

Healing A Broken Heart?...Take Yourself to the Next Level

"Go confidently in the direction of your dreams. Live the life you've imagined." -Henry David Thoreau

When ending a relationship we go through several stages. Accepting that it's over is key to moving on. As time goes on and you begin to heal, you then have the opportunity to take yourself to the next level.

Now is the perfect time to really begin a journey into self discovery. Read books that will keep your mind focused on improving all aspects of your life. Getting your self-esteem back on track is essential in progressing toward a better future.

Be extremely cognizant of the things you say to yourself. Negative talk will only make you feel worse. Make sure your self-talk is positive, encouraging and complimentary.

Your thoughts have the power to make you or break you.

The single most important factor in changing your life is learning how to get in control of your thoughts. How much do you want to have peace in your life? How much do you want to get beyond this pain and move on to a more fulfilling life?

You are the only one who can make a difference and it is solely dependent upon you learning how to change your thinking. Learn how to focus on what you want out of life; *NOT* on what you don't want. Whatever you focus on you will be guaranteed to attract.

Your thoughts are truly the most powerful weapon you have in creating the kind of life you desire!

Discover what it is you want your life to look like, and then learn how to set goals and go after them. Self help is exactly that: helping your "self" in having a better life.

Ending a relationship is difficult. You are going through a lot right now. So, take it a day a time and make sure your tomorrows are better by taking the steps today to improve your life.

Nobody said it was going to be easy. You know the saying, "Breaking-up is hard to do?" Well, if you think that's hard, most people find learning to "forgive" even harder to do.

People come into our lives for all different reasons. And each person that touches our lives usually comes bearing a gift. Generally that gift is in the form of a lesson we need to learn. Some lessons are harder than others. But...it's in learning the lessons that we grow.

So as each day passes and you are beginning to feel better and better. Remember that you and you alone possess the strength and ability to take your life in any direction you choose simply by what you think about all day.

Use your mind to your advantage, you're worth it!

Read more about it at: <http://www.whystay.com> in Susan's empowering book, *There Is Life After What's-His-Name*.

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