

# Taking Care of You

## BREAK IDEAS

Use this space to brainstorm ways to give your mind and body a break from your divorce.

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## STRATEGIES TO GET UNSTUCK

Ideas to move beyond and get unstuck!

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## YOU'RE WORTH IT

Who were you? Who are you? Who will you become?

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## WAYS I WANT TO GROW

This is a moment of powerful personal growth - how else do you want to grow?

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