

Grow Through What You Go Through

Worksheet



YouWereBornToHeal.com



Divorce is an experience that many people will go through during their lifetime. While it can be unpleasant and emotionally taxing, divorce is not the end of the world. **With the right attitude and effort, the experience can be used as a transformational tool that brings joy and fulfillment into your life.**

Answer the following questions to gain a better perspective of how to survive and thrive during and after your divorce. Carefully consider each one, and be specific as possible.

- ▶ **1. Do I have the professional help I need to navigate a divorce successfully?
Who do I know that can help?**



Grow Through What You Go Through Worksheet

- ▶ **2. What is my current financial situation? What can I do to prepare myself for the future?**



Grow Through What You Go Through Worksheet

- ▶ **3. How will I present the divorce to my children? How can I get my spouse on board and present a united front?**



Grow Through What You Go Through Worksheet

- ▶ 4. What do I enjoy doing? What are some new things I would like to try that sound fun to me?



Grow Through What You Go Through Worksheet

- ▶ 5. How can I improve myself and enjoy myself at the same time?



Grow Through What You Go Through Worksheet

- ▶ **6. What can I learn about myself from my relationship? What changes do I want to make for the future?**



Grow Through What You Go Through Worksheet

- ▶ **7. What did I like and dislike about my partner? What kind of partner do I want in the future?**



Grow Through What You Go Through Worksheet

- ▶ **8. What is my compelling vision for the future? How would I describe it to someone in detail?**