

WORK BOOK



Wings for Women[®]
presents

LOVE YOUR LIFE AFTER DIVORCE!

5 Steps to **Attract What You Want & Live** a Joyful Life



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Love Your Life After Divorce
Published by Keiko Hsu

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Introduction

Welcome to the ***Love Your Life After Divorce*** Home Study Course ... and congratulations for investing in your future! This course consists of five 1-hour audio modules, the Guide Book (which contains typed transcripts of the audios plus all exercises) and this Work Book for doing the exercises.

Through this life-transforming course, you will:

- ✧ Reclaim parts of your heart and soul that you lost, and feel whole again.
- ✧ Develop your inner radiance to turn your deepest desires into reality.
- ✧ Attract the people who are IDEAL for you for this phase of your life, and let go of past relationship patterns.
- ✧ Overcome negative self-talk and other barriers to happiness.
- ✧ Get focused on what brings you joy, and create your own personal roadmap to bring joy into your life.



This 5-module course is based on W.I.N.G.S., our 5-step framework for creating a joyful life after divorce:

- W = Wholeness**
- I = Inner Self**
- N = Navigate Your Barriers**
- G = Generate Your Personal Roadmap**
- S = Stay on Track.**

The five modules are designed to be completed in that sequence, as each module builds upon the previous module. The self-reflection and creation exercises are very powerful, so you'll want to invest the time to complete them to gain new insights about yourself and what's possible for you. Allow at least 9-10 hours to do these exercises.

Tips to get the most benefit out of this course:

If you purchased the downloadable version of this course, download and SAVE the audio recordings and documents into a folder on your computer, so that you can access them anytime. Print out the Workbook so that you can use it to work on the exercises.

This course is an investment in your future, so schedule some quiet time to devote to this work, in a comfortable place with no distractions. A library is an ideal place to work on this course if you bring a laptop computer, a set of headphones, and a printed copy of the Work Book.

Plan to complete this course in 7 weeks or less, so that you can maintain forward momentum. It is possible to complete this course in a few days if you carve out the time in your busy schedule.

Keep a journal so that you can take notes while listening to each module, as well as to document your thoughts, ideas, and any negative self-talk along the way.

If you prefer to take this course with a small group of like-minded women or could use some additional support to help you stay on track after completing the home study course, consider joining our Love Your Life After Divorce Kick-Start Program, a 7-week group mentoring and coaching program based on the “Love Your Life” course material.

For more information and the dates of our next Kick-Start group, go to:

<http://WingsForWomen.net/KickStart>.

I'm delighted to be your guide on your journey to a joyful and fulfilling life!



Keiko Hsu

Life-After-Divorce Mentor and Certified Life Coach / Business Coach

Founder - *Wings for Women*®



"Love Your Life After Divorce ... 5 Steps to Attract What You Want and Live a Joyful Life"

Overview of the W.I.N.G.S. Process

The **Wings for Women**® step-by-step process for creating a joyful life after divorce:

W

- **Wholeness** ... Aim to be whole again, to rebuild your life after divorce. Reclaim parts of yourself that you lost. Set clear intentions to have a life that nourishes your heart and soul. Assess all aspects of your well-being ... physical, emotional, professional, financial, social, and spiritual.

I

- **Inner Self** ... Tap into your inner self ... especially your passions ... what's truly important to you. Discover who you CAN be. Learn to love your authentic self. Identify patterns of your past relationships. Learn how to manifest your deepest desires.

N

- **Navigate Your Barriers** ... What's stopping you? Overcome fears, limiting beliefs, and negative self-talk that get in your way and cloud your vision. Develop strategies to overcome internal and external barriers.

G

- **Generate Your Personal Roadmap** ... Activate your power to co-create your future. Gain a clear vision, generate your personal roadmap, establish clear goals and milestones. Re-calibrate your priorities. Become radiant and easily attract love and joy into your life.

S

- **Stay on Track** ... Develop strategies to stay positive, keep the forward momentum, maintain accountability and measure your progress. Know what resources are available to help you.

You too can find your WINGS and live a joyful life after divorce!



MODULE 1: W = Wholeness

Aim to be whole again, to rebuild your life after divorce. Reclaim parts of yourself that you lost. Set clear intentions to have a life that nourishes your heart and soul. Assess all aspects of your well-being ... physical, emotional, professional, financial, social, and spiritual.

SECTION I: Assess the Quality of your Life

EXERCISE W1: A FULL & WHOLE LIFE

For each aspect of your life, circle the number that represents your current level of satisfaction in that area. Even if you've done this exercise before, it's helpful to do it at least once a year, since our lives do change as we grow.

1 = Very Dissatisfied 5 = OK, not bad but not good 10 = Very Satisfied

- Your Career/Profession/Business: 1 2 3 4 5 6 7 8 9 10
- Personal Finances: 1 2 3 4 5 6 7 8 9 10
- Health & Fitness: 1 2 3 4 5 6 7 8 9 10
- Family Relationships/Parenting: 1 2 3 4 5 6 7 8 9 10
- Friendships & Social Life: 1 2 3 4 5 6 7 8 9 10
- Intimate Relationships: 1 2 3 4 5 6 7 8 9 10
- Fun & Enjoyment: 1 2 3 4 5 6 7 8 9 10
- Personal Development & Growth: 1 2 3 4 5 6 7 8 9 10
- Spiritual Awareness: 1 2 3 4 5 6 7 8 9 10

What observations and insights did you get from your answers?

EXERCISE W2: MY PAST RELATIONSHIP PATTERNS

Review the Summary and Audio Replay our free Teleseminar "*3 Keys to Creating New Relationships that Nurture Your Heart and Soul*", especially the part about your Top 10 Criteria for your "ideal person" (Exercises 3 and 4) in Key #2:

Summary Sheet (2 pages): <http://bit.ly/WFWSummary3Keys120319>

Audio Recording: <http://bit.ly/WFWAudio3Keys120319> (listen to the 11-min portion 24:15-35:30)

What patterns did you notice about your past relationships? What types of people did you tend to attract in the past? How do they compare to your Top 10 Criteria now?

SECTION II: Set your Intentions

EXERCISE W3: THREE KEY QUESTIONS

Ask yourself the 3 Key Questions. If you had no constraints whatsoever,

- 1. Where would you live?

2. What would you do?

3. What kind of people would you want to be with?

SECTION III: Complete Past Incompletions

EXERCISE W4: MY INCOMPLETIONS

What agreements have I made to myself or others that I haven't kept?

What excuses or lies have I been telling myself?

What do I need to say to someone I've been avoiding?

EXERCISE W5: RELEASE RESENTMENT*

1. What resentment do I have from the past?

2. In what ways was I responsible in creating this situation?

3. What good can come of this situation, i.e. what lessons have I learned?

4. What have I been unwilling to face about this situation until now?

5. What can I let go of, and what can I commit to, so that this situation will be complete

SECTION IV: Put Yourself First

EXERCISE W6: MY COMMITMENT TO MYSELF

What is your commitment to yourself? What are 3 things you can start doing that would demonstrate that you are serious about loving yourself and taking a stand for yourself?

EXERCISE W7: MIRROR WORK **

Look at yourself in a mirror and look deeply into your eyes while you finish each of the following 3 sentences with 7 different endings, and say all 21 sentences to yourself out loud. Do this every day for 21 days:

- 1) <YOUR NAME>, I'm so proud that you _____ (say this with 7 different endings)

- 2) <YOUR NAME>, I forgive you for _____ (say this with 7 different endings)

- 3) <YOUR NAME>, I commit to you that _____ (say this with 7 different endings)

* Adapted from "Calling in 'The One'", by Katherine Woodward Thomas

** From Lisa Nichols, a co-author of Chicken Soup for the Soul and star of the video "The Secret."



MODULE 2: I = Inner Self

Tap into your inner self ... especially your passions ... what's truly important to you. Discover who you CAN be. Learn to love your authentic self. Identify patterns of your past relationships. Learn how to manifest your deepest desires.

SECTION I: Manifesting Your Deepest Desires

EXERCISE I-1: HOW DO WE DEFINE THE 3 BASIC STEPS FOR APPLYING THE LAW OF ATTRACTION?

As you listen to the definitions, write them down here:

Step 1 - ASK:

Step 2 - BELIEVE:

Step 3 - RECEIVE:

EXERCISE I-2: APPLYING THE LAW OF ATTRACTION – KEIKO'S EXAMPLES

As you listen to one of Keiko's examples of how she used the Law of Attraction to attract what she wanted, what specifically did she do to:

ASK?

BELIEVE?

RECEIVE?

SECTION II: What are you Passionate About?

EXERCISE I-3: MY TOP 5 PASSIONS (from the *Wings for Women*® Passions Discovery Tool)

Schedule at least one hour of quiet time so you can devote your attention to self-reflection and inner exploration.

Complete each of the following 7 sentences by writing at least 5 endings each.

- TIP: Listen to your heart. Don't over-think your answers.

1) If I had no constraints whatsoever (i.e. financial, geographical, physical, or time constraints), **I would love to be**

_____ . *(Example: If I had no constraints whatsoever, I would love to be skiing every weekend.)*

2) I felt great about myself when I _____.

(Example: I felt great about myself when I solved Client XYZ's security problem last year.)

3) I get really passionate about certain causes or issues, especially _____.

(Example: I get really passionate about certain causes, especially women's rights.)

4) I feel inspired and joyful when I _____.

(Example: I feel inspired and joyful when I play the piano.)

5) I get completely absorbed and time passes so quickly when I _____.

(Example: I get completely absorbed and time passes so quickly when I read great mystery novels.)

6) I light up and get really excited when I talk about _____.

(Example: I light up and get really excited when I talk about my visits to San Francisco.)

7) People say I'm really good at _____.

(Example: People say I'm really good at interior decorating.)

If you wrote 5 endings to each of the 7 statements, above, you now have a list of 35 passions. Look at each one. Which ones really resonate with you? Think about it overnight, and look at your list again the next day.

Then prioritize your list so that you can identify your Top 5 Passions:

My Top 5 Passions are:

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION III: Healing Your Past Wounds

EXERCISE I-4: FALSE IDENTITIES

As you listen to the definitions of 3 common "False Identities", write them down here, and notice which one(s) you relate to the most:

"I'm Unworthy" (or "I Don't Deserve to be Successful")

"I'm Invisible"

"I'm On My Own" (or "I'm All Alone")

EXERCISE I-5: MY PAST RELATIONSHIP PATTERNS (REVISITED)

Review your answers to Exercise W-2 from Module 1, where you identified what types of people you've attracted in the past, and how they compare to your Top 10 criteria for an "ideal mate."

Based on insights from the False Identities we just discussed, what else do you notice about your past relationship patterns? What do you want in the future?



MODULE 3: N = Navigate Your Barriers

What's stopping you? Overcome fears, limiting beliefs, and negative self-talk that get in your way and cloud your vision. Develop strategies to overcome internal and external barriers.

SECTION I: External Barriers versus Internal Barriers

EXERCISE N-1: HOW DO WE DEFINE EXTERNAL BARRIERS VERSUS INTERNAL BARRIERS?

As you listen to the definitions, write them down here:

External Barriers:

Internal Barriers:

EXERCISE N-2: OBSTACLES TO PURSUING OUR TOP 5 PASSIONS

Review the list of Top 5 Passions that you developed last week, and make list of obstacles that may get in your way. Classify the obstacles as either External Barriers or Internal Barriers by writing a check mark under the column.

Disregard the GAIL column for now.

OBSTACLES TO YOUR TOP 5 PASSIONS

TYPE	EXTERNAL	INTERNAL	G.A.I.L.	BARRIER?	BARRIER?
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

SECTION II: The 4 Mental Blocks: GAIL *

EXERCISE N-3: G.A.I.L. – DEFINITIONS AND STRATEGIES

As you listen to the definitions of these mental blocks and strategies to overcome them, write them down here:

G = Gremlins:

Strategies to Overcome Gremlins:

A = Assumptions:

Strategies to Overcome Assumptions:

I = Interpretations:

Strategies to Overcome Interpretations:

L = Limiting Beliefs:

Strategies to Overcome Limiting Beliefs:

EXERCISE N-4: CLASSIFY YOUR INTERNAL BARRIERS BY G.A.I.L. TYPE

Review your Obstacles List from Exercise N-2, and for each Internal Barrier, classify what G.A.I.L. type they are. Gremlin? Assumption? Interpretation? Limiting Belief?

SECTION III: How to Overcome Negative Self-Talk

EXERCISE N-5: NEGATIVE SELF-TALK

As we talked about our Gremlins and the voice of the Inner Critic, choose one or two negatives self-talk messages that are your biggest obstacles that you would like to overcome. Write the strategies you will use to overcome these:

Negative Self-Talk Messages:

Strategies to Overcome Them:

SECTION IV: Healing Your Past Wounds (Part 2)

EXERCISE N-6: WHAT WILL I RELEASE FROM MY PAST WOUNDS? WHAT WILL I EMBRACE?

I release:

I embrace:

* Adapted from the Institute for Professional Excellence in Coaching (iPEC)



MODULE 4: G = Generate Your Personal Roadmap

Activate your power to co-create your future. Gain a clear vision, generate your personal roadmap, and establish clear goals and milestones. Re-calibrate your priorities. Become radiant and easily attract love and joy into your life.

SECTION I: Activate your Power to Co-Create Your Future

SECTION II: Vision Boards

Watch this short video about John Assaraf's Vision Board story:

<http://www.youtube.com/watch?v=kVVOQVgvaWU>

Keiko's Vision Board – An example using her electronic method:

<http://bit.ly/KeikoVisionBoard111004>

EXERCISE G-1: CREATE YOUR VISION BOARD ... HOMEWORK

Using either the traditional or electronic methods, create your own Vision Board for your Top 5 Passions.

Allow at least 2 hours for this exercise.

SECTION III: SMART Goals and Action Plans

EXERCISE G-2: SMART GOALS AND ACTION PLANS

As you listen to the definitions of SMART, write them down here:

S = Specific:

M = Measurable: A = Attainable:

R = Relevant:

T = Time-Bound:

EXERCISE G-3: DEVELOP YOUR 1ST MILESTONE GOALS AND ACTION PLANS

For each of your Top 5 Passions, identify your 1st Milestone Goal and 2-3 SMART actions that will move you toward those goals. Make sure to commit to a date for completing each action. Allow at least one hour for this exercise.

My Passion #1:

1st Milestone Goal (Project):

SMART ACTION	By Whom?	By When?

My Passion #2:

1st Milestone Goal (Project):

SMART ACTION	By Whom?	By When?

My Passion #3:

1st Milestone Goal (Project):

SMART ACTION	By Whom?	By When?

My Passion #4:

1st Milestone Goal (Project):

SMART ACTION	By Whom?	By When?

My Passion #5:

1st Milestone Goal (Project):

SMART ACTION	By Whom?	By When?

SECTION IV: Recalibrate your Priorities

EXERCISE G-4: RE-CALIBRATE YOUR PRIORITIES

Take a look at your current schedule and To-Do lists. Decide what you're going to let go of, to make space for the new goals and actions that align with your Top 5 Passions. What are you going to Eliminate, Postpone, or Delegate to others?

Responsibilities or Tasks I will ELIMINATE (i.e. Say "NO" to)

Responsibilities or Tasks I will POSTPONE (i.e. Say "NOT NOW" to)

Responsibilities or Tasks I will DELEGATE (i.e. Say "NOT ME" to)

SECTION V: Be Radiant and Magnetic

EXERCISE G-5: 5 KEYS TO BEING RADIANT AND MAGNETIC

As you listen to the 5 Keys to Being Radiant and Magnetic, write them down here:

1.

2.

3.

4.

5.

EXERCISE G-6: WHAT ACTIONS WILL I TAKE TO BE RADIANT AND MAGNETIC?

1.

2.

3.

4.

5.



SESSION 5: S = Stay on Track

Develop strategies to stay positive, keep the forward momentum, maintain accountability and measure your progress. Know what resources are available to help you.

SECTION I: Manage Disappointments Along the Way

EXERCISE S-1: DISAPPOINTMENTS

Think about a recent disappointment. What meaning did you make of it? What was the value of that disappointment, as it relates to your intention? What was a lesson learned?

Get in touch with your courage, your power, your Inner Adult. Reach out to your Inner Child, help her to understand that everyone has disappointments. What would you say to explain to her how to interpret the situation in a more empowering way?

A recent disappointment I experienced:

How did your Inner Child react to the situation?

What was the silver lining in that cloud (i.e. the lesson learned)?

What would you say to your Inner Child to interpret the situation in an empowered way?

EXERCISE S-2: SELF-SABOTAGING OBSTACLES THAT GET IN OUR WAY

List five personal tendencies, habits, or weaknesses that may sabotage your efforts and get in the way of achieving your Top 5 Passions. Identify what strategies would work for you, to address these tendencies.

TENDENCIES/HABITS/WEAKNESSES	STRATEGY TO ADDRESS THEM
1.	
2.	
3.	
4.	
5.	

SECTION II: Stay Positive ... Keep your Vibrations High

EXERCISE S-3: 5 TIPS FOR KEEPING YOUR VIBRATIONS HIGH

As you listen to the 5 tips for keeping your vibrations high, write them down here:

6.	
7.	
8.	
9.	
10.	

SECTION III: Get Help from Others

EXERCISE S-4: HELPFUL RESOURCES

Make a list of people and organizations who can help you fulfill your first few Milestone Goals and Action Plans to achieve your Top 5 Passions. Write down what type of help or support you need from this person or organization. If you don't already have a relationship with some of these people, identify who can introduce you to them.

Continue this exercise as homework this week.

Friends, Family Members, Colleagues Who Can Help Me:

Organizations That Can Help Me:

People Who Can Coach, Mentor, or Advise Me:

A helpful resource:

Private VIP Day ... an intensive 6-hour Mentoring & Coaching session, one on one with Keiko Hsu by phone or Skype, to measure your internal energy profile, address any obstacles that you've discovered as you've worked through this course, and to help you integrate your Personal Roadmap and Action Plans in a short timeframe so that you can truly pursue your Top 5 Passions and live a joyful life.

Call Keiko at 415-738-2313 to explore whether a Private VIP Day is right for you.

EXERCISE S-5: REQUESTS FOR SUPPORT HOMEWORK

Identify what support would be helpful; who you are going contact to request support, and what you are going to say.

TYPE OF HELP NEEDED	WHO TO CONTACT	WHAT TO SAY IN YOUR REQUEST
1.		
2.		
3.		
4.		
5.		
6.		

SECTION IV: Be Unstoppable!

EXERCISE S-6: SELF-DISCOVERIES, MINDSET SHIFTS AND SUCCESSES EXPERIENCED SO FAR

Make a list of self-discoveries, mindset shifts and successes you've experienced so far in this program. Congratulate yourself!!

Congratulate yourself!! Be unstoppable! Find your wings and soar to your highest potential! You can have the life you want and live your passions. The possibilities are endless. May the wind always be beneath your wings!

It's been a real pleasure to be your guide along this journey. I invite you to call me at 415-738-2313 if I can be of further assistance to you, especially if you want to discuss whether a Private VIP Day would be right for you.

To your happiness!



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About the Author



Keiko Hsu, CPC, ACC is a Life-After-Divorce Mentor, certified Life Coach/Business Coach/ Dream Coach[®], and CEO-Founder of ***Wings for Women***[®]. Her mission is to inspire and enable women to live a joyful life after divorce ... and attain new heights in their life, career and relationships.

Her personal experiences in transforming her own life after divorce, plus her expert coaching skills and 20+ years of corporate leadership experience, uniquely enable Keiko to coach and mentor busy, career-focused women who are divorced or separated and are ready to move on. She provides them with the clarity, courage, mentoring, and a step-by-step process to transform their lives.

Keiko hosts the weekly ***Wings for Women***[®] Radio Show, accessible each Monday at <http://WingsForWomenRadio.net>, featuring interviews of women who are thriving after divorce.

Keiko is well known for being positive and resilient during challenging situations, seeing the silver lining in the clouds, living life full out, and manifesting her dreams and deepest desires. Her clients say she is courageous, inspiring, focused, accomplished, honest, and very professional.

Keiko is the President of the International Coach Federation's (ICF) San Francisco Bay Area chapter, and a graduate of the Institute for Professional Excellence in Coaching (iPEC). She is a former executive with General Electric Company, where she held various sales, marketing, and leadership positions and led numerous strategic corporate initiatives during her 28 year GE career.