn't followed?

Be as specific as you need to be for you and your child's peace of mind. Mediation would be ideal but it is voluntary. I tried doing this and he didn't want to talk even though it would have been in his best interest. Mediation is child focused and centres on how to accommodate what is in their best interest outside of court. It can be free, cheaper, and quicker than court too. It's best to sort outside of court as once in the system you quickly lose a lot of rights.

ALSO, Keep all text and email conversations: screenshot and save them in a folder or whatever you need to do. If your children have questions WHEN THEY ARE MUCH OLDER (do not bring children into adult situations) but if they need context to understand when they are adults it's there to show them what actually happened. It can never be twisted and I only ever message things that I am okay with her one day reading, and this idea keeps me in check for sure.

Other physical boundaries had to be put in place for me. He would just walk into my home and I asked him to knock or he wasn't welcomed inside - it's a respect thing for me. I asked him to wash the baby's clothes before dropping her off at home, to purchase his own formula and nappies, bath stuff, toys etc. As, of course, he is the father and should have these things on hand. Other boundaries included that we were only to communicate in regards to our property selling or our child, anything else was unnecessary. Once he started changing his mind on so many things more boundaries were put in place to ensure visitation was as structured as possible, and NO LAST MINUTE CHANGES ON PICK UP. This kind of thing drove me almost crazy, wanting to drop her off earlier to drink, or take her over 3 hours out of town when she was only 8 months old. It's about being respectful of both parents time and feelings if you want a smooth co-parenting relationship. His communication was AWFUL! Still is, but I digress. I'm obviously not giving all the details, that would take forever, but I'm giving you what most people seem to have issues with and the solutions I took to resolve these situations! I hope knowing my do's and don'ts will help you get some ideas of what you may want to

implement. Every situation is different but whatever boundaries you set, just stick to them. I will say I have never wavered and I suggest you don't either. The saying "You give an inch, they take a mile" is so true when it comes to co-parenting! Be smart and stay in the best interest of the child. I always refer back to the parenting order, he hates it and thinks I use it against him but I don't. He signed, paid and agreed to it and that's final. I've spoken to multiple unbiased professionals and I know that my boundaries with my daughter are valid, they aren't asking "too much", they are reasonable and in her best interest. That's all I care about! The last thing I want is for my feelings to get in the way of what my daughter deserves, so I did seek professional advice to make sure. That way whatever he said to try "guilt" me or "twist" words never worked!

If we were in an ideal world I think every co-parenting relationship would like to be civil, even friends, for the best interest of the child. That would be my ideal anyway. Similar to how it was in the start, we laughed and joked, hung out with friends visiting in town, and still had breakfasts etc. However, he took my kindness for a major ride and became so disrespectful of my precious time as if I didn't have plans, or like the world revolved around him and his new life. It was never in the best interest of his child; it was always what best suited him. So I started putting my foot down, which he had never personally experienced because I never had to do this in our relationship, it was pretty easy breezy. I had cut family and friends off in the past and he knew I had it in me to be firm, so here I was doing it to him and he didn't like it. I stayed calm for the most part, but there were definitely a couple of times where my mind was blown at his arrogance and I was exhausted, my baby was sick, and I sent a "I resent you message". However, after doing that once I did a lot of self reflection and now try to conduct myself peacefully for my own sake. His choices are his and I state my boundaries and their consequences, so there is never a question or any mental or emotional uncertainty. I've learnt not to repeat myself, which is so hard when they come back with all the excuses under the sun, but it's their choice to communicate appropriately or not. It's important to remember you need to do what's

best to keep your mental health in check, especially as you are their main carer. It's important for them to see that mum has boundaries so they know how they deserve to be treated by their peers and future partners. Witnessing open safe communication between parents (not abuse and yelling) is so important for their development. Walking away and talking about things later if a heated situation arises is better. It was hard but I have been so lucky to have this happen when my baby was so young; she is none the wiser and there have been a couple times when he has asked or done outrageous things that I couldn't help but be passive aggressive towards him, that I would hate for her to see now. This was in the first 3 months, my emotions were still high, hormones from giving birth and breastfeeding were still pumping through me, but in my opinion it's still not an excuse. I've worked on it and I know it's because I feel pain for my daughter.

It can be tricky and **EVERY SITUATION IS DIFFERENT** but if you can't keep things civil at the start then at least be safe and get it in writing. I've had a few friends reach out wishing they did what I did because their child is now 4-5 and harassment or inconsistent visitation is continuous. Now I am only speaking about babies/young children and my own experience up until I was 12. The pain I've heard from my own mum when us kids would cry for my dad was the worst. I feel just the same for friends telling me similar things and my heart breaks for these kids and my inner child. It leaves this feeling of neglect, not being enough, and as though proving my worth is something I should do. That's the last thing I want for my daughter! For anyone experiencing this pain I am so sorry! The only thing I can say is hold your babies close, love them, communicate openly, and be honest with them that's age appropriate. DO NOT make you the "bad person" they will blame you. Express how important they are to you! They will always remember that you were there.

Boundaries for BOTH Situations:

The thing is we are all replaceable in relationships, friendships, and even jobs (I learnt boundaries first in employment as that was where I

was emotionally abused personally - this helped me build a backbone and a voice!). So having boundaries and knowing your worth and showing confidence in what you say and mean is incredibly important.

When times get hard and someone is compromising and pushing your boundaries you will be strong enough to hold to your words in a way that is calm and firm. It's not about control and fighting back. I don't do power struggles. Keeping your peace is one of the most important parts in all this and that could look like not replying to messages that are nasty and not responding that way either. You can simply block them. Including if you have kids, a friend of mine had issues with her baby dad blowing her phone up so she blocked him on everything and said to email her if there were any changes to their pick up and drop off plans. That could be an option also.

A big one is not scrolling their social media, IMAGINE all the time and energy you'll save. Refrain from asking family and friends how they are or what they are doing. Stay in your own lane and do you, my daughter's dad doesn't do social media so I didn't have that problem, but when a few months in the new girlfriend messaged me on Instagram I looked at like 3 pictures and never looked again. It wasn't worth my time! Many exes are hoping you are seeing what they are doing and it's so twisted that they would want to hurt you again! But it shows more about them than you remember that!

Despite everything, I really do hope we can overcome this before she's old enough to understand. This new girlfriend will potentially be her step-mum and I'd like to get on with both of them, but not in a way that's less than what my daughter deserves. How our children see us interact is massive for the way they develop; did you know if a child is exposed to domestic abuse, yelling, screaming, alienation, and anything else that comes with a toxic relationship it literally CHANGES THE NEUROLOGICAL PATHWAYS IN THEIR BRAIN! Meaning if you put a brain scan of a child who has experienced parents fighting physically or verbally or even neglect next to a brain scan of a child who hasn't experienced that trauma, THEY LOOK DIFFERENT!

Do not! I REPEAT DO NOT! Fight in front of your kids, don't talk shit about the other parent in front of them, JUST DON'T! Think about your childhood, did you experience physical, mental, or emotional abuse? Does any of the following resonate with you if you did? It affects how they see themselves, their future relationship building skills with any connection they make, what love looks like etc. You either want to be right OR DO WHAT'S RIGHT for your kids! Being together is not the answer and unhealthy co-parenting isn't either! At the start it may be rocky but consistency and communication is key from both parties. If they don't show they care, that is an answer on its own. Don't chase them or beg them to be in their kids life, for me I am not entertaining inconsistency. I experienced that as a child and it caused me hurt and pain. I've had to unlearn so much from the way I thought because of my parent's inability to communicate in a healthy way.

The more confident you are in your values and boundaries the happier and healthier your life will EVENTUALLY be... it's scary and it's hard but like anything the more consistent you are the easier it gets! Just like we model the behaviour we want our children to exhibit, we also need to model how we want others to treat us! Confidence in what you say and sticking to your boundaries only allows people to follow suit or be removed from your life, and that's their choice! When you value and respect yourself only the people who love and care for you will stay.

Who wants to be surrounded by fake people? Who aren't kind and authentic? Not me, that's for sure. You don't want your kids hearing you gossiping about other people and then see you talking to them, how freaking confusing?! we want them to hear about goals and what's next in life and how we are feeling and what we are doing to grow! Goals and growing over gossip always.

This teaches your kids so much about who is worth giving their time to and who they choose to have in their life at school, in careers, in family, and friends. So, know your boundaries as a person and as a co-parent, be firm (not aggressive), and be understanding without being a pushover. We can only try our best and boundaries allow us to do that.



#9

Keep Emotion
Out of It!

Girlfriend this can be so hard... we are emotional beings. It's so challenging to process! The feelings of anger, hurt, rejection, failure, pain, neglect etc. We have so many questions. Keeping emotion out of it is so much easier said than done, but if we can understand the root cause it can give us some clarity. A lot of the time, right after a break up, we feel we need closure but why would we want that from the ones that broke our hearts? Think about it. They shattered us into a million pieces but we go back to them holding our broken heart hoping they will put us back together? We wait for them to tell us what we already know. That ends up causing more pain and makes you question yourself more than ever! Don't give anyone that power. You are the only person who can put yourself back together to become stronger, wiser, and with a whole new perspective. We learn lessons in pain and see the blessings later, but you sure as hell ain't finding it with the person who broke you.

Keeping feelings out of it was easy when I had no children like with my first relationship. Once I was over the initial anger and rage, I left my emotion and went and did me. I did however use alcohol and sex to numb my feelings for about a month, so even though I wasn't projecting my emotions onto him I was taking them out on me and not in a healthy way. Nonetheless, the same shit different day energy was getting old and I finally started sorting my life out. I started doing all of these steps I'm sharing with you now, I had a goal and just kept smashing it. When I reached out to him after my recent break up I wanted to better understand why my 2 long term relationships both ended due to infidelity. I did find out that even 6 years later there was regret, the one that got away you could say... so doing you isn't for them but it sure damn is a nice bi-product.

Ignoring my emotions initially pushed me into the direction of using sex as a coping mechanism and that is how I met the father of my child. 3 weeks after my first relationship ended (facepalm I know), so even though I was still focusing on me I still had some spice on the side. The thing is I wouldn't have been interested or attracted to him

IF I HEALED FIRST!!!! See the cycles ladies and DO. NOT. REPEAT. You really can't get over one by getting under another...

I look back and realise I went from one extreme to the other with how I looked at life. I remember my first break up and because I was so hurt by his actions I went for the complete opposite because to me subconsciously everything about him was bad now and I wanted nothing that reminded me of him. I definitely got the opposite with the father of my child... Honestly that's a major understatement. I have a lot more insight now into why I was attracted to the father of my child and maybe you too can look and see if there are any patterns in your own relationships that you can see where your decisions were lead by your emotions because of how pain affected you and how the cycle repeats itself, it's a vicious cycle I know.

I think because of this way of thinking where I was burnt so hard with my first love it really affected how I looked at any other relationship and I went to the opposite end of the spectrum. I'm talking, different , hair, eye colour, style, big drinker, didn't give a fuck, wasn't affectionate, didn't need me, emotionally and mentally unavailable and even though I was “in a relationship” with him I wasn't “in it”. He travelled around NZ for his job so I went off and lived my life. The next person I date will want to do all the things together not for me but because it aligns with his own goals, yet still appreciates space.

Keeping emotion out of it is slightly different now that I have a child. I was able to flip the switch on my emotions towards him because he instantly became unattractive because of the way he treated me and handled the situation. The rose coloured glasses came off and I started to see him for who he really was, who he always was. **RELEVANT PAST AND PRESENT BEHAVIOUR IS A GREAT INDICATOR OF FUTURE BEHAVIOUR**, so pay attention to how they handle being under pressure or even how they've treated partners in their past relationships. Do they get overwhelmed and project anger? Do they switch off and go quiet? Do they just pretend nothing is happening?

How do they treat their mum or family? However, they show emotion is how they could treat you or your kids? Are you happy with that? Also consider how they behave if they are in the wrong: can they be honest with themselves and admit their wrongs? If not, it's likely they will try everything they can to flip it back on you, they will rationalise all of it to fit their narrative. **THIS IS A THEM PROBLEM LADIES NOT A YOU PROBLEM.** However, this was the real reason I was able to start calming down as it helped me to understand **HOW HE IS!**

Pay attention to how you react too. Imagine if you were able to keep your natural responses at bay and work on keeping your peace. Of course, you can't change how they react only the way you do, so keep your peace and realise their reactions are there's and not yours. Let them go, you have nothing to prove, you don't owe anyone an explanation, if you want to say something, say what you want calmly, there is nothing wrong with showing anger, passion and hurt. However, for me my peace means more, It's not easy and I'm not perfect and it takes a lot of practice, but ultimately you will master this if you're determined to. When you do, wow does it feel amazing! You don't have to stick around to entertain their outbursts, its next level when no one's actions or words affect you, so powerful.

Repeating how you feel to them to get them to understand is nonsense and you can't make sense out of nonsense. So if it didn't change after the first conversation and they pushed that boundary, remember that they heard you, they just didn't care. Talking to them again and again won't change a thing, take those emotions and speak to a therapist, an available friend or family member, do some intense boxing classes, or do a paint by numbers. Channel that energy **ELSEWHERE** but don't project those emotions onto them. Channel your hurt, anger and frustration into growth and working out your own triggers and how to regulate them. A lot of the time this turns into healing your inner child, childhood triggers, and trauma, doing shadow work etc. You find this journey because of a

break up but end up healing all of the parts of you and maybe that's what the universe is needing you to do, maybe you got to this point to become clear on who your true self is in all of her devine being. This is the most intense healing journey you will ever experience. It's an absolute whirlwind, but it does mean future relationships, connections, and friendships are so much healthier and stronger: you see bullshit a mile away once you've done that inner work ain't no one fooling you girlfriend.

Parenting is the most challenging emotional experience I've ever had and it doesn't end. Keeping emotion out of it when it comes to the parents feelings is one thing but then you have to allow your children to see your emotions and how we deal with them so we create emotionally intelligent, empathetic and kind adults. It's exhausting but also completely worth it to see children who can self regulate and I'm already starting to see the work I've put in pay off every now and then I get a glimpse of my 13 month old do her version of breathwork when she's feeling overwhelmed by copying me.

Imagine if we could teach our children not suppress but express and how much of a better world we would be in with mentally and emotionally intelligent people. So even though I have so many reasons now why I have experienced this heartbreak, just maybe It's for my daughter and for your kids or other children you are connected with. Just maybe working on ourselves is what will change the future generations, because we decided to change our mindset! How magic is that.

You have the opportunity to positively impact others by working on yourself and giving them tools for their toolbox, so they don't have to experience what you have now or how to better navigate it if they do. Could you imagine how much easier life would have been if we knew what we know now? So, keep the emotions out between you and your ex but feel your feelings in all of their entirety, to model emotional intelligence to the young people you may be inspiring.



#10
*The
Saucy Secret*

The idea of the saucy secret is not really a secret anymore! MINDSET IS EVERYTHING! It's talked about everywhere now and that's amazing! However, some people still don't know how to implement it. Life really changed for me back in early 2018 when my beautiful best friend Aquila, told me about the documentary "The Secret" (if you haven't seen it you need to). This Documentary came out in 2006 but the principles have been taught for decades - I already subconsciously followed a lot of their "laws". I use the law of attraction to manifest my goals and law of vibration to keep my mind and vibes high.

You are probably wondering what any of this has to do with a break up, right? Well ultimately, if you can master your mind you'll know that nothing is happening TO YOU it's happening FOR YOU! You'll realise that the universe has been trying to give you signs. Your intuition, that gut feeling, has probably peeked throughout that relationship and you've ignored it. Leaving the universe no choice but for something to happen that would make it clear that you needed to move on. BRUTAL? Yes, but necessary for growth. Law of attraction and vibration work both in positive and negative ways.

I want you to imagine this for a minute. You woke up, realised you missed your alarm, got up and stubbed your pinky toe on the corner of the bed, and you yelled some pretty choice words while in pain: annoyed and frazzled that set out a negative vibration. After this you accidentally spill your morning hot drink all over yourself, the counter and floor because you were rushing to get out the door to get to work and maybe drop the kids off. You then hit every RED light or get a flat tyre! And it keeps going all day, just one bad thing after another and you're like WHHHHY!!! It's the universe working off the energy your vibrating out and what you'll attract back.

So how could you change the vibration? Take a deep belly breath before leaving bed! Remind yourself it's all going to be okay, you can't change the fact you woke up late but stressing out does what?

Absolutely nothing positive. So, gather yourself, bring yourself to the present, and consciously move away from the half asleep version of yourself and start your day. You may be thinking “I don't have time for that”. You need to make time, because stubbing your toe, cleaning your spilt drink, changing your clothes all take time right? You could, at any point, take a deep breath throughout every challenging event and calm your energies. Let the frazzle go! Especially in your face and pace and dazzle baby! It's all in the mindset!

The point of this example is for you to see how your mindset affects your energy and ultimately what you attract. It's the same through a break up. I breathe A LOT when feelings arise, because thoughts or actions can quickly spiral and make things worse. SO OUR MINDS NEED TO BE STRONGER THAN OUR EMOTIONS, it's not to stop feeling, it's how we communicate and act when we feel a certain way. Working towards finding a clear solution to bring the positive, or you'll find that negative patterns will keep occurring. One way to change your vibration is through gratitude. Popping off 3 or more NEW things you are grateful for everyday, especially when life is testing you, this can completely change your vibrational frequency!

The saucy secret, when used right, can help you manifest anything. Thoughts become reality when you take aligned action and believe it's possible. For example, if your income and budget doesn't allow you to save for that holiday you want then you need to find a way to attract more income. Accepting your circumstance is a limiting belief and you need to destroy and pop right out of that mindset. You can do anything these days, sell some stuff that you don't need anymore, sell homemade products, do some cleaning, or gardening. Hell! People are selling foot pics and other wild things on the internet, but hey, if you're cool with it, go for it! A NZ woman is doing online surveys and in 10 months of consistency she made close to 10k. She showed the stats and everything, so awesome! If you find the right website and are consistent instead of watching Netflix or scrolling social media (I'm so bad for this) you can make the conscious decision

to make money another way for you! WHO KNOWS WHAT THIS COULD LEAD TO! Manifestation is easy when you know how! Just imagine if you could make extra money and save just \$50 a week, that's \$2,600 in a year. This could be set aside for an awesome holiday or whatever your goal is! Figure out how much you'd need, do some math and find something that would work! Have faith in you! Mindset shift! From lack to abundance baby! ANYTHING IS POSSIBLE.

Here are my top tips for manifestation:

- Visualise: literally imagine what you want as if you already have it AND are already living it. what does it look, smell feel like?
- You have to BECOME a vibrational match to your desires.
- Emotions: Embody every feeling you would have if you were actually experiencing it right now. Connecting the emotion is crucial, the energy that is vibrating out that will come back to you.
- Scripting: write it all down, including how you would feel when you have it, and believe it's yours. -My personal favourite.
- Take Aligned Action: make a plan but be open to other doors opening. The universe does it in the easiest way, usually random to us though, the path of least resistance.
- Set and Forget: Don't hold onto it desperately. You wouldn't hold tightly onto something you already have, you'd be full of gratitude.

The possibilities are endless and I'm proof of that! Believing in yourself, the way you talk to yourself, the way you vibrate energy is so important to attracting the life you want. The saucy secret and living your best life comes down to working on you. It's a ripple effect on your entire life in the best way and in a break up situation I want you to focus so much on YOU that you are their karma. Focus so hard

on you that you **WILL** be the revenge, focus deeply on your happiness and your goals so that you shine so bright they can't miss it! It's not for them, it's for you, but it damn sure is a great bi-product. You don't have to do anything directly to them - doing you, does it all.

It's time to stop saying we "can't" do that! We can't make that amount of money! We can't lose weight! We can't have that house! We can't achieve whatever goal it is we want! It's not that you "can't" it's that you "won't". You won't find ways to make money because you could if you wanted to! You won't lose weight, because you don't take steps to get there by eating better and moving your body by focusing on our daily healthy habits. You'll have excuses like life is too busy or you don't have money for the gym or equipment or whatever, but I bet if you took out fast food, all the unhealthy treats you buy, alcohol, and smokes you'd have the money. You won't save for the deposit, you won't make a conscious decision to take the steps you need to get that house or get that job! It's not because you can't, it's because you wont! You need to get out of your own way babe! Stop caring what others will think if you put yourself out there, we all start somewhere and it feels uncomfortable and hard but so much can change in 3, 6, 9 and 12 months and I'm proof of that.

I've done this twice now and (universe if you are listening I will not accept a 3rd) I have learnt everything I need to and now I'm paying it forward by sharing my knowledge in this book. I've healed. I've grown. I'm good! I'm only attracting amazing people! I hope you hear me, universe, I'm serious! (haha).

Annyyyway, here's a little story from 12 year old determined me that I hope will inspire you. I came from a low income solo parent home! But I wanted to go to Fiji for a school trip! So I sold chocolates, went knocking door to door selling lotto squares, cleaning fridges and cars for weeks to save up \$1400! I believed I could do it and I worked my ass off for everything. Even at 12 years old, so don't make any excuses! As adults we have the ability to do more! if you wanna sell chocolate

make badass treat boxes and sell them, if you wanna clean cars make a business out of it! If you want to make something happen, DO IT! Take the words can't and won't out of your vocabulary and replace them with I must and I have to! That's when everything changes!

Language is extremely powerful! Be conscious of the way you speak to yourself internally and externally. For every thought you have there is a physiological feeling in the body that gets triggered. So when you say negative things out loud or in your head towards yourself it reacts in the body and you can literally make yourself physically sick. TAKE A BREATH. The power of language is **VERY STRONG!** Unresolved trauma in the body will be stored there. So dance, shake, exercise, yoga, 10 minute guided **MEDITATION** changed my life in 3 days. The greatest gift you can give yourself is being self aware, questioning yourself, the ability to self reflect, is an art some may never acquire.

Remember that you have the choice and power ever hour to change your mind and vibration! Allow yourself to feel your feelings for the remaining hour that's left. Example: if it's 9:22am then you have 38 minutes left of the hour to feel low, hurt, sluggish, shit, angry, frustrated and once 10am hits you flip the switch and start fresh! instead of saying the whole day is a shit show a complete right off and saying "tomorrow is a new day" you actually have the next hour to reset. Changing your mind and mood will increase the vibration and release happy hormones. This technique I've actually acquired since becoming a mum and it's also allowed me quiet time, like giving me the rest of the hour to do nothing and chill and scroll THEN get up and smash the next hours goals. It's a way I mentally cope with all the mum life things like dishes, washing, cleaning ect... a way I have found balance with self care and solo mum life.

I could speak forever on the saucy secret, and all of the hacks because it's completely changed my life, and I highly recommend you look into it. Especially if you want to seriously change and understand how to really flip that switch long term - it's an absolute game changer.



#11

Don't Waste This
Precious Time

Time is so precious, it's the one thing we can't change, get back or stop from happening, and there sure as hell is no chance I will waste any more time on this earth. Especially for someone who doesn't deserve it: that goes for relationships, friendships, family, and ANY job.

All I ever wanted was to be a mum for as long as I can remember. I played mum and babies, not weddings or fairy tales. My dream became my reality because of expensive condoms, but also because I manifested this 5 years previously. It came true and it still blows my mind, but that's a story for another day! It's coming I promise...

My baby is my world even though she was a massive surprise and you can see my reaction on youtube if you must. I'm usually one for words, but your girl's mouth never dropped so quick! I've never been so speechless in my life! Hahaha, my daughter is all I've ever wanted, I COULD NOT imagine wasting these precious times with my first and maybe only baby. I refused to let him ruin that for me after all of his selfish and careless choices. They are his and I do not claim them as mine. I keep reminding myself that their choices are theirs. You have a choice to either let them IN your mind or kick them OUT - your peace and sanity are at stake.

Imagine just for a minute your whole new life, new experiences, new friendships, work and business opportunities, and even love is around the corner but you are holding onto what is no longer good for you. Imagine how different your life would be if you took the leap of faith into the unknown and just trusted life is going to be more than okay on the other side. As I've said, the universe slams doors shut and although this can be incredibly painful it's necessary for your new chapter to begin. It's up to you to walk through the open door, just remember you can't see it if you are still pounding and pushing on the door that's closed. This wastes so much time and energy and does not serve the higher versions of ourselves.

With or without children in these situations life can get so much better and do you know why? Because it's a CHOICE! Every situation

is different FOR SURE! But whatever situation you have been in has happened before and people have survived and come out the other side and so can you! So take that TIME and make a plan for yourself to see the change you want, because we can't keep doing the same thing that's in our comfort zone and expecting a different outcome, right? growth always happen in the uncomfortable places, take the leap.

I'm still learning everyday to be in the present day! But daily gratitude helps with that and looking at life through the lens of my daughter I feel like I'm seeing everything for the first time and it's pure magic. We all seem to be operating in either the past or the future just trying to figure it out but having fun in the moment and in the day is all we have, so go for goals but remember to savour the time you have right now: look at the sky, make some cloud pictures, smile a little more, dance, sing, be goofy during the mundane tasks like washing your clothes, cooking meals and washing your face, put your feet in the earth, feel free and create magic moments! Why? Because girl, when you're 85 years old, with your lived-in body, and looking back on life, it's these tasks that make for living in the present a fulfilling life.

In the “feel your feels” chapter I said that it doesn’t matter how long you mourn, it is not a representation of how much you loved! So mourning for years or a day doesn’t mean you loved them any more or any less, you have to choose how to heal for you. If you have babies the longer we are an empty shell of the person we once were the more they are missing out on having their mum be present mentally, emotionally, and physically! Why? For someone who didn’t treat you well? Both you and your babies deserve better. Want to change not just for them but for you! Reclaim yourself, if you need help go get it, make it happen! Start being the main character in your life and focus on what matters, time will keep passing so you may as well use it productively.

At the end of the day, this is what I've done in the last year to rebuild myself, heal, and find this new version of me as a solo parent and a

woman. It's a wild ride of highs and lows. Heartbreak and healing is never easy and they both come with such complex feelings and emotions but I wouldn't have it any other way! When I chose to focus on me, my baby, and my goals everything flowed! It got easier, then harder, and easier again! Try to ride the waves as they come! The journey is not straight forward, you may wonder when you'll stop crying and when the pain will go away and well it's been a year and the waves of anger, hurt and how could he? Come back every few months due to completely new circumstances so, I can't tell you that the journey is different for everyone. What I do know is if you can work through these steps almost simultaneously and take one day at a time life will get better - remember what you focus on grows! Life won't just "get better" it will be freaking amazing and life will keep throwing you balls, I know it can feel like you're standing alone and getting smashed left, right and centre, but I never want you to stop getting up, take a deep belly breath and let's start playing a fun game of dodgeball.

Know that this chapter in your life of heartbreak is here FOR you and it's not happening to you! One day you'll look back and be so grateful that you experienced this because your life is better than you could ever have imagined! So don't waste this precious time, find ways to do things that bring you joy, get out of your comfort zone, focus on your mental, emotional and physical health, go feel pretty by changing up your look! Express yourself in every way, take up space, go learn new things, create a life you are proud to live, re-invent yourself because life is too short and time is too precious, to be anything but happy.

Go flip that switch and be that version of yourself you know you are, it's your time to shine baby.

Love and light,

Your girl,

Celeste x

Acknowledgements

My beautiful Best friend Aquila, for being there for me through both seasons of break ups, being my best friend, my sister, my support and for all your knowledge. I love you and our girls so much, thank you for everything over the last 10+ years, no words could truly express the gratitude I have for you.

My mum, for always believing in me, supporting me even if it got me in trouble, but she knew I did it for good reason. Allowing me to express myself and let my voice be heard, because her voice never was. I'm grateful for you.

To my amazing Editor Kirsty Farley, literally wouldn't have been able to do this without you, even pregnant with your first baby in the late stages and literally on the other side of the world in the U.K. You still made this process so easy and really understood the assignment, thank you!

To both of my failed relationships for making this possible, thank you for giving me a story to share to help others.

Lastly, to my year 8 teacher who said jokingly at my parent teacher interviews when i was 12 that "I'd never be a writer, I'm too much verbal spew" to that I say... "I DID IT!" NEVER allow the opinions of others to become your limiting belief, YOU CAN DO ANYTHING.