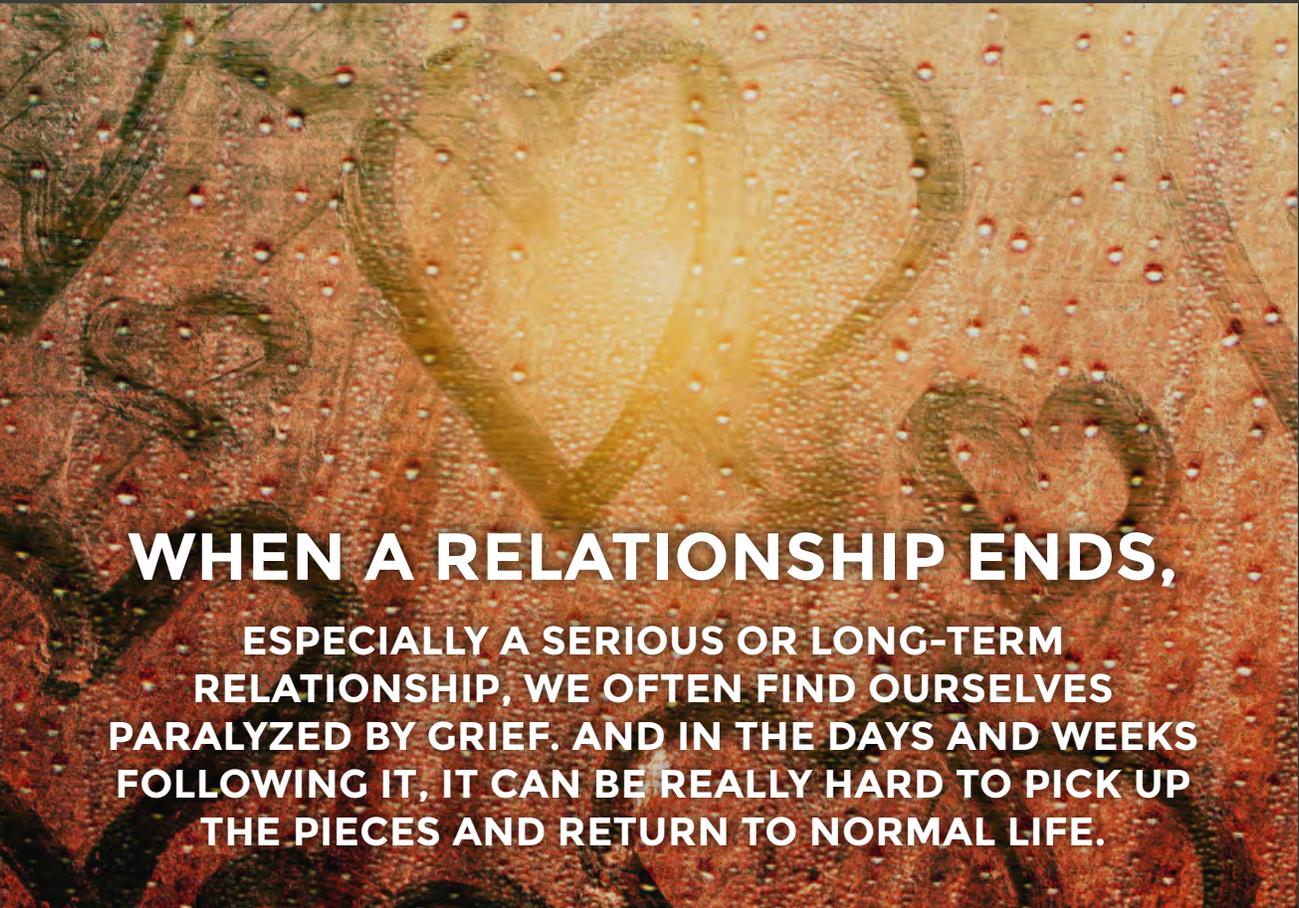




**MOVING BEYOND A SEPARATION:
TIME TO EVOLVE AND THRIVE**

H HUNDRED
LIFE DESIGN



**WHEN A RELATIONSHIP ENDS,
ESPECIALLY A SERIOUS OR LONG-TERM
RELATIONSHIP, WE OFTEN FIND OURSELVES
PARALYZED BY GRIEF. AND IN THE DAYS AND WEEKS
FOLLOWING IT, IT CAN BE REALLY HARD TO PICK UP
THE PIECES AND RETURN TO NORMAL LIFE.**

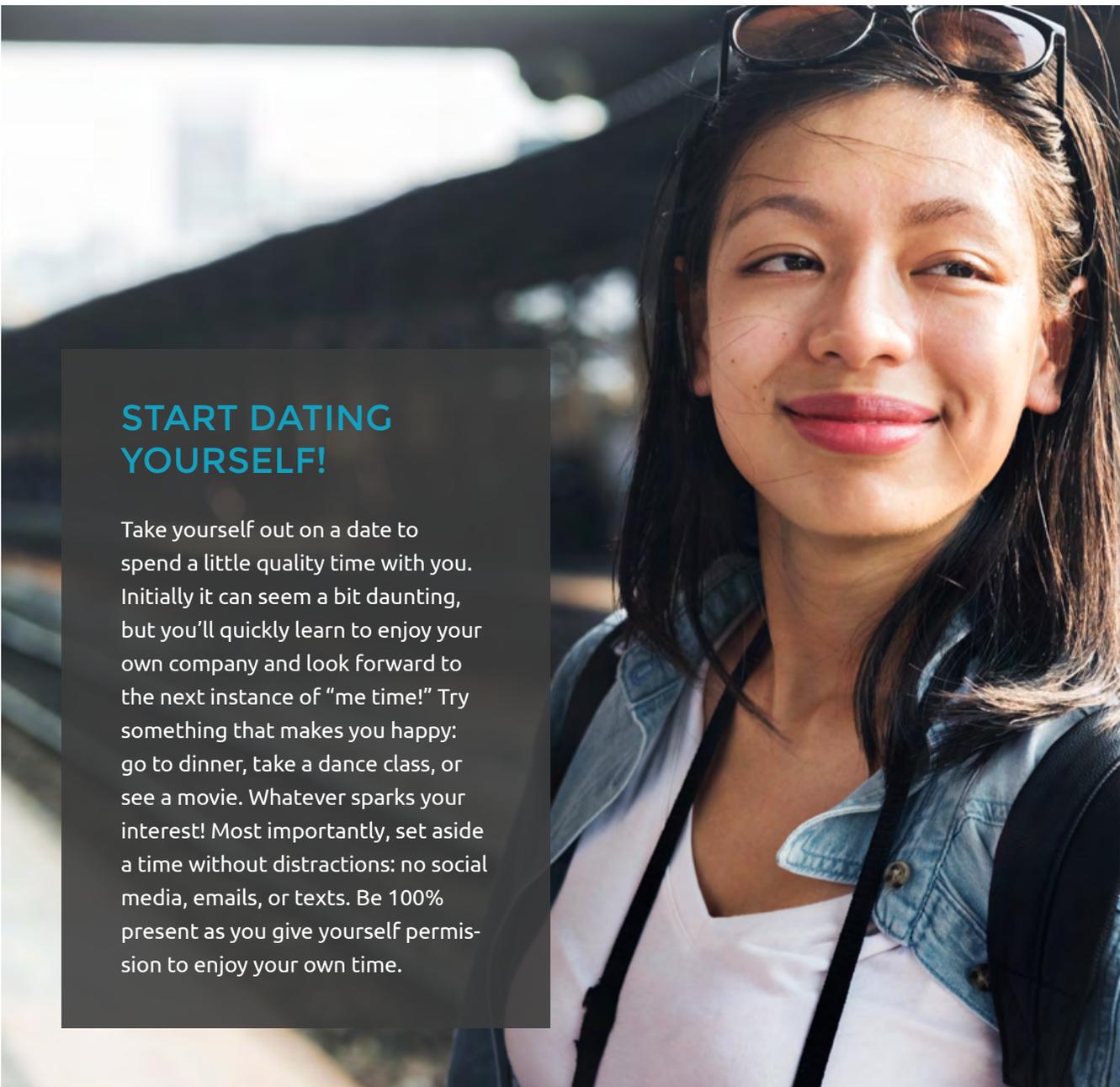
DECIDE WHAT IT SHOULD LOOK LIKE TO “MOVE ON.”

Everyone’s different, and everyone has their own ideas about what “moving on” should look like! Take it a little symbolically: maybe you’d like to move the furniture around, get a new makeover, start a new job, or even literally move to a new place. Whatever you envision, make sure it’s something that would make you feel more like yourself.

FIGURE OUT WHAT’S STOPPING YOU FROM MOVING ON.

Is someone or something standing in your way? Is it you? Decide your action steps: what can you do right now to begin moving forward in life?





START DATING YOURSELF!

Take yourself out on a date to spend a little quality time with you. Initially it can seem a bit daunting, but you'll quickly learn to enjoy your own company and look forward to the next instance of "me time!" Try something that makes you happy: go to dinner, take a dance class, or see a movie. Whatever sparks your interest! Most importantly, set aside a time without distractions: no social media, emails, or texts. Be 100% present as you give yourself permission to enjoy your own time.



START DATING OTHERS AGAIN.

These days, you need to be very clear on what you're looking for in someone you choose to date. After all, you can't know a partner is right for you if you aren't even sure what you're looking for! Are you looking for a relationship or a hookup? What's made you happy in the past? Tune into your dislikes as well, and determine any deal-breakers. Finally, make a list describing the characteristics of the person you'd like to date, and the values you'd like them to have.



WORK ON MEETING NEW PEOPLE.

This can be daunting, but opportunities are everywhere: in line at the grocery store, at a concert, or on an online dating site. Before the first meeting, make sure to inform a close friend or family member of the date, time, and location—and if you met the person online, share a screenshot of their profile. And when the time comes for the date, just relax and be unapologetically you, without saying what you think he or she wants to hear!

KNOW THE RULES OF DATING.

Dating should always be fun, not stressful. If you feel stressed or pressured, cancel the date until you feel better about it. Never feel pressured to do anything you are not ready to do. And never go anywhere to meet anyone without letting someone else know.

SO, BEFORE YOU BEGIN DATING, FOLLOW THE STEPS WE'VE OUTLINED BEFORE:

- Know who you are and your self-worth.
- Love yourself.
- Know what you want in a companion.
- Relax and be who you were created to be.
- Enjoy!

IF YOU FOUND YOURSELF STUCK ON ANY SECTION AND WANT SOME ONE ON ONE PRIVATE COACHING, CONTACT HUNDREDLIFEDESIGN.COM TO GET STARTED.