



The Ultimate

Break-up /  
Divorce

Decoding Guide

Reclaim your life after a break-up or divorce.

MATINA SINGH  
YOUR BREAK-UP | DIVORCE COACH

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MASTER SELF IMAGE  
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# WELCOME

Hey *Super Woman*,

Recognize this moment as a huge one, because something in you screams change and you took the first step by getting this guide. The Ultimate Break-up / Divorce Decoding Guide has many tools and resources that will help you step into the future stronger than ever before! My goal, through this guide, is to help you STOP feeling like a failure, being stuck in the past and not knowing where to start in rebuilding your life. These tools are meant to give you a head start in creating a life that you want! Before we begin, I want you to promise yourself that you will value your own opinion above everyone else's!

NOW it's time to:

**STAND TALLER**

**SPEAK UP**

**LET YOUR SUPERPOWER SHINE**

I believe that every woman is meant to rule the world, but you can only do that if you feel the power deep within. Until you believe, nothing will change!

Whenever you feel stuck in the thought that nothing will get better for you, think back to the moment you **CHOSE** to get this guide! There is something in you that **KNOWS** it deserves more than what she has at this very moment. Trust that voice, drag it out to the surface, and let it **CHANGE** your life for the better.

Super Woman, you got this!

*Matina*

Break-Up | Divorce Coach - Guiding you to Master Self Image







# Emotional Rollercoaster

Break-up, and/or divorce can leave each of us empty, scared and paralyzed. Sometimes we are so used to being on auto-pilot that we don't listen to our own selves. We refuse to recognize so many signals that our body is giving us. It is almost screaming for our attention. Are you ignoring your own deep feelings because you don't know how to deal with them? Because you don't want to allow yourself to feel low? Or perhaps you are feeling low and paralyzed and just don't know how you will overcome this moment!

The most common feelings after a breakup are (but not limited to):



Failure



Anger



Shame



Guilt



Sadness



Grief



# Emotional Rollercoaster

Some go through each emotion for a prolonged period of time, while others touch the emotion and move on. Each situation is different, and while we experience common feelings in the aftermath of a break-up, the specific emotions each of us must overcome may look very different.

It is my belief that by reflecting on the past and learning key lessons, we are able to move forward as stronger women. But strength is just the first step. The next step is to reset our beliefs about ourselves. The last and most important step is to start the journey to reclaim our lives again.

By reflecting on the past, you can define what worked for you and what didn't. You can come to terms with what happened and decide how you will react in the future if the situation arises again.

The next step is to reset your future dreams! No one dreams of a break-up, or divorce when they start a relationship. Perhaps your ideal future included your ex. Or maybe you have never been on your own and don't know how to handle it. Whatever the situation is for you, it is important to push the reset button and decide what your new future will come to look like.

I promise you, once you complete these two steps, you will automatically get into the third phase of reclaiming your life! This phase is where you get to create the life you want for yourself. Isn't that exciting?! NOBODY is going to tell you how it looks, it's all up to YOU! Feel the power that lies in the future, your future!

Many women have expressed that they start feeling happy, free, grateful, alive, strong and worthy after they let go of the past. Go through these three phases and you will be right there with them, on top of the mountain, proud of what you have created.



## What are you *telling* yourself?

Depending on your past relationship and your relationship with yourself, the tool “I Choose” is going to be life-changing!

Why do I say this? Well, to start, it is clinically proven that our subconscious mind controls us more than our conscious mind. While our conscious mind helps us with practical reasoning and the logic behind our actions, the feelings attached to these actions come from the subconscious mind.

Knowing this truth, it is important to understand that when we have been in an unhealthy relationship, we are left with deep marks on our subconscious minds. Perhaps you have a hard time accepting yourself for who you are? Our past impacts the actions of our future.

Now is the time to stop and reflect on how the past has changed you. This is not about pointing fingers toward others, but about what meaning you give the past. The meaning and the feelings attached to our past determine if we run or stay in our present.

The life you are living now is built upon the beliefs that you have created for yourself. Some of these beliefs harm rather than empower you. In this tool, we will be identifying each harmful, "limiting" belief and then turning it into an empowering belief.

For example, when I left my marriage, I didn't trust my own decision making power. So my limiting belief was: "I am incapable of making important decisions." When I realized I was living my life according to this harmful belief, I wrote down why and how this had come to be. It was then time to turn my harmful belief into an empowering one, which has since come to be my reality: "I trust myself to make important decisions, and I will count on my gut-feeling to guide me through."

On the next page, write down four limiting beliefs that you are saying to yourself, then reflect on how you got here, and lastly, let's change each belief altogether into a NEW empowering belief.



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# Choose Tool

## 1 My limiting belief

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**Why did I create this limiting belief**

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**My new empowering belief is**

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## 2 My limiting belief

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**Why did I create this limiting belief**

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**My new empowering belief is**

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**3 My limiting belief**

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**Why did I create this limiting belief**

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**My new empowering belief is**

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**4 My limiting belief**

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**Why did I create this limiting belief**

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**My new empowering belief is**

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# Who am I?

Growing up, we are told what we can / can't do and how to behave in certain circumstances. These expectations very much shape us into the people we have become. As discussed earlier, we create many limiting beliefs over the course of our lives that don't allow us to be true to ourselves. We put the needs of society before our own.

Some, like myself, didn't even get the opportunity to decide what we wanted from life. We are so busy acting 'accordingly,' as is expected of us, and following the lead of others in building our lives. How long will you allow this to continue?

Finding yourself can be scary. How do you even begin? It can take a lifetime to understand yourself and be content with what you bring to the table. Or perhaps you know your worth in this moment, but still allow others to define how your future is shaped.

Fun fact: There is NO ONE like you in this world and that makes you unique!

Do you feel unique? Do you fully accept yourself? Do you let others define your worth? Regardless of your answers to these questions, it is important to realize that YOU have the power to change it! In life, we are most critical on ourselves. We wouldn't treat our friends the same way we treat ourselves sometimes. Are you ready to become our own best friend first?

The power of the "I AM" tool has been proven via different platforms, but is known to those who practice it on a DAILY basis. If you choose to use this tool on a daily basis, you will notice a powerful shift in your mindset.

Create a list of positive characteristics that are most important to you. Add everything you want to stand for, even if you don't embody the characteristic YET. By affirming it to yourself, you will start to believe, and true belief transforms into action!

I know this exercise can be done in many different ways. Some choose to write their affirmations on their mirror with lipstick, while others create a vision board with everything they want out of life and include these "I AM" affirmations. How will you bring this tool to life for yourself? Whatever method you choose, consistency is most important for getting the best results. It doesn't hurt to say these affirmations multiple times a day, especially when you are feeling low.



## / am Tool

There is no limit on how many 'I AM' affirmations you can have, but it will be easier for you to choose your top 10 and use them for a month; then change them up again or add new ones the next month, and so forth.

When I used this tool the first time, I created a list that meant everything to me. Some of my affirmations weren't a reality for me at that time but along the way, I have made them a reality and I am very proud of myself for that accomplishment.

Just to give you an example, I am sharing my first list with you:

I am happy - I am strong - I am funny - I am caring - I am honest - I am valuable - I am courageous - I am kind - I am outgoing - I am grateful.

My / am affirmations	



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## Define your support tribe

There are billions of people on this earth, but if we have only a handful of true family and friends who we can count on, we can count ourselves blessed. Everyone needs a shoulder to cry on from time to time or someone with whom you can share your deepest thoughts.

The power of a listening ear is heartfelt and gives you the boost you need, especially when you are going through a break-up or divorce. Sometimes the people we think we can count on aren't there when we need them most. Learning who is a true friend and who isn't is a tough but valuable lesson for all of us.

You, as a person, will always evolve into another version of yourself. It is up to you what that new version will look like. Just as we are evolving, others evolve as well. Some won't 'fit' in your new way of living, and that is OKAY.

By creating your support tribe, you are choosing a few key people who you know you can trust completely and whose opinion matters to you. Let them know you have included them in your support tribe. This knowledge will uplift their spirits.

My Support Tribe	

If for whatever reason, you feel you don't have anyone you can add to your support tribe or you just want a larger support tribe, then join my FREE Facebook Group:

### Divorce Empowerment [Women Only]: Accept I Find Yourself I Grow

<https://www.facebook.com/groups/divorceempowerment/>

In this group, you will find like-minded women who are ready to create a better tomorrow for themselves. Ask any questions you want in the group and one of these women and/or myself will happily respond to you. You are NOT alone, nor do you have to go through this on your own.



## 07 Create a *new routine*

In the past, while being in a relationship, your routine was different than it is now. That life had a different purpose than your current life. Different is okay! Is it easy? No, it isn't! When the life you've grown accustomed to isn't there anymore, you still do things out of habit and routine. There is nothing wrong with keeping the same routine; however, if you change a few little things, you will start to feel secure again, like you have more control.

The feeling of taking back control in your life is very important. Therefore, I strongly recommend making a few changes in your daily routine. Whatever your day may look like, try to incorporate these three things:

1. **Something to stimulate your mind.**

- read a book, listen to a podcast, listen to an audiobook, do a puzzle, etc.

2. **Something to feed your soul.**

- meditate, do yoga, be still for 5 minutes, enjoy nature, listen to music, etc.

3. **Something good for your body.**

- drink a smoothie, eat fruits/vegetables, go for a run, exercise, dance, etc.

When you bring mind, body, and soul into your daily routine, you start to take care of yourself. When this becomes a habit, you realize how much MORE energy you have for those around you. You will be able to love more fully, be present, and create a happy, healthy environment for those around you.



# / matter Tool

If you are like me and have always put others' wishes before your own, then this tool is going to be the start of finding yourself again. In our relationships, we allowed the needs of others (husband, kids, time, money, etc.) to decide if what we want is even possible. We forget that our own dreams and wishes fuel us to do more for those who matter to us. By putting ourselves last, we unconsciously teach others that 'we' don't matter.

Now you are about to write a new chapter in your life, a chapter that is based on what you want to create, have, and be. Don't hold back, dream big!

To start, let's create a list of 5 things that you didn't allow yourself to indulge in before, but NOW are going to enjoy TWICE as much!

Even if you lived your life on your own terms in your relationship, use this list as the 5 things you are going to do for yourself.

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- 2 \_\_\_\_\_  
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- 3 \_\_\_\_\_  
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- 4 \_\_\_\_\_  
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- 5 \_\_\_\_\_  
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The goal of this list is to start enjoying life and calling your own power back to you and letting it shine! Have fun, laugh, be in the moment, and feel your emotions every step of the way!





# Empowering Questions

Have you ever caught yourself asking 'Why me?' or 'Why do I always get the short end of the stick?' Questions like these dis-empower you and put you in a low mood.

We all ask ourselves questions throughout the day, and the quality of those questions determines the type of life we live every day. Moreover, these questions also have the power to uplift or break our moods.

So what can you do? Change your questions into empowering questions. When you ask an empowering question, you get a quality response and thus, lift your mood. A positive attitude is half the battle, and this tool will help you get just that.

I have listed 50 questions that you can ask yourself throughout the day, or perhaps you like to use these questions in your journal. However you use them, it is important to keep at it on a daily basis for the best results in your mindset.

## Empowering Questions

1. What is great about this situation?
2. What are ways I can practice self-care?
3. What can I learn from the situation I am in right now?
4. What do I really want?
5. How can I make this situation better?
6. What is my biggest passion in life?
7. What brings out the best in me?
8. Why do I deserve the best?
9. What important lessons have I learned from my past?
10. What do I have to look forward to in the future?
11. What instantly lifts my mood?
12. How can I be more positive?
13. Who are the people that support me and how can I spend more time with them?
14. What would my life be like without anxiety/fear/depression?
15. What went well for me today and how did I contribute to it?

16. What are the lessons I have learned from unfortunate events in my life?
17. What am I proud of?
18. How can I make this challenging situation better?
19. How did I become the strong person I am today?
20. How will I reward myself when I achieve my goal?
21. How can I be kind to myself with my actions/thoughts/expectations?
22. How can I focus on the future and actively work toward it?
23. What actions can I take to better myself?
24. How is it that I'm able to handle difficult situations and come out on top?
25. What can I do today that I couldn't do before?
26. What does success look like to me?
27. What is better about today than yesterday?
28. How can I uplift others today?
29. What do I want the Universe to do for me today?
30. What if I make feeling good my dominant intention for today?
31. How much joy, love, and appreciation can I feel today?
32. What would I do if I had all the money in the world?
33. What would I do if I had no limits?
34. How amazing would today be if I listened to my heart?
35. What ways do I show myself that I love me?
36. What inspires me?
37. What great advice have I received?
38. What great advice have I given?
39. What situation happened to me that I thought was bad but ended up being a blessing?
40. Why is my presence on this Earth so important?
41. What activities do I enjoy doing alone?
42. What memories do I have that make me smile?
43. What would I do with my life if I wasn't afraid of anything?
44. How can I maintain a positive attitude?
45. What solutions can I come up with for this problem/challenge?
46. How do I want/choose to feel?
47. What would I like to learn to do really well? What can I do today to begin?
48. What makes me laugh?
49. How are my current actions/thoughts creating my future?
50. What can I do each morning to start my day right?

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A series of horizontal dashed lines for journaling.







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How does a

## *Break-Up and Divorce Coach* work?

When you decide to take on a Break-Up and Divorce Coach, you connect with someone who understands the rollercoaster of emotions, the complexity of the situations, and who sees YOU as a person. Regardless if you are going through your break-up/divorce right now or if it has been years, turning to a coach is about overcoming the emotional drain from it.

I specialize in guiding women through their emotional rollercoaster and help them see a strong person in the mirror. I focus into your current situation and what you want to accomplish in the future. It is a journey to rediscover yourself and with specific techniques, tools, and strategies, you will start living a strong and happy life.

### *Why a Break-Up and Divorce Coach?*

A few years ago, I went through my own divorce, and I didn't know how to get my life on track again. I felt lost, broken, and emotionally drained, until one day when I decided that I wasn't going to be a victim anymore. Throughout many courses, live events, and different programs from Tony Robbins, I have been able to shift my life completely. Now, I am on a mission to help as many women as I possibly can to see their worth after break-up, separation and/or divorce.

When you decide to work with me, you can choose a service that fits your needs and situation:

- Reclaim Your Life - Focus session  
During a focus session, you can expect me to talk through your hardship and provide you with tangible strategies and tools to help you move forward.
- Online course  
This course has everything you need to build a strong foundation for your new life. You will get the full workbook to complete alongside the course. The tools and strategies are created to help you move ahead and see the possibilities of life.
- Mastermind  
A group program for up to 10 women who are going through the hardship of break-up / divorce. Together, we will collectively find the best solutions and strategies. During the 10-weeks, we will be focusing on one challenge that you want to overcome and at the end of the 10-weeks, you will overcome this challenge.



#### 6-week Transformation with Matina

You will get access to the online course, workbook and 6 private sessions with Matina. In the beginning, you will define what you want your life to look like after 6 weeks, and together we will work through the right tools and strategies to get you there.

Break-Up and Divorce is not only a financial/legal journey, but is also very much an emotional journey. Having someone who understands your current situation will benefit you and potentially save you many days, months, and/or years of suffering alone.

## Do I need a *Break-Up and Divorce Coach*?

What would it mean to you to have someone in your corner who understands the hardship of break-up / divorce and has been able to rebuild a strong life for herself?

When you say "Yes!" to me as your coach, you can count on me to guide you to the top of the mountain! Not only do I understand your hardship, but I will also provide you with practical tools and techniques to overcome these hardships. You will rediscover yourself, build on strong values, and gain clarity on what you want out of life.

Do you want to take charge of your life again and not become consumed by bitterness? Do you want to let go of the past and build a stronger tomorrow? Then a Break-Up and Divorce Coach is for you!

Book your FREE 'Reclaim Your Power' call with me NOW! I know there is an incredible power within you just waiting to be let out again. It's time for you to take the next step.



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# Celebrate your Wins

Life is about creating magical moments in which you can truly be present and appreciate what you have.

Having goals can give you a mission, but knowing how you will celebrate will give you the drive needed to accomplish them.

Write down three goals that you want to achieve, and then decide how you will celebrate each goal.

What will you do for yourself, your family/friends as well as your community when you reach each goal? Let's decide now, as this will serve as an extra motivational push to keep going. Each celebration should be different for each goal that you achieve.

How will you pat yourself on the back for not giving in and continually moving forward? How will you create a magical moment in which you allow the tears of happiness to flow? How will you celebrate with family? How will you celebrate with friends? Which ways can you give back to the community that you live in? What would be most meaningful to YOU?

## 1 My goal:

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### Celebrate with myself:

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### Celebrate with family/friends:

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### Celebrate with the community (giving back):

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**2** My goal:

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**Celebrate with myself:** \_\_\_\_\_

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**Celebrate with family/friends:** \_\_\_\_\_

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**Celebrate with the community (giving back):** \_\_\_\_\_

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**3** My goal:

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**Celebrate with myself:** \_\_\_\_\_

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**Celebrate with family/friends:** \_\_\_\_\_

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**Celebrate with the community (giving back):** \_\_\_\_\_

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Journal page with horizontal dashed lines for writing.

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# Resources





## Associations for Support

Not every relationship ends in a healthy way. Not every relationship has a healthy, balanced past. For those who are living in an abusive relationship (mentally or physically), there are many associations out there that can help. Yes, it is going to be hard and you will be scared, but I promise it will be a better life than what you are living with the abuser.

If you need help, reach out to one of these organizations. They are trained to help you!

### **In USA:**

For immediate need call 9-1-1

National Domestic Violence Hotline at 1-800-799-7233

Assaulted Women's Helpline at 1-866-863-0511

Text the Domestic Violence Hotline: text LOVEIS to 22522 for help

National Sexual Violence Resource Centre (NSVRC) at 877-739-3895 TOLL-FREE

### **In Canada:**

For immediate need call 9-1-1

British Columbia: Women Against Violence Against Women: 1-877-392-7583

Alberta: Waypoints: 1-780-791-6708

Saskatchewan: Regina Women and Sexual Assault Line: 1-306-352-0434

Manitoba: Klinik Sexual Assault Hotline: 1-888-292-7565

Ontario: Assaulted Women's Helpline: 1-866-863-0511

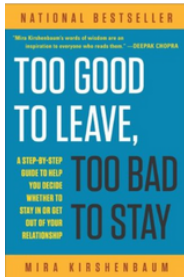
Quebec: Sexual Assault Crisis Line: 1-888-933-9007

New Brunswick: Support Line Sexual Violence New Brunswick: 1-506-454-0437

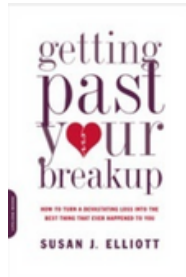


# Books to check out

Do you love reading? Then this list is GOLD for you. These books are great resources for overcoming heartbreak, co-parenting, divorce and finding yourself again. I have added a few books that are great resources for kids too, if this is applicable to you.



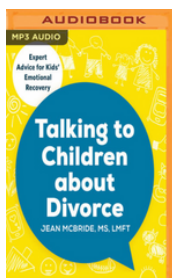
Too good to leave, too bad to stay  
by Mira Kirshenbaum



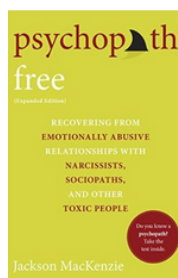
Getting past your breakup: how to  
turn a devastating loss into the best  
thing that ever happened to you  
by Susan K. Elliott



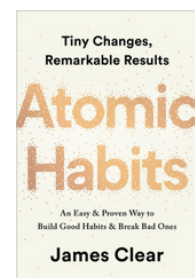
Split: A memoir of divorce  
by Suzanne Finnamore



Talking to children about divorce:  
A parent's guide to healthy  
communication at each stage of  
divorce by Jean McBride MS LMFT



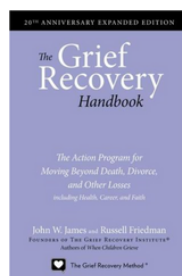
Psychopath free: Recovering from  
emotionally abusive relationships with  
narcissists, sociopaths, and other toxic  
people by Jackson MacKenzie



Atomic Habits: An Easy &  
Proven Way to Build Good  
Habits & Break Bad Ones  
by James Clear



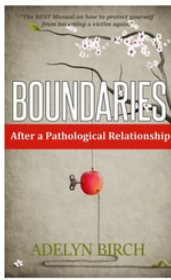
Dare to Lead  
by Brené Brown



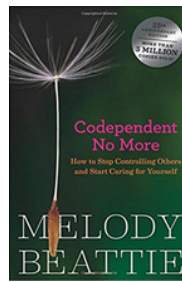
The grief recovery handbook: the action  
program for moving beyond death, divorce,  
and other losses including health, career and  
faith by John W. James, Russell Friedman



It's OK that you're not OK:  
meeting grief and loss in a  
culture that doesn't understand  
by Megan Devine, Mark Nepo



Boundaries After a Pathological Relationship by Adelyn Birch

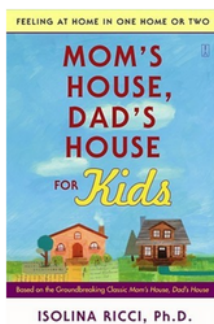


Codependent No More by Melody Beattie



Co-Parenting works! by Tammy Daughtry

## Books for kids:



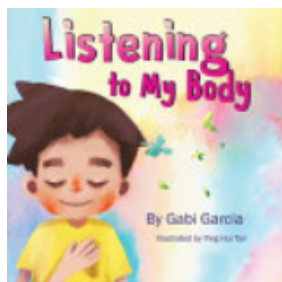
Mom's House, Dad's house for kids: Feeling at home in one home or two by Isoline Ricci



Two homes by Claire Masurel



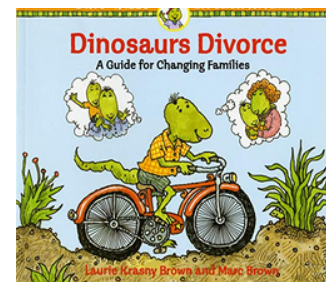
My Family's Changing by Pat Thomas



Listening to my body: a guide to helping kids understand the connection between their sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need by Gabi Garcia



The invisible string by Patrice Karst



Dinosaurs Divorce by Laurie Krasny and Marc Brown



## Influencers to follow

We can all use a positive boost on a daily basis. Here is a list of a few influencers who will remind you of your worth. Everyone needs a little reminder from time to time. I want to make sure you get the right positive messages that will enable you to overcome the heartbreak.

### Instagram

- @singhmatina - Matina Singh: Master Self Image main account
- @masterselfimage - Matina Singh: Master Self Image second account
- @createthelove - Mark Groves: Human Connection Specialist
- @the.holistic.psychologist - Dr. Nicole LePera: Psychologist
- @risingwoman - Rising Woman
- @the.love.therapist - Jordan Green Licensed Therapist & Coach
- @themichelledempsey - Michelle Dempsey: Mom, Author, Coach, Certified Divorce Specialist (CDS®)
- @whateverywomanneedstoknow - What Every Woman Needs to Know©: Certified Relationship Coach
- @stephanspeaks - Self Love. Relationships. God.
- @keishornescott - Keishorne Scott: Top Heartbreak Coach
- @gracepowerstrength - Jennifer Gafford : Coach / NPD ABUSE RECOVERY EXPERT
- @trentshelton - It All Starts With You@self\_esteem\_rehab - SER - The Fairy Godmother
- @therelationshiprecovery - The Relationship Recovery

### Facebook Pages

- Matina Singh - [www.facebook.com/coachmatina](http://www.facebook.com/coachmatina)
- Mark Groves: - [www.facebook.com/createthelove](http://www.facebook.com/createthelove)
- The Holistic Psychologist - [www.facebook.com/the.holistic.psychologist](http://www.facebook.com/the.holistic.psychologist)
- Rising Woman - [www.facebook.com/RisingWomanOfficial](http://www.facebook.com/RisingWomanOfficial)
- The Love Therapist - [www.facebook.com/jordangreencoaching](http://www.facebook.com/jordangreencoaching)
- What Every Woman Needs to Know - [www.facebook.com/WhatEveryWomanNeedstoKnow](http://www.facebook.com/WhatEveryWomanNeedstoKnow)
- Stephan Speaks Relationships - [www.facebook.com/StephanSpeaksRelationships](http://www.facebook.com/StephanSpeaksRelationships)
- Keishorne Scott - [www.facebook.com/KeishorneScott](http://www.facebook.com/KeishorneScott)
- Trent Shelton - [www.facebook.com/LikeTrentShelton](http://www.facebook.com/LikeTrentShelton)
- The Relationship Recovery - [www.facebook.com/therelationshiprecovery](http://www.facebook.com/therelationshiprecovery)



## Law of Attraction - Audio's

Our subconscious mind has more power over us than we know. Our mind stores many memories and knows how we are going to react to things way before we begin expressing ourselves. The reason for our behaviour has a lot to do with the past and the fact that our brain is wired to warn us of danger.

Now that you are restarting your life, you need all the help you can get to heal from deep within. Therefore, I am highlighting a few tracks to help you through this process. Put on these 8-hour tracks just before you go to bed and listen to it until you fall asleep. They will continue to work on your subconscious mind. Choose one that best suits the goal you want to achieve and listen to it for 30 days. During the month, you will start feeling better and a shift from deep within will be created.



Live The Life You Love  
Meditation Hub

### YouTube Channel: Live the life you love

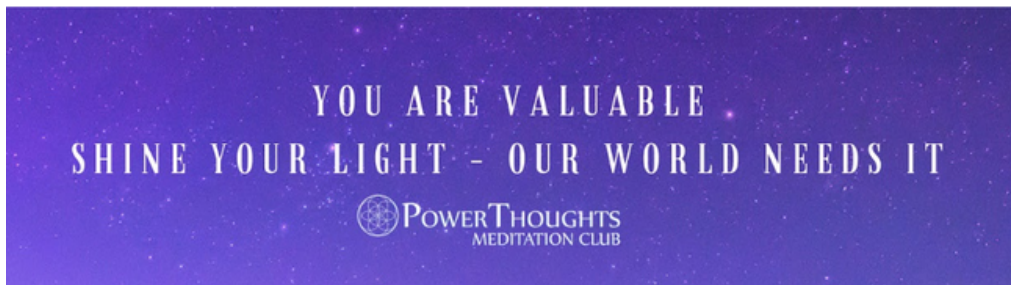
1. You are affirmations - Release anger & toxic energy  
<https://youtu.be/wpk3lFDH2j8>
2. You are affirmations - Trauma healing  
<https://youtu.be/9H5Bre278BU>
3. You are affirmations - Reprogram your mind for complete self-love  
<https://youtu.be/xj3mViO-gl8>





### YouTube Channel: Rising higher meditation

1. I am safe & secure affirmations  
<https://youtu.be/Nt4DNlq-77g>.
2. I am positive affirmations to program your mind  
[https://youtu.be/m2ePrExa\\_TQ](https://youtu.be/m2ePrExa_TQ)
3. Reprogram your mind while you sleep for self love  
<https://youtu.be/XLLqyYiMiss>
4. Let go and surrender  
<https://youtu.be/RHyNuRBNQSI>



### YouTube Channel: Power Thoughts Meditation Club

1. I am affirmations - detaching from fear, anxiety and suffering  
<https://youtu.be/fl7I2ldRdVlk>
2. Manifest love miracle tone - healing relationship - enhance self love  
<https://youtu.be/JCdHbuwaxL0>
3. Let go of fear, overthinking and worries  
<https://youtu.be/8oHmnrvmkFc>

These are a few of many. If the right one isn't listed, check out the channels.



## Empowering - Songs

Music is LIFE! It has the power to shift the mood of feeling powerless to powerful!

Over the years, it has been proven that music can help us overcome depression and anxiety. It lifts the mood, eases pain and makes you feel understood.

When I was going through my divorce, I used to listen to many sad songs and then one day, I shifted to empowering songs. Songs about being strong, seeing myself and feeling happy with creating a better tomorrow.

That was the moment when I realized the power of shifting my mindset, and I went from feeling like a victim to feeling stronger than ever! You have the power. No matter how deep within, it's waiting for you.

I have created a playlist especially for you on Spotify.com - [Breakup / Divorce Empowering Songs](#)

Search for the playlist on their website and enjoy empowering songs to move toward a stronger, better and fuller life!

Put on these songs and let your heart sing and roar!



Music makes us want to live. You don't know how many times people have told me that they'd been down and depressed and just wanted to die. But then a special song caught their ear and that helped give them renewed strength.

That's the power music has!

# About Matina

Matina Singh helps divorced / separated women go from doubt and despair to acceptance and power!

Her own divorce journey left her scattered, but she was determined to build a better life for herself and her children.

She doesn't only understand the daily hardship of healing from break-up / divorce, but also the struggle of finding your voice again. Her resourcefulness helped her listen to her inner voice, learn to value her own desires, and create her own business...All while being a loving mother to three young children.

It took her three years to get back to living a life without doubting and devaluing herself. Since she discovered her signature techniques, it has become her mission to help other women get on the other side of the mountain in just 6 months.

"The day I decided to leave the father of my children was the first day that I listened to my inner voice. I was scared, broken and uncertain about the future, yet certain that my relationship didn't align with my values."

Matina shows women that the view from the top of the mountain is beautiful, and she is standing right there with her hand out, ready to help you climb up!

Are you ready to turn your life around, too?

Book your FREE 'Reclaim Your Life' focus call today at: [www.matinasingh.com/schedule](http://www.matinasingh.com/schedule)

*Matina*

Break-up / Divorce Coach | Master Self Image

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