



10 Ways in Taking Control of Your Personal Power



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Have you ever felt so angry that you lose control of your personal power? You can't stay focused or make logical decisions.

Going through a divorce can be **difficult and cause a lot of emotion turmoil**. It is important to be in control of your personal power to stay focused for yourself and your kids.

Keeping a **clear mind** will help you make the **right decision**. It's important to put your personal feelings aside and **work on a business plan for your future** with the best interest in your children.

Tips on staying focused when planning for a [Divorce / Separation / Breakup](#)

1. **Stay focused** if you panic or get anxiety it will prevent you from making the right decisions. **Acceptance the situation** and prepare to move forward
2. Take an **honest approach** when you try and cheat the system it will come back and bite you later.



3. **Don't argue** over petty things it **costs too much money**. It becomes an emotional battle and usually has long term consequences. But do ensure not to give up what your entitled to.
4. Take the **initiative to create a negotiated settlement** that will last a long time. Do your homework the lawyer can't decide everything for you and if they do it will cost a **huge amount of money** and gain nothing in the end.
5. **Don't fight over a piece of furniture** that will cost more to get through the courts than what its worth in value.
6. **Create a personal business plan** on visitation, support, vacation, who picks up the kids, what activities they will attend, schools etc.
7. Be flexible when you create **your personal business plan** on your visits, vacation etc. your life **will always be changing and you don't want to put limits** - it will cost you money later when you will have to go back to court to redraft the changes.
8. **Saving money is the key** so you can spend it on the children's needs not a divorce.
9. **Detach yourself from your ex-spouse** and create a new life. You will eventually meet someone new and that person doesn't want to deal with the ex-partner in your life.
10. **Taking control of your life creates happiness and peace.**

If your **struggling** and need to reach out to someone to discuss the details of your circumstances. **Feel alone**. Your family **doesn't understand** what you're going through. Your **friends are tired of hearing** the same **story**.



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I can **guarantee** you will build:

- confidence
- clarity
- self esteem
- a sense of belonging
- you're not alone
- make friends
- and so much more

If you are looking to take control of your personal power call me at 416-312-6983.

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I'm here to guide you throughout your journey in life and achieve your goals