



dating can be fun post-divorce



Dating Post Divorce Success Playbook

Your guide to move from annoyed to enthused about your dating prospects post-divorce both online and offline.

By Andrea Javor, CDC© Certified Divorce Coach

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Your personalized dating mantra that will move you from feeling "meh" to magical

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Andrea Javer



Write your personalized Dating Mantra

Why a dating mantra? Let's face it, dating after divorce can leave all of us feeling annoyed, hopeless, directionless, and saying things like, "what's the point of all this anyway?!?". If you're feeling fried and burnt out with dating, work on your **Dating Mantra**.

“ Dating Mantra Examples:

I'm taking this one day at a time.

It's OK if I feel disappointed from time to time.

I will focus on my behavior, not his.

Getting ghosted is a blessing, especially early on.

I am worthy of meaningful love.

I don't have to understand why right now.

Not all men lie, cheat, and creep.

Each dating failure is bringing me one step closer to success.

I'm open to love however it presents itself.

I am living my best life with or without a romantic partner.

My priority is to love myself more and more each day.

I don't need to settle ... ever.

Remember...



you are in control
of your dating life.
Reframe the negative
experiences by using a
simple mantra to help
you stay connected
with your beautiful

SELF.

Andrea Javer

The Top 3 Strategies for Meeting Matches Offline

In a world of connectivity and online dating app usage, remember to optimize your dating self IRL (IN REAL LIFE). Many people think online apps are the only way to meet people these days, but that is just not true at all.

Here are 3 simple tips to help you attract the right people into your life, no apps necessary:

1. Write your “Elevator Pitch”

HOW: Let your friends and family know you are ready to date again so they can actively set you up with quality matches.

Examples (make it sound like you):

“I’ve recently started dating again and am looking for someone who enjoys spending time outdoors, would be up for the occasional cooking adventure, and just generally enjoys life.”

“I’m dating again and looking for friendship and more ... I would love to meet any of your friends who you think would be a good match for me.”

NOW: Share this with anyone you trust to set you up!



Andrea Javer



2. Smile

A smile is the most beautiful accessory a woman can wear.

Constantly exude positive energy when you're out and about in the world - you will be amazed at how magnetic your authentic smile really is!

Strike up a friendly conversation with the guy in line behind you at the coffee shop, or a divorced dad at the soccer game.

Be friendly and smile. Sounds simple, and it is.

3. Try something new

When we throw ourselves into activities we love doing, we are happy because we love doing it and we meet other people who love the same thing we so love to do.

Knitting club, volleyball league, meetup groups, poker tournament, running club, yoga class, charity event, cooking class ... the possibilities are endless. Focus on on what you love, not on where you can meet men. New women friends are wonderful and will introduce you to their network.

You will meet new people who know new people and can fix you up with these great new people.

Most importantly you will be having fun while rediscovering what really makes you happy on the other side of divorce. And, you will be smiling!

Andrea Javer

Top 5 Tips for Online Dating Success

Take amazing photos

1

Pay for professional photos or have a friend take the pictures on their phone

Ideally 4-6 different outfits/shots of you

At least one full body shot

No one else in the pictures

Show your lifestyle and what you love doing

Optimize your profile

2

Write about who you are and what you're looking for

Avoid inadvertently writing a resume and make it fun

Stay positive!!!

Avoid cliches so

you say something interesting about yourself vs. something everyone else says.



Andrea Javer

Reset your expectations on timing

There is no secret sauce to speeding up the process of finding true love.

Keep your options open, especially early on. Unless you're looking for casual, don't get physical too quickly.

Successful dating is a marathon, not a sprint. With each new date, ask yourself what you're learning about you.

3

Be safe, physically and emotionally

4

Tell someone where you're going on a first date and share a screen shot of the photo.

Don't share your home address with anyone too soon.

Meet in public places - outdoor patios, public parks, etc. (Don't go to a remote forest preserve at dusk for your first date.)

Reframe your attitude

5

"I will have fun."

"I will manage my own realistic expectations."

"I will acknowledge that finding a wonderful match takes time."

"I will not settle for anything less than truly wonderful."



Andrea Javer

3 Confidence Boosters You Can Use Now



01 Make a list of your best attributes...

This is really important and could not be easier. Set a timer for 25 minutes, focus only on this task. Make a list of ALL the things you love about yourself and why. Be specific, give detailed examples of how you show up in your life in ways you are proud. Crowd out the negative voice in your head with the uniquely positive and beautiful aspects of the one and only you. **How lucky is any man to be with you?**

02 Ask for feedback

Make a list of 3 people in your life who you trust. These should be people unrelated to each other who aren't going to give you the same answer. Ask them this ... "What do you think makes me unique?"

My guess is that you will be blown away by some aspect of the answers. This can be uncomfortable to ask, but I promise you won't regret getting a better understanding of **how the world sees beautiful you.**

Andrea Javer



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03 *Feel great about the way you look and operate*

Wardrobe

Go online and read a couple fashion blogs, or search for “Spring Outfits” on Pinterest. You will be shocked at the breadth of great info that’s absolutely free. Put items together in a new way, and if you can, accent what you have with one new thing, a cute pair of heels, earrings, or a handbag. Anything that makes you feel beautiful.

\$\$\$ Buy new outfits

FREE: Remix your closet

Hair & Makeup

Go online for inspiration, watch YouTube, TikTok, or Pinterest tutorials. Ask a friend who always gets her hair or makeup “just so” to help you out. Your goal is to feel good and just look more like you.

\$\$\$ Get a blowout and makeup professionally done before dates

FREE: Spend some time experimenting with new looks

Declutter your space / organize your mind

This seems like it’s off topic, right? Here’s the thing, if you don’t feel somewhat organized in your life dating can pile up and feel like something you’re fitting in around the edges instead of something you are deliberately doing. You will feel more confident when dating is a part of your organized life, not something you’re trying to fit in. Get yourself organized to show up with intention.

Andrea Javor,

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Nice to meet you! I have spent more than two decades working in corporate marketing traveling the world and living my best life. Underneath all of the success, I went through not one, but two (!!) painful divorces by the time I turned 40. My experience has been turning agony into opportunity. Now, I work with private clients as a divorce and career coach. I specialize in helping professional women move forward with confidence and conviction to write their own **beautiful self-love story**.

I've been through the heartbreak of divorce and can confidently say that on the other side there is an infinite world of possibilities for you. The benefit of divorce is that you get to write your next chapter and take the story wherever you want on your own terms.

Let's talk about you!

Book your first session with me today!



Let's connect!



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