

# 10 Ways to Reinvent Yourself After a Relationship is Over



## Worksheet

YouWereBornToHeal.com



While breakups can be painful, that pain can serve a positive purpose: it can be the catalyst for reinventing yourself. After a breakup, you have new-found free time and the motivation to make a change. **The key is to learn something from the experience and then springboard into a new life.**

How do you go about making a positive change?

### Consider these strategies:

- ▶ **1. Find a healthy weight. Breakups can be a tremendous motivator to either lose fat or gain muscle.** Focus on developing habits that will lead you to your bodyweight goal. Get into an exercise routine, hire a personal trainer if you can afford one, or find someone with similar fitness goals to serve as an accountability partner.
  - A healthy diet, exercise, and patience are all you need. Changing your weight is certainly challenging, but many people still manage to do it. Use your breakup as motivation.
- ▶ **2. Get involved.** Volunteer to help others, take a course at a local college, join a club. You'll get out of the house, meet new people, and learn some new information. What better way could you spend your time?
- ▶ **3. Learn a new skill.** If you're going to reinvent yourself, go all out. Learn to do something new that will enhance your professional or social life. Join Toastmasters or take an acting class. Work on learning a foreign language. Think of all the new things you can learn that would enhance your life. Pick one and get started today.
- ▶ **4. Update your wardrobe. The clothes you choose to wear say a lot about you.** Ensure they're saying what you want them to say. Take your most fashion-conscious friend shopping with you and keep your mind open. Allow your friend to choose a few outfits for you. You can bet you'll make a new impression on everyone you know.



# 10 Ways to Reinvent Yourself

## After a Relationship is Over Worksheet

- ▶ **5. Evaluate your relationship.** Take a short period of time and examine your failed relationship after you've distanced yourself from it for a while. There's no point in repeating mistakes in the future. **Figure out what went wrong and how you can avoid a similar fate.** Learn from your mistakes and improve your understanding of relationships.
  - If there were things you did that could've damaged the relationship, admit them.
  - Try to determine the red flags that signaled the relationship was ending
  - Decide to avoid similar mistakes in future relationships.
  
- ▶ **6. Perfect your listening skills. Nothing will help your social life and relationships more than perfecting your ability to listen.** Those with the worst listening skills have tremendous social difficulties. They come off as rude, disinterested, and odd. Listen for understanding. If you need to, repeat back what you just heard in your own words. Stop your brain from searching for the next witty thing to say and learn to pay attention.
  
- ▶ **7. Meet new people.** A new life requires some new people. What types of people do you admire? What types of people fascinate you? Spend casual time with a variety of people, instead of focusing all of your energy on one person. Try dating people you normally wouldn't. Keep it fun and simple.
  
- ▶ **8. Change your routine.** Familiar places and events can act as triggers when you're getting over a relationship. Break out of your rut. Try a new restaurant for lunch. Get a new hairstyle. Change anything you normally do without thinking. **New behaviors create a new life.** What can you do differently today that you never do?
  
- ▶ **9. Remove the dead weight from your life.** Drop the commitments, clothing, items, and people from your life that no longer serve your greater purpose. Everyone gets off course after a few years. Now is the perfect time to right the ship and clean house. Things that were right for you five years ago may have lost their usefulness.



# 10 Ways to Reinvent Yourself

## After a Relationship is Over Worksheet

- ▶ **10. Take a trip.** Get away by yourself or with a friend and explore someplace new. It can be a great start to a new life. Where would you like to go? Step outside of your comfort zone. Go get a passport if you don't have one.

Get over your breakup by focusing on yourself. Join a gym and make some new friends. Learn something new.

Reinvent yourself into a person you respect and enjoy.

**Create a life that excites you!**

**Use your breakup to your advantage. It might be the best thing that ever happened to you!**