



*Wings for Women*<sup>™</sup>

*Coaching, Mentoring, & Training for Women in Transition*

## **Special Report**

# *3 Myths*

**That Keep Women Trapped  
After Divorce ...**

**and How To Break Free**

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***Wings for Women***<sup>®</sup>

# 3 Myths

## That Keep Women Trapped After Divorce ... and How to Break Free

Did you know that more than 50% of all marriages end in divorce? This sad statistic flies in the face of widely held expectations that marriage is supposed to be a lifelong commitment.

But the reality is that people change and grow, and all too often, husbands and wives grow apart. This is especially true for successful women in high powered careers whose attention is focused on work, sometimes to the detriment of our marriages and family life. We may have noticed (either consciously or subconsciously) that our husbands didn't seem interested in our work anymore when we talked about our day. Eventually we stopped sharing our workday happenings with them, and our communication channels slowly began to erode on all fronts.

When the marriage finally falls apart, we are caught by surprise and are often completely blind-sided. And then we blame our husbands for betraying us. Worse yet, we blame ourselves for not having seen the signs earlier. How could we have been so blind??

The emotional trauma of separation and divorce causes us to dive into our work even more. At least we get some satisfaction there. And we can avoid thinking about how empty our personal life has become. When we focus on our work or our children, we can ignore our feelings of loneliness and isolation, the fact that we have no one to talk to at night, no partner to share our life with. And then a growing fear begins to gnaw on us ... Will I have to sleep alone forever??

This report will help you understand and overcome 3 myths that get in the way of women who are transitioning to a life after divorce. **You'll realize that these are self-imposed limiting beliefs that you can replace with new beliefs ... new thought patterns that will empower you and help you take actions to fill the void in your personal life so that you can feel whole again.** After reading this report, you'll have a fresh new perspective on how you can transform your post-divorce situation into a joyful and fulfilling life .... because it's truly possible!

## *Myth #1:* I'm Too Old to Find a Life Partner



Many successful women in their 40s, 50s, and 60s are emotionally devastated when their longtime husband falls in love with a much younger woman. If that happened to you, know that you're not alone. Our natural reaction is to believe that we're too old to find another life partner. After all, what good man would be attracted to us when there are so many beautiful, nubile young single women out there? It's disheartening to see so many visible examples of attractive men pursuing much younger women.

The "I'm Too Old" myth tends to keep women from going out and developing new relationships. It becomes all too easy to just stay at home or keep our minds occupied with work or children. Eventually you begin to really believe that myth, especially if you hang out with other divorced women or long-time single women who believe the same myth. You begin to lose your vitality and spark, and then it becomes a self-fulfilling prophecy.

**Instead, take a self-empowering view.** Imagine what would be possible for you if you disregarded the myth and attracted your ideal soul mate into your life, someone who is a perfect match for you at this stage of your evolution.

Visualize how full your life would be to have a committed partner to share your life and experiences with. Someone who cares deeply about you AND your work. Someone you can laugh with and share your passions with. Someone who will light up your life and with whom you can love and be loved. How would that feel?

Skeptical? It really works! Just before my 55<sup>th</sup> birthday, two years after my divorce, I found my ideal soul mate ... an attractive, loving man 5 years younger than me ... only 5 months after starting my search. The following Valentine's weekend, we got engaged after a beautifully romantic proposal, and we just got married just last year! Not only do I have a wonderful life partner now, I also have a fabulous social life that is better than I've ever had. And here's an unexpected bonus ... People say I look 10 years younger now, compared to when I started down the divorce path. I'm so very grateful to be living my dream life now. And I'm absolutely committed to helping other women achieve their dream life too.

Start by focusing on your inner beauty. What do your closest friends and family members love about you? What do you love and appreciate about yourself? What qualities do you have that are special? Close your eyes and think about radiating those special qualities outward from your soul to your physical body. Visualize how that feels. Then each morning for the next 7 days, spend 2 minutes visualizing being absolutely radiant in your beauty. Practice being radiant by approaching and interacting with at least one new person each day. Feel the radiance emanating from your heart to that person.

Bust that myth and get out there! There are lots of women out there who have found new love after age 50. We live in an abundant universe. There are lots of eligible, available men out there ... plenty of fish in the sea.

## *Myth #2:* It's Not Possible to Have a Great Career AND a Personal Life



Many busy career-focused women admit to being workaholics, and they feel like they don't have time for a great personal life. It seems like every moment of the day is consumed thinking about their work and all the tasks on their To Do lists. The "I'm Too Busy" myth perpetuates this behavior. No wonder they don't feel happy or fulfilled!

Real work/life balance comes from getting clear on your priorities and carving out time in your busy schedule for exercise and fun, and most of all for developing and enriching relationships with people who matter to you. Just as it takes time and attention to nurture a garden, it takes time and attention to nurture loving relationships with your family, friends, and partners.

In his book "7 Habits of Highly Effective People," Stephen Covey differentiates between "Urgent" versus "Important" tasks. Are you currently spending too much time on the "urgent but less important" things?

It's YOUR life, so YOU get to choose how you spend your time. In the overall scheme of your life, what's IMPORTANT to you? What do you want to be doing for the next 50 years of your life? Why not carve out the time to focus on the important things in your life NOW?

Start by taking a look at your calendar and "to do" list. How are you currently spending your time? Estimate what percentage of your time is spent on the following 8 quadrants:

<p style="text-align: center;"><b><u>A1:</u></b> <b>Urgent and Important</b> Work Activities</p>	<p style="text-align: center;"><b><u>A2:</u></b> <b>Important</b> but Not Urgent Work Activities</p>	<p style="text-align: center;"><b><u>B1:</u></b> <b>Urgent and Important</b> Personal Activities</p>	<p style="text-align: center;"><b><u>B2:</u></b> <b>Important</b> but Not Urgent Personal Activities</p>
<p style="text-align: center;"><b><u>A3:</u></b> <b>Urgent</b> but Not Important Work Activities</p>	<p style="text-align: center;"><b><u>A4:</u></b> Work Activities that are not urgent nor important</p>	<p style="text-align: center;"><b><u>B3:</u></b> <b>Urgent</b> but Not Important Personal Activities</p>	<p style="text-align: center;"><b><u>B4:</u></b> Personal Activities that are not urgent nor important</p>

Imagine how the quality of your life would change if you carved out more time on your schedule for A2 and B2, and spent less time on A4 and B4.

A good way to change how you spend your time is by measuring and categorizing your activities. Some calendar and task tools allow you to color-code your activities (Green for business development, Yellow for social activities, Red for romantic activities, Blue for learning and personal development, etc) so that you can visually monitor how you are allocating your time. Begin categorizing your activities by how important they are with respect to improving the quality of your life.

If the “I’m Too Busy” myth is keeping you from having a great personal life, take action now to turn the situation around.

## Myth #3: I Need to be Lucky to Have the Life I Want.



The “I’m Not Lucky” myth perpetuates the belief that you don’t have control over the quality of your life. The ironic thing is that many professional women are confident and successful in their careers, but they rationalize “lack of good luck” as a reason for not achieving their personal goals, especially as it relates to finding a life partner. This way of thinking causes people to live life in a reactive mode, reacting to surroundings, rather than being proactive about their personal life.

The universal “Law of Attraction” says that you attract into your life what you think and believe to be true. Most people worry about what they DON’T want ... debt, illness, loneliness, misfortune, etc ... and therefore they find themselves stuck in debt, illness, loneliness, and misfortune. Constant thinking about negative things tends to keep attracting those negative things into their lives.

**Positive thinking gives you power.** People who are both successful AND happy know that they control their own destiny by having a positive attitude and by focusing on what they DO want ... not only in their careers and professional life, but in their personal life too. First and foremost, they believe deeply that they CAN have the life they want. They have clear personal goals and take concrete steps to achieve them. They are aware of the fears and internal resistance that may get in the way. They feel these fears and proceed forward in spite of them.

If this sounds too easy, know that you are not alone in being skeptical. I too was skeptical until I learned how to manifest my own personal goals, both small and large. Here are some results from my own life:

- Within 8 months after I decided to move from the East Coast to San Francisco and began searching for a perfect place to live, I found a beautiful condo, conveniently located and with a spectacular panoramic view of the San Francisco Bay. I bought it and made the big move ... the easiest, most stress-free, and best move I've ever made.
- Within 5 months after I defined my criteria and began my search for a life partner, I found my perfect soul mate, to whom I am now married.
- Within 2 days after I set a goal to find a board position in an organization that empowers women, I received a surprise phone call inviting me to serve on the board of the San Francisco chapter of the International Coach Federation.

This wasn't simply good luck. This was the power of clear intention, aligning with my passions and core values, and manifesting my goals using the Law of Attraction.

You can begin the process for yourself by first identifying your values and passions. What are your core values? What is deeply important to you? What are you passionate about? Use our ***Passions Discovery Guide***\* to help you identify your Top Five Passions.

After getting in touch with your values and passions, set aside some quiet time to think about your personal goals, starting with your long term goals. What do you want to do for the next 50 years of your life? What do you want to be remembered for? What life experiences do you want to have? How do you want to feel? If you had no constraints whatsoever, what would you do? Where would you live? What kind of people do you want to spend time with?

Then break it down into mid-range and short-range goals. Where do you want to be 5 years from now? What do you want to accomplish in the next 12 months to align with your desired direction in life?

Write your personal goals on paper. Be very clear about what you DO want. Be very specific about the details. Be able to actually visualize what it looks like when your goals are achieved. What will success look like? How will you feel when you've achieved what you want?

**Positive thinking AND believing is the key.** Keep your goals visible and accessible, and look at them every morning. Close your eyes and visualize yourself having already achieved your goals. Imagine how you will feel when you've achieved your goals. Then keep your eyes, ears, and mind open to serendipitous happenings and chance occurrences that will come into your life. The power of clear intention, aligning with your passions, and emotionally connecting with your goals will help you manifest the life that you want.

Life is too short to wait for "good luck" to show up. Tap into your own inner power to create the life you want and deserve.

Get started on your journey NOW. Receive guidance and support on manifesting the life YOU want by signing up for a complimentary one-on-one Life-After-Divorce Strategy Session at:

<http://bit.ly/WFWStrategySession>

To a joyful life after divorce!

Keiko Hsu



\* The **Wings for Women® Passions Discovery Guide** can be accessed on the web at <http://wingsforwomen.net/>

#### **ABOUT THE AUTHOR:**

Keiko Hsu, CPC, ACC is an award-winning certified Life Coach, Business and Executive Coach, Life-After-Divorce Mentor, Speaker, and Founder of **Wings for Women®**. Her passion is coaching, mentoring, and inspiring busy, career-focused women after a life-shaking transition such as divorce or career change ... and helping them to find their wings, reach new heights in their life, career and relationships, and live a joyful life.

Her personal experiences in transforming her own life after divorce and career change, plus her expert coaching skills and extensive corporate leadership experience, uniquely enable Keiko to serve women who are navigating through life-after-divorce, life-after-corporate, or a major career shift. Her clients get clarity, courage and confidence from her wisdom and her 5-step WINGS process that transforms their lives.

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.

**Wings for Women®** won the 2012 San Francisco Award for Life Coaching. Keiko is a board member and Past President of the International Coach Federation's (ICF) San Francisco chapter, and 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. She has a Civil Engineering degree from Duke University.

Born in Tokyo, she grew up on U.S. military bases in Okinawa and Japan. She was the first person in her family to immigrate to the United States. She loves to ski, golf, travel, listen to contemporary jazz, and appreciate beautiful scenery in her recently adopted city of San Francisco.