



CHAPTER 18

HOW TO CREATE YOUR DREAM LIFE

Riya did multiple things to come out of this pain of abandonment and years of abuse and to truly create her DREAM life. Work is still in progress but am sure with her strength and determination and now your prayers, each day will change her for the better and finally she will have all her dreams fulfilled!!!!

1. Unconditional love and support of her parents, family and her two lovely kids. She cried, shivered, kept awake the whole night for multiple nights, was not eating, was crying uncontrollably, thinking and talking bad about herself, her life, belittling herself, basically doing everything an ideal mother is not supposed to do. But trust me that is what helped her and her kids immensely. It helped the three of them emerge stronger, be better versions of themselves, have more love, more kindness, more positivity, more transparent with each other, sharing each other's feelings, relationships, stories, problems, etc. They became much more connected as a family and one with the world. As they realized that all of us are connected in some way or the other which COVID has anyways proven...

Writing about the key events of her life and relationship and then reading that again and again helped her accept and move forward, she could connect the dots and could realize the trigger points, the

patterns, the mistakes, the lies, the fraud, the pretense, the cheating, the empty relationship that she had with him for years.

It also helped her to answer lot of questions which she did not/could not ask him or asked but did not get answer. This helped her in her closure just with herself even without any need of having the other person to answer anything or apologize. This method was super helpful.

Reading a lot of different kinds of books not just about life or self-help. She read books on how to read the physical gestures/body signs, how to be a good leader, fictional books, audio books.

Listening songs -motivational, fun or dance numbers and dancing to the tune was one of her favorite things.

Working out and eating healthy.

Working on her big negatives that she realized from her journaling and experience in this relation.

Making new friends.

Cultivating new hobbies like trekking

She changed her role at work and left her comfort zone, learning there and building new connections at work. This really was one of the best decisions of her life.

Listening to various podcasts-finance, start up, motivational etc.

Lot of me time/silent time, meditating regularly.

Joined various courses like related to work or passion.

Clearly writing her goals and visiting them frequently -personal, financial, professional.

Putting a vision board next to her bed so that she could see that as the first thing after waking or seeing just before sleep.

Positive affirmations

Visualization

Standing in front of the mirror and looking into her own eyes and saying positive affirmations or self-love affirmations

Loving and pampering herself

This is not the END, this is just the BEGINNING, A NEW beginning, a second chance she took, a way to create her dream life, to start everything afresh, to get what you deserve, what you are truly meant for.

All that happened has happened, is in the PAST. What is with us all is the PRESENT and FUTURE.

So, live in the present, enjoy each moment, make right choices, have good thoughts, visualize, and most importantly take actions for your dreams for your future. With every set back tell yourself that it is just a phase and will pass, that it is just a lesson for you, that it is Universe's way of giving you a second chance!!!

But it is only you who can make the best use of this SECOND CHANCE or let it get even more wasted than the FIRST CHANCE.

LIVE EACH MOMENT

LOVE YOURSELF

KNOW YOURSELF IN AND OUT

BE KIND AND HUMAN

BE YOURSELF

BELIEVE IN YOU

KEEP WALKING

One day you will reach your destination and most importantly would have also had a great journey while reaching the destination.....

Love life laughter

Smile sparkle shine

Richa....