



10 Ways in Taking Control of Your Personal Power



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Separation & Divorce Coach





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.

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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.

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.

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