



Just Like You I Feel Lonely Too



Patricia Lavigne
Separation & Divorce Coach





I agree at times we all can feel lonely. But we can choose to continue to feel lonely or we can choose to change it.

Five Steps to take away the feeling lonesomeness

1. Enjoy your own company and be creative with your time. Time is precious as we can never get back what yesterday gave us. But we can always make good choices to enjoy tomorrow.

2. Find a hobby or create a project take your interest to another level and built something or create something that you could not imagine you could build. Invite a friend who has the same interest and enjoy being creative and seeing the project grow in stages. This gives you something to get excited about and never get lonely or bored. The great thing about projects there is never a time line you can always work on it on another day. And of course, always be proud of your accomplishment.

3. Join a community group or organization. You would be truly amazed on the knowledge and skills you learn just by volunteering for personal growth. Whether it is a monthly, yearly or just adhoc every experience you get in volunteering is worth your time.

4. Join a league, sports, bowling, painting, walking group, bike club or any type of activity. Outside activities are a great little pleasure of fun.

5. Start to journal. But not just write about your day. Write about your feelings and what you accomplished, what are 3 things you like about yourself, what are 3 things you want to change in your life, create an action plan.

So the next time you feel lonely I hope you can make a choice.

MEET YOUR COACH



Thank you for taking the time to read my article.

I am honored and humbled to be able to share all my experiences, relating to separation and divorce. I have achieved balance through a healthy lifestyle, created a solid foundation for myself and my kids as a successful, single parent.

I am grateful for the enormous growth I experienced during and after my own devastating divorce. I call myself the subject matter expert because I know the heartbreak and pain of going through a divorce.

Through my coaching and programs, I manage to get people from an uncomfortable insecure situation to a happier and balanced life. My clients emerge with renewed vitality, confidence, and overall well-being. They look and feel better than ever, and they are eager to embrace the next phase of their life and to live it abundantly without guilt, shame or fear.

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

Join us at one of our local events www.meetup.com/Friends-Date-Night/

WHAT PEOPLE ARE SAYING

Last year my miracle was reconnecting with Patricia Lavigne. At the time we reconnected, in February, I did not know how much I would depend on her friendship by June. In the darkest hours of my life she was there to coach me through my most miserable moments. She was in the lifeboat throwing me a lifeline and urging me to grab hold and swim on.

I am deeply indebted to her understanding, guidance, compassion and love. I say love because helping people achieve success through her coaching and programs is a passion of hers. It's a gift she willingly shares with others and coaching others through Separation and Divorce is where her future lies.

Anonymous