



# 7 Day “After the Breakup” Challenge

Do one challenge every day. Repeat as often as necessary

preparingtoLove.com

Day 1: Do the Work	What mistake will you try NOT to repeat?
Like it or not, relationships are meant to <b>teach</b> us something about ourselves. If we don't learn the lesson, we end up repeating the mistakes in our next relationship. Get quiet and think about what happened and why it happened until you get your 'aha' moment.	<hr/> <hr/> <hr/> <hr/> <hr/>
What is your New Exercise Routine?	Day 2: Move It
<hr/> <hr/> <hr/> <hr/> <hr/>	Did you know that movement <b>lifts your mood</b> ? Breaking up disrupts your mental stability, but you can counter that with physical stability. When you're feeling emotional, work your emotions out in the gym. Find a new activity you enjoy, and just do it.
Day 3: Treat Yourself	How will you spoil yourself today?
Treat yourself to a “ <b>me day</b> ,” with or without friends. 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? Indulge in your favorite foods, spa treatment, makeover or a movie to celebrate yourself. You're worth it.	<hr/> <hr/> <hr/> <hr/> <hr/>
How will you be a blessing today?	Day 4: Help Yourself
<hr/> <hr/> <hr/> <hr/> <hr/>	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 <b>help yourself</b> ! Find a person, non-profit or charity to donate your time, money, or skills to.



## 7 Day “After the Breakup” Challenge

Do one challenge every day. Repeat as often as necessary

preparingtoLove.com

Day 5: Fill Your Social Calendar	How will you have fun today?
Do some of the things that you were not able to do with the EX. <b>Reclaim</b> parts of yourself that were lost when you were with the EX. Hang out with friends and family that you haven't seen in a while and go new places to try new things.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
List Your Professional Goals	Day 6: Make Professional Goals
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Have you considered going through the process to get to the next level on your job? Create a dream that's <b>bigger</b> than your current circumstances. Pray, plan, prepare and set goals to accomplish it. Goals give your life meaning and help you to stay focused on what matters. They make you want to get out of bed every morning and push yourself.
Day 7: Make Personal Goals	List your Personal Goals
Professional goals are nice, but they have to be balanced with personal goals to keep you from getting stressed. Losing weight, traveling, buying a home, or learning a new hobby are some things you can consider. They are sure to take your mind off any perceived losses and regrets from your former relationship.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>