

Finding Self-Worth After Divorce

Bonus Episode Resources

3 practical steps to start rebuilding confidence

Okay, let's get practical—because I always want you to leave with something you can DO.

1) Reconnect with what makes you feel like you again

Even if it's small.

A walk.

A new routine.

A morning coffee on the porch.

Music in the kitchen.

You're not trying to "fix your whole life."

You're just trying to come back into yourself.

2) Get around safe people

Not everybody.

Safe people.

People you can exhale around.

If you don't have that right now, start small—one connection at a time.

3) Practice one boundary this week

A boundary doesn't have to be dramatic.

It can be as simple as:

"I'm not available for that conversation anymore."

"I'm going to take some space."

"I'm not explaining myself."

Boundaries are not mean.

They are mature.

The Self-Worth Letter

Here's what you're going to do:

Write a letter to yourself like you're writing to a friend.

Not a "strong friend."

A hurting friend.

And I want you to include three things:

What you've been through

What you wish someone would say to you

What you need moving forward

Even if you only write a few sentences... it counts.

This is how you start rebuilding trust with yourself again.