

Don't Miss a Thing in 2015

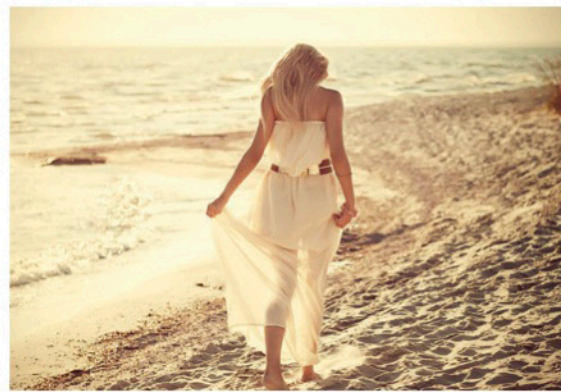
BY DEBBIE MARTINEZ, DIVORCE COACH



THAT OLD SAYING, “SOMETIMES we look so long at the closed door, we don’t see the one that has opened,” so it is with divorce. I find in my practice that divorced women and men spend so much time and energy continuing to look at that one door that in most cases didn’t just close but slammed in their faces, instead of the many doors that have opened up for them.

I invite all of you to make “Don’t miss a thing” your mantra this year. Here are the five things that can be your focus:

1. **Take risks.** Make a list of all the things that mean taking a risk to you. Not dangerous to your health, mental well being, or your wallet, but things out of your comfort zone. Start doing them and see how free and empowered you feel.
2. **See things through the eyes of a child.** This doesn’t equate with being immature but by seeing things in life with that awe and wonderment that can bring joy back into every day.
3. **Take on a different perspective.** Stop taking things personally. See those that have hurt you



4. **Forgiveness is truly the key to moving on.** You will feel an increase of energy as you regain the energy spent on holding onto the anger and resentment. Pledge to no longer give your wounds power. Choose to see what happened between you and another as an opportunity to heal something within yourself. Remember, you will always draw to you that which you think and believe. I highly recommend the book *Radical Forgiveness*. In my

opinion it is the best book out there on to seeing things differently so you can totally forgive and move on.

5. **Leave the past in the past.** You can’t do a retake, so stop beating yourself up with the “what ifs.” Let it stay where it is meant to stay, which is not with you today or tomorrow. Be in the moment. Two things can’t occupy the same space at the same time, so if you are ruminating about the past, you can’t be enjoying the present.

It is a new day, a new year, a new chapter, and a new mantra. “Don’t miss a thing.”

Debbie Martinez, MA is a certified, mindful life coach specializing in divorce (aka: heartbreak coach). She professionally coaches clients on how to avoid the breakup backlash and live better, not bitter.

As a Florida Supreme Court Certified Family Mediator trained in collaborative divorce, Debbie gives clients the tools they need to successfully untie the knot and stand strong in the wake of adversity. She brings her formal training and life experience into her coaching practice to empower and educate clients through their divorce journey and onto new beginnings. You can contact Debbie at debbie@thepowerofdivorcecoach.com.

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