

“After the Breakup” Tips

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<p>It is What it is</p>	<p>Prepare for the Next Step</p>
<p>Some things we just can't change. They come to teach us a lesson or build character in us. Reflect on what you can learn instead of trying to change the circumstances or control the people involved.</p>	<p>Create a dream that's bigger than your current circumstances. Pray, plan, and prepare for how you will accomplish it. Goals give your life meaning. They make you want to get out of bed every morning.</p>
<p>Treat Yourself</p>	<p>Help Yourself</p>
<p>It's OK to be kind to yourself! Treat yourself to a “me day.” Many times we wait on others to make us feel special. But why should they do something for us that we're not doing for ourselves? Celebrate yourself with your favorite foods, spa day, or a movie. It's time to love on you! You're worth it.</p>	<p>Helping people takes your mind off your problems. It's hard to be a blessing to others and stay in a bad mood. When you help others, you help yourself! Find a non-profit or charity to donate your time, money, or skills to.</p>
<p>Learn Something</p>	<p>Do Something</p>
<p>Instead of waiting on life to happen to you, make life happen for you. Challenge yourself to become more or to grow your expertise like never before. Learning increases brain cells and improves memory. Learning could potentially help you earn more money. Who doesn't want that?</p>	<p>I'm sure you've heard the benefits of exercise. But did you know that movement can lift your mood? When you're feeling emotional, work your emotions out in the gym. Find an activity you enjoy, and just do it.</p>
<p>Eat Better</p>	<p>Choose Better</p>
<p>If you must, take a day or two to eat your favorite ice cream. It will make you feel good in the moment. But whole foods make you feel good for life. Tofu and nuts may not be your thing. But you can add more fruits and vegetables to every meal.</p>	<p>The best relationships are made up of the best people. When you realize you're worth the best, you'll choose to be the best. And you'll only choose to be in a relationship with the best. Instead of accepting the familiar dysfunction that you've seen before, set standards and stick to them.</p>