

**There are five steps to this process taking you where you are to your personal transformation:**

**Step One: Road Through Recovery**--In order to move forward in creating your new life after divorce, learning and understanding the five phases on the Road Through Recovery will give you a recovery framework. It will help you to identify and pinpoint where you are on your own personal journey within a particular phase. It will answer the most important question: What is exactly preventing me from taking the next step forward?

**Step Two: Ramping Up**--Understanding why and how to create an effective goal plan step by step is essential. Learn why creating a comprehensive goal plan and taking action is “key” to moving past the Road Through Recovery – out of the past that is taking away the potential for your future.

Here, you will take what you learned from step one, where you are “stuck” or “in pain”, and create action steps moving you past the Road Through Recovery.

**Step Three: Reconnecting With Self**—Recognize the value of creating inner balance among the four pillar of well-being which is a necessary part of reconnecting with self. You are different and some roles and identity has changed—**who are you now?**

Creating harmony and balance among the four areas will give you more energy and power moving forward.

Construct a personal life timeline in which you view the past objectively. You will see life lessons, patterns, themes, and opportunities from the past that will empower you to make better decisions and choices for the future. (powerful exercise)

**Step Four: Reinventing Self**—Reframing, reexamining, and reworking strengths, values and passions to discover your “sweet spot”—**who do you want to become** for the future? You’ll take these three parts and weave the best of them into a “sweet spot” so that you have a clear direction of who you want to become for the future.

**Step Five: Relaunching Self**—Pinpointing an area of life that if worked on will creating more harmony, and balance. It will give confidence and clarity empowering you to embrace a new beginning creating your new, purposeful life.—**where do you want to go** for the future?

When you improve the weakest area of your life, the other areas will be affected in a positive way. You create a road map of where you want to go, and how you are going to get there.

\*Additionally: One – one full hour coaching session included in course.

**Click on the link to learn more:**

[https://living\\_above\\_the\\_ordinary.teachable.com/p/recover-reconnect-reinvent-ultimate-results-driven-process-rebuilding-your-new-life-after-divorce](https://living_above_the_ordinary.teachable.com/p/recover-reconnect-reinvent-ultimate-results-driven-process-rebuilding-your-new-life-after-divorce)