



Who says you can't win 'em all?

*Supporting Women
in Their Quest to
Confidently Set and Achieve Goals to
Create the Life of Their Dreams.*

Achieving the Unachievable



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Life After Divorce

Jenna was in a loving relationship with John, her husband of 4 years and the father of her two children. Their youngest child, Emma, was 7-months-old and the eldest, Adam, was 3-years-old.

In her eyes, they had it all: a picture-perfect family, a beautiful home, and a thriving relationship. To Jenna, life was pure bliss.

However, seemingly out of the blue, John asked Jenna to take the kids and move out.

He declared that he was tired of paying 80% of the bills and having Jenna spend his money on things he considered to be frivolous purchases. He felt used, even though Jenna tried to be frugal with their budget.

Jenna was infuriated, flabbergasted, and heartbroken. She had invested 4 years in a relationship that was destined to go nowhere. She cried for days and didn't know where to go. Being a waitress, she knew that she couldn't afford an apartment on her income alone. She found herself between a rock and a hard place.

Though Jenna hated asking others for help, she knew she needed to reach out to someone.

She hesitantly called her parents and explained exactly what was happening. Jenna didn't think her parents would offer a hand. But to her surprise, her parents happily offered Jenna and her children their guest bedroom.

After a few nights in her parent's guestroom, Jenna came to a tough realization. "I'll never be able to afford my own place on a waitress' salary," she thought to herself. So, she decided to take the leap and enroll full-time in a community college.



Jenna enrolled in a paralegal studies course which would allow her to earn a certificate within 12 months and start off at an hourly wage of \$20.

She was currently earning about \$1,500 per month, but by completing this course, she would more than double her income.

Though she knew it would be tough, Jenna decided to attend school fulltime and concurrently work full-time.

She took on a 4:30 a.m. to 8:30 a.m. shift at the diner and began school at 9:00 a.m. Her mother dropped Emma and Adam off at the daycare center in the mornings and Jenna picked her children up immediately after school.

Jenna completed school assignments and spent time with her children until she was due back at the diner for the evening shift at 5:30 p.m. Her family watched the children until Jenna's shift ended at 10:30 p.m.

It was tough for Jenna, barely spending any time with her children throughout the week, but she understood that the situation was only temporary.

Her schedule was certainly hectic. But over the months, she grew accustomed to the high-velocity schedule of her new life. Jenna was a strong woman, but at times she secretly cried at night because she missed her picture-perfect life.

Jenna felt ashamed to still be "mooching" off of her parents as a 26-year-old woman.

But when she hit the bottom, she realized that the only people that stood by her side were her parents. She considered this realization to be worthy of all her troubles.

Throughout the next year, Jenna continued to go to school and maintain her full-time work schedule. Meanwhile, her heart was healing rather quickly.



John tried to rekindle the romance many times. Jenna's heart, though, had no place left for him.

She realized that she didn't need John to provide for her family. And, if he considered diapers for his daughter and clothes for his son "frivolous purchases," then he wasn't the type of man she needed in her life.

Before she knew it, a year had passed. Jenna earned her certificate in paralegal studies and soon found a job at one of the city's most prestigious law firms.

Living with her parents and maintaining a full-time work schedule allowed Jenna to build up a hefty savings account of \$10,000 while working as a waitress. Now more than ever, she was thankful for her parents' kindness.

She continued to live with her parents for several months after starting her new position. She decided to put all of her savings toward a down payment on a three bedroom home for her family.

As Jenna reflected on her life over the past year, she smiled in amazement of her strength. She had achieved what many others consider to be unachievable.

Just 12-months ago, Jenna had been a heartbroken, low-wage waitress that lived in her parents' guestroom with her two children. But at the end of her journey, Jenna became a college-educated paralegal, a happy single mother, and a homeowner.

Jenna had two choices:

- * Sulk in her misery and take no steps toward overcoming her challenges
- * Walk bravely toward the storm

Jenna chose the latter and actively pursued a solution and changed her life around in a matter of months.



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We can all emulate Jenna's bravery and persistence. ***Her strength was not superhuman; she was simply determined.*** Nothing could deter her from her goal of financial independence.

Whether you realize it or not, at this very moment, this strength is inside of you.

With good motivation, such as providing for your family, and the unstoppable will to succeed, you can achieve anything your heart desires.

Success depends upon your mindset. If you feel sorry for yourself and dread going into work or school every day, you simply will not succeed. ***You need to crave success in order to attain it.***

Remember: Life will not stop to accommodate your rigorous schedule, it's up to you to accommodate all of your responsibilities into your daily life. Jenna did it and so can you!

Even though we do not all have the help of parents or loved ones like Jenna did, we all have the right to ***choose our path which includes deciding what struggles are worth our dreams*** and forgo the ones we determine are not worth the struggle, even temporarily.

Confidence Coach Cindy Holbrook, assists divorced women by helping them deal with and eliminate the top five emotional effects of divorce; which are anger, guilt, fear, anxiety and grief. By focusing on a brighter future, women are able to recover their self-confidence, set and achieve goals and rebuild a happy and fulfilling life.

*Receive your special one-on-one "**Life After Divorce**" session for divorced and separated women who are ready to take an honest look at themselves and how the emotional effects on divorce are keeping them stuck in an unhappy place.*

You will leave the "Life After Divorce" session with renewed energy and inspiration to turn your current situation around and have the knowledge to build relationships that encourage you during your endeavors.