



# Wings for Women

Coaching, Mentoring, & Training for Women in Transition

## Wings for Women - June 2010 Newsletter

Welcome to the June 2010 *Wings for Women* Newsletter .... Tips on Navigating a Divorce and Creating an Ideal Life After Divorce.

### How to Prevent Self-Limiting Beliefs from Limiting your Life After Divorce

How often do you find yourself wishing that you could move far, far away and start a new life after divorce ... a life you've been dreaming of? But then that nasty inner voice interrupts you and says things like:

- \* You're too old to find a new life partner.
- \* It's too hard to move to a new city.
- \* You shouldn't file for divorce until the kids are done with school.
- \* It's not possible to start a business without finishing your degree.



Are those type of statements really true? Or are they self-imposed limitations? We all have an inner critic that makes us play small. Be aware of whether our thoughts are actually limiting beliefs.

What are limiting beliefs? They are general beliefs you have about people, situations, or life that hold you back from pursuing what you really want. If you believe something isn't possible, you're not likely to try.

Limiting beliefs are stored in your subconscious mind, so you might not even be aware of them. They are typically learned from what you've been told by other people, the media, and books. Your beliefs act as a filter, like sunglasses in front of your eyes, so that you see some things around you but not other things, all in accordance with your beliefs. Beliefs tend to be self-confirming and self-reinforcing. So when you hear about divorced women having trouble attracting a new mate, you say to yourself "See? I told you I was too old to find another life partner!"

So how can you overcome your self-limiting beliefs? The first step is to be aware of what the inner voice is saying to you, and how you are reacting to it. Then do some self-coaching by asking yourself:

- \* How true is that belief, really? Look for proof or lack of proof.
- \* Where did I get that belief?
- \* How has this belief affected me? Is this belief serving me? Or is it holding me back?
- \* What new belief can I replace it with, a belief that would be more empowering to me?

Most of our limitations are self-imposed. Deep rooted mental blocks and fears might require some professional help, but doing some self-coaching can free you from many of our self-limiting beliefs. Then you can truly focus on creating a life after divorce that is even better than the life you had before. **Yes, there really is life after divorce!**

## About Us

**Wings for Women!** We are committed to inspiring, empowering, and enabling women to "find their wings" and take bold actions to live the life of their dreams. We will help you get unstuck and find the clarity you need to create a life that fits your passions!

Are you ready to make the bold changes in your life to find your wings and pursue your dreams? Take the first step and work with a Personal Coach to help you move on to a better life.

Keiko Hsu offers coaching services by phone at your convenience, no matter where you are located. Contact her to schedule an exploratory consultation by phone. Keiko can be reached at (415) 738-2313 or by email at [keiko@WingsForWomen.net](mailto:keiko@WingsForWomen.net).

To a joyful and fulfilling future!

Keiko

## Take the High Road During Divorce



There's been much talk about taking the high road during divorce, especially among people who follow celebrities whose marriages lie in tatters. Actress Sandra Bullock is a recent example of taking the high road in her well-publicized split with her soon-to-be ex-husband Jesse James. In her acceptance speech for an MTV Movie Award last night, she said "Whoever established the high road and how high it should be should be fired."

"Taking the high road" is never easy, especially when someone you trusted with your life cheats on you. We're human, so we all feel tempted to prove that we're right and someone else is wrong when a situation goes awry. I certainly felt that way when my own marriage fell apart.

So why is taking the high road a good thing to do? Because even though you want the world to know that you've been wronged, displaying your anger, bitterness, and resentment does NOT serve you. All it does is make you feel bad.

Taking an adversarial position only prolongs the agony for YOU. If you've truly tried to rebuild your marriage and have concluded that your conflict is irreconcilable, then the best course of action is to let it go as quickly as possible and move on with your life. You have so many better choices you can make on how you should spend your precious time and energy during this major transition.

Stop looking in the rear view mirror. Better to look forward towards your brighter future in your life after divorce.

## Reinvent Yourself to Create an Ideal Life After Divorce



If there's one silver lining in a divorce, it's the opportunity to reinvent yourself and create a better future for yourself. Many of us live our lives on auto-pilot, without questioning whether it's really the life we want to live. A traumatic event like divorce shocks us to the core and forces us to question our long-held assumptions about ourselves, our loved ones, and about life.

What does it mean to "reinvent yourself"? "Reinvent" means "to remake or make over, as in a different form". It also means **intentionally** doing something different. Create a new future for yourself ... a life that allows you to express who you really are. A life that is aligned with your core values and your passions.

Think about your life and view it as if it was a movie. Why did you make the choices you've made so far? What led you to marry the person you married? To have the friends you spend time with? To pursue your current career path? What were the external factors that drove some of those choices? We often make major life decisions because of influences from others. Society gives us messages about what types of people we "should" be with. How soon we "should" get married and settle down. How many children we "should" have. What job title we "should" have. How kind of home we "should" own, and in what neighborhood.

What kind of life do **YOU** want?

Here are 3 mind-expanding questions to ask yourself. Imagine if you had no constraints whatsoever ... financially, geographically, mentally, or physically.

- (1) Where would you live?
- (2) How would you spend your time?
- (3) What kind of people would you want to be with?

In my case, I decided I wanted to (1) move to the West Coast and live in San Francisco. (2) I wanted to have a very active social life while doing work that is very fulfilling to my heart and soul (i.e. coaching others to reach their full potential in life). (3) I wanted to hang around with like-minded friends who are authentic, conscious, positive, and committed to personal growth. From the time I established this vision for my life, it took me about one year to make it happen, including my cross-country move to establish myself in San Francisco. And my "happiness factor" has skyrocketed! I feel like I'm living my dream every day!

How would your life be, if you could do what YOU want? If you could live where you always dreamed of living? If you could follow your passions? If you could hang out with only people whom you choose to be with?

So what's stopping you from having that life?

Divorce is a life-altering event. Consider the possibility of using it as a springboard to a more joyful future. Consider that most of the obstacles getting in the way of your happiness are self-imposed limitations.

If that sounds overwhelming, then consider that by working with a Change Agent/Mentor/Personal Coach, you can achieve your big goals and the life you want much more quickly than if you pursued them alone. If you were successful in the business world, you can learn how to develop a successful and fulfilling personal life too!

## Why Does Life After Divorce Have To Be Complicated? How to Cut Emotional Ties with your Ex-Spouse

Have you seen the movie "It's Complicated?" While the film is outrageously funny and features superstars Meryl Streep, Alec Baldwin, and Steve Martin, it does pose some serious, thought-provoking questions about life after divorce.



Is it possible to completely cut emotional ties with an ex-spouse so that you can move on with your life after splitting up a long-term marriage? Of course it depends on whether you have children, post-divorce financial support, or have other reasons to bump into each other in the workplace or community. What if you moved to a place far away from your ex-husband? Is there still some karmic bond that forever ties you together?

If those emotional ties and feelings are blocking you from moving on with your life after separation or divorce, here are some suggested remedies:

\* **"Break the Karmic Bond" Prayer** – a brief but powerful prayer to help you access your inner strength. [Click here](#) to learn more.

\* **Emotional Freedom Technique (EFT)** – a technique for tapping certain meridian points in your face and body to release emotional pain and to re-balance your inner energy. [Click here](#) to learn more.

Ultimately, the emotional chains of past relationships will melt away if you accept your share of responsibility for the breakdown, and if you completely forgive him and yourself for what happened. By closing out your "unfinished business" with your ex, you will release the subconscious ties and enable yourself to truly move on with your life.

What do you think? We would love to hear from you.

**To a joyful and fulfilling life!**

A handwritten signature in blue ink, appearing to read "Keiko".

Keiko Hsu, CPC, ACC, CDC  
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