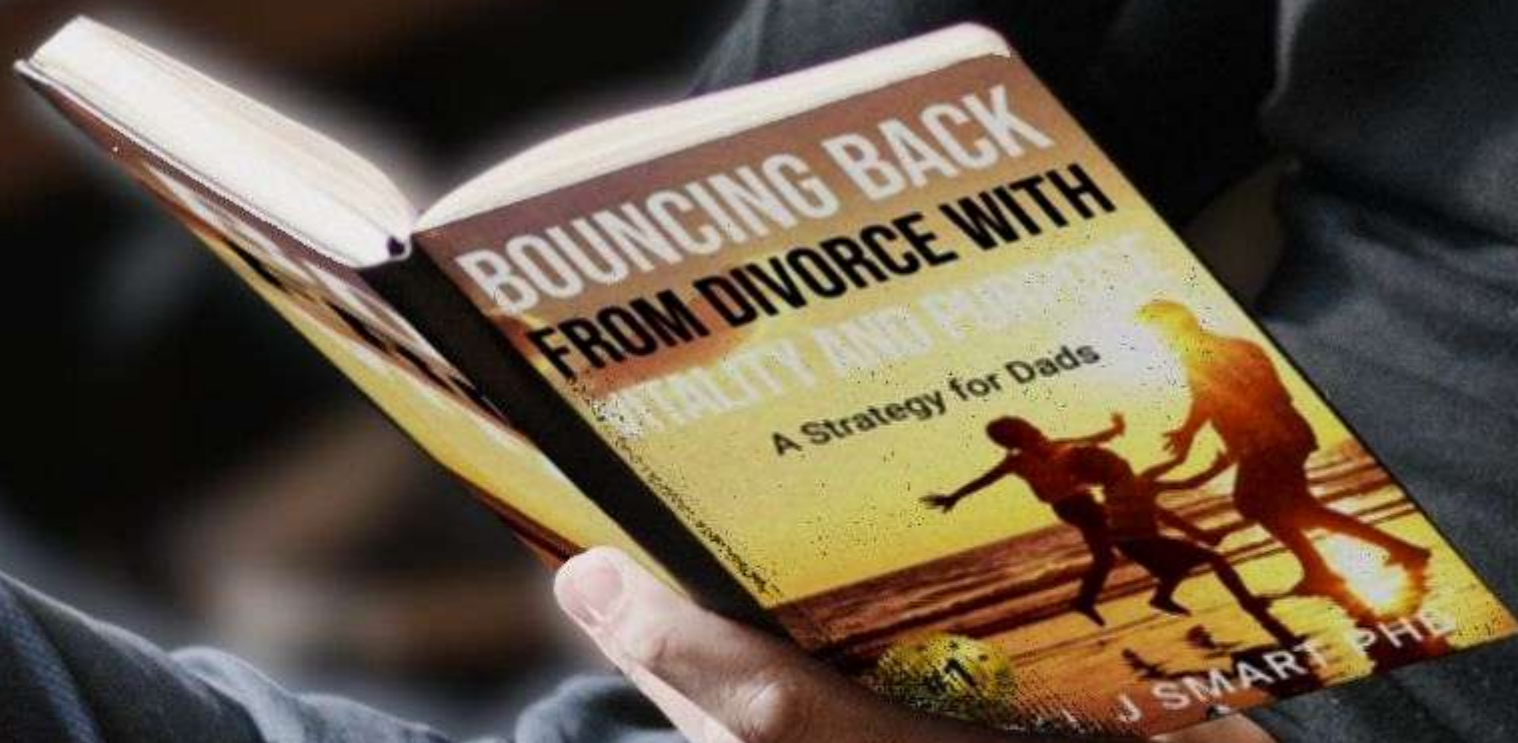


WORK BOOK

For Bouncing Back From Divorce With
Vitality & Purpose: A Strategy For Dads



WRITTEN BY:
NIGEL J SMART, PHD

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Welcome to the Bouncing Back from Divorce Workbook

This is intended to be used as a tool to help you transition to your new and better life.

The experiences that you will build going forward will enrich your lives in ways that you cannot imagine right now but as you travel through the process using us to guide you, I promise that things will unfold that at present are unimaginable.

Rest assured, I am not quoting the work of others here or spouting forth academic philosophies from some professional text produced by someone that has never experienced the things that you've experienced or are experiencing. No, I have been where you are right now, and the things I plan to share with you have worked for me and others to transform our lives.

My rule is always to stick with the program, trust the program, do the work, be repetitive, and form new life habits. If you do that then I promise you that you'll love the outcomes you experience and gain new life fulfillment and success that previously seemed impossible.

I know you are going to love this so check out the other things we are doing at our company that aims to influence the direction of your life going forward.

Our company is called,
Relationships and Lifestyles.
The website is:
Relationshipsandlifestyles.com



Purpose.

The purpose of this document is to act as a guide and tool for you to use with either my e-book, my print book, or my audiobook, *Bouncing Back with Vitality & Purpose: A Strategy for Dads*.

This should help you in several ways:

1. Be a useful tool for you to record your current status as well as a place for you to design and record your objectives and goals for your life as you transition away from your Divorce Hell Island.
2. A place where you can chart your progress.
3. A tool that will help you to be more accountable for the exercises that you'll be performing and other routines you'll follow.
4. Be a permanent record of the process you are following.





Tool #1, Gaining Control of your mind using Affirmations.

You will remember that I always tell you that the first thing to understand is that the process starts and ends with you.

It is an inside game.

The way to address this transition is by approaching it from the most fundamental place which is to understand that the only thing that we can control is ourselves.

That means that we must gain control of our minds before we do anything else.

Listen, going through our Divorces, we lost the ability to be effective masters of our own minds, and that caused untold troubles which probably exacerbated the whole process.

Don't beat yourself up because that happened to me, too. It's a common thing that happens, but unlike me, you have me to guide you so don't be concerned, just follow the process and you won't go far wrong.

I want to impress upon you that the most important thing going forward is for you to learn to guard your mind against infiltration by the self-talk that happens when you listen to the wrong things.

You know that if you hear things, the wrong things too many times, your mind starts to believe that this is the truth. It's not, but interestingly we can use this fact to our

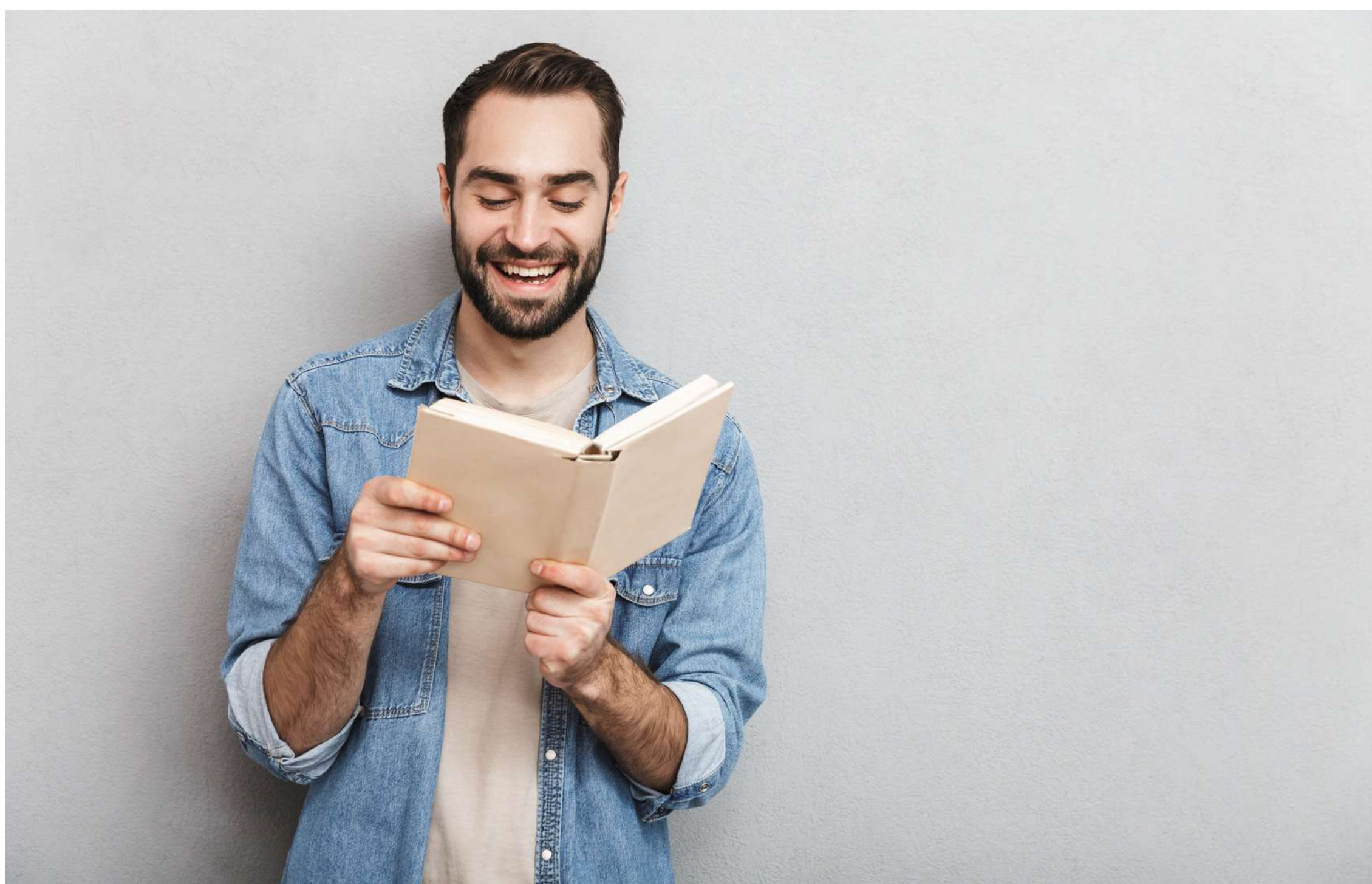
advantage, and that's what I want to start to address right now.

To start this process, I want you to develop a few affirmations that you can use regularly to help quiet the noise and start the mental conditioning process.

Yes, I know some of you may doubt this or not want to do this, but as I said earlier, I need you to trust the process and follow through daily.

So, what I want you to do is develop a few affirmations that will start to condition how you start each day.

Let me give you this little gift which I was given several years ago. Use this to set off your day in the right direction before you even brush your teeth, shave or take your shower. It's part of your wake-up routine to position your mood where it needs to be. Doing this will frame your attitude before anything has a chance to impact you.



IMPORTANT!

DO NOT look at your cell phone for at least 30 minutes after you wake.

So, look at yourself in the mirror and say to yourself this beautiful little verse:

I'm okay, you're okay and we are all okay.

I'm where I'm at, you are where you're at

AND we're all going to get there together.



Starting in this way you will stabilize your mind and prevent any of those annoying voices from entering your head.

Again, remember this is an inside HEAD game, so the stronger we can build up your belief system the more effective everything else will be.

The only thing we can truly control is our own minds, so focus on that and you will be onto a winning start!

We need to start your conditioning process and where that starts is learning to calm down your brain.

Okay now we have that down I want you to develop a few affirmations that you can chant to yourself in the mornings and any other time through the day that helps you. This is particularly helpful in times of excessive

stress through the day when the mind can be distracted and the voices can get into your head.

DON'T EVER LET THE VOICES GET INTO YOUR HEAD!

Okay, as a starter for you, I am going to give you a couple of my affirmations.

If you like these then use them, OR use them as a guide to develop some of your own.

I'd get 3-4 of these so you can change things up and keep the moments fresh. You should never get bored hearing these because it's important that your mind starts to associate them with truths.

Okay here is my short-form favorite.

I'm a genius and I use my wisdom daily.

A longer form one I like to use as I work out is this one:



*I'm a winner in my life
I'm a winner in my health,
I'm a winner in my business
I'm a winner in my finances
I'm a winner in my relationships.
I'm a winner in my love life
I'm a winner in my life
I'm a winner, a winner, a winner!*

You can see the idea here is to drill this concept into your brain and this one does a nice job in accomplishing that for me.

Okay with these examples as a prompt, I want you to practice your own examples and come up with some that really sets you up.

Remember that creating new habits and beliefs takes time and the most effective way to do that is through repetition. Repetition is the mother of skill, so practice, practice, practice this until it starts to become second nature. Drill it into your mind like a favorite song you can sing along with.

WORK BOOK

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Tool #2, The Visualization Tool

Now we need to start the next piece of your conditioning process and where that starts is learning to visualize the day ahead and how you want it to pan out.

Okay, so I want you to visualize your perfect day.

Use this example to guide your process:

Close your eyes and start to imagine your drive to work and that you don't hit any significant traffic and that every green light is with you.



It's a perfect drive, you have the top down and you have the wind in your hair and the car is performing like a sports car at LeMans.

It's a flawless drive and the car accelerates smoothly leaving others behind in your dust.

You arrive at work and there's an open parking spot near the main doors and you arrive to be greeted by colleagues arriving from their home. All is good and it's clear they have respect for you as you chat about the day ahead.

The work goes so well through the day that everything you approach or work on turns to gold and it feels like you have the Midas touch. Your boss compliments you on your work and offers you another choice project before the end of the work day.



Your drive home is as flawless as your morning drive and you get to enjoy the power of your car as you speed down the roads to your home.

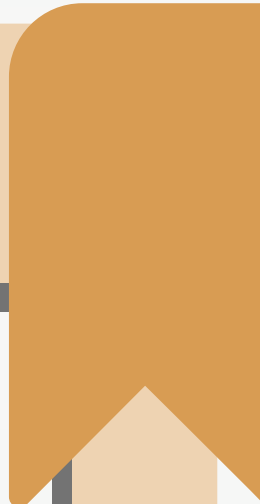
At home, you're greeted by family and together you have a nice meal and conversation before it's time to turn in for the night.

As the sun goes down you reflect on the day and give it a 9.5/10 before you fall asleep for a fabulous restful night.

Okay, now using that as your example, construct your ideal day. Dream it and write it down.

Recording it this way it will help you to drive it into your consciousness and in time this will program your mind for daily success. This is what you want.

Create several days, but they must be at least a 9/10 for each example you dream.



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A smiling man in a suit and tie, gesturing with his hand, overlaid with horizontal lines for writing. The image is a full-page background with a light beige tint. The man is shown from the chest up, wearing a dark suit, white shirt, and patterned tie. He has a beard and is smiling. His right hand is raised, gesturing. The background is a blurred indoor setting. The entire page is covered with horizontal lines for writing, except for a small brown box in the bottom right corner.

Work Book For Bouncing Back From Divorce With Vitality and Purpose: A Strategy For Dads

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Lined area for writing notes, consisting of 20 horizontal lines.

Okay, now that you've completed this exercise, the key is to use this after the affirmations.

So, close your eyes and go through your visualization. After you come to the end really try to feel the energy that you have created. Let out a loud shout to acknowledge the day that you want and as you do, open your eyes and look at the person steering back at you in the mirror.



That happy guy who's all fired up is you, so go out and get on with your day and help create the day you just manifested.

So, now we have set you up with the basic tools to provide the forward mindset momentum let's talk about what you do when the inevitable happens.

Yes, I'm talking about when something really gets to you and a negative thought invades your mind.

Listen, you are human and I did not say this stuff would not happen to you, what I did say was that let's do our level-headed best to make it a rare situation.

Things happen in our lives and sometimes we have no control over those things happening to us.

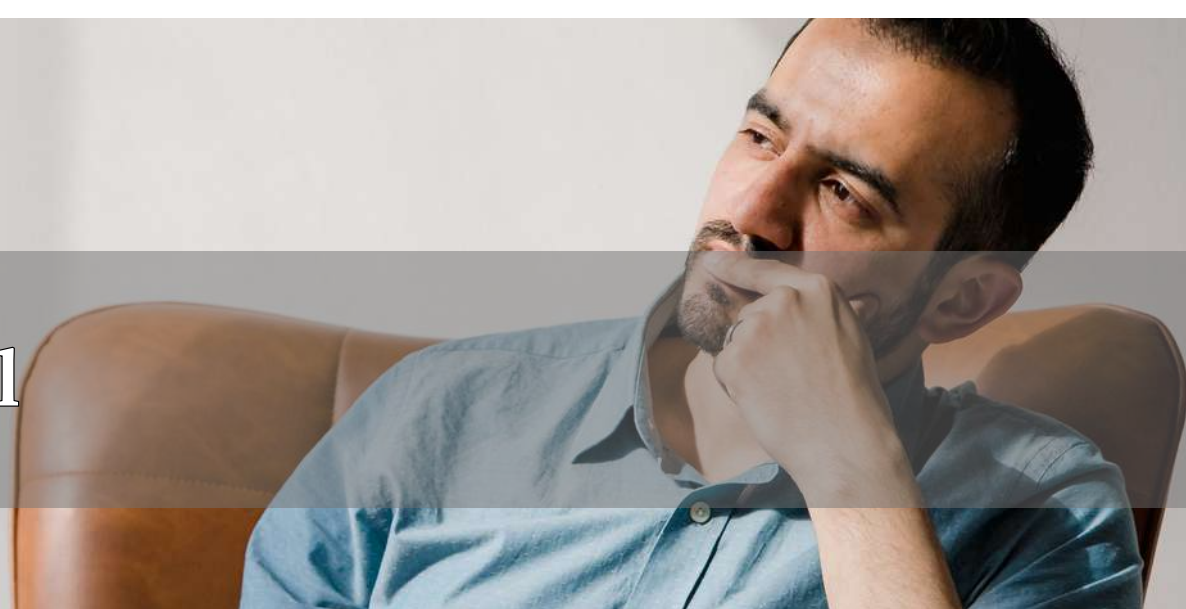
Remember I have shared with you that the only thing we can really control in life is ourselves and that means first and foremost our minds and our emotions through logical

extension.

So, don't beat yourself up okay? What is more important here is how we deal with these circumstances.

In life, we can counter many difficulties by responding in a controlled way rather than in a reactive way and it's this that I want to speak to right now.

To address this I want to give you some tools that will help you as these situations arise.



Tool #3, The 54321 Tool

The first of these is the 54321 tool. Yes, it's a basic stress or temper-controlling tool that serves to allow you to gather yourself in a heated or pressured situation. So, this is how it works.

The intent is to break a sequence by disrupting your thoughts before you have had a few moments to engineer an appropriate response.

Let's review first what often happens when you get wound up by something someone says to you.

First of all your energy spikes as your adrenaline level gets you ready for a fight. This is your prehistoric fight or flight mechanism that is automatically activated to protect you from harm. It was intended to be a mechanism that got you ready to defend yourself in combat or being eaten by a wild animal such as a bear or tiger but in daily

modern life most often it's an overstimulation that can cause us problems.

Listen, this is a good mechanism because in certain circumstances we may need this, but most often today it just causes our blood pressure to rise and stay high when the threat is not that great and certainly not life-threatening like in days gone by.

So, in daily life, we need a way to moderate the effects that this can have on our bodily mechanisms so we don't get into deeper trouble. This can often happen when we are dealing with modern-day problems when we have confrontational situations like Divorce.

So, to enable the practical use of the fight or flight mechanism we disrupt the severity with which our mind and body activate it by using this little but effective tool.

It's easy to use so I advise you to try it and practice its application. I think you'll find it very helpful in a variety of daily life situations but certainly when you are dealing with the charged situations connected with the Divorce process.

Okay, this is how we apply this tool.

So, something is said to you that makes the hairs on your neck get raised and you feel like wringing your hands in frustration.

Before you explode and **REACT VERBALLY** with the first

thing that comes into your head you interrupt that thought pattern by reciting slowly, 54321. Do that slowly one second at a time and that will provide a few moments for you to dissipate the negative emotion and gather your thoughts about how you want to respond.

Remember.....how you **RESPOND** and NOT REACT is the key.

This gives you moments to catch your breath and formulate a more cohesive response rather than blabbing out something you'll regret later.

Remember, words are difficult to take back once they are spoken and if you are in a charged environment, then believe me, they will NEVER be forgotten and they **WILL BE USED AGAINST YOU AT SOME POINT IN THE FUTURE.**

This is such a simple tool but it brings caution to your game and that is important.

As you practice the use of the tool. Write down a few examples of situations where it could be valuable for you. Remember when you write things down you have a better chance of mental retention because it helps you to create habits and traits that stick.



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A man in a suit and tie, looking directly at the camera, with horizontal lines overlaid on the image. The image is a close-up portrait of a man with short, light brown hair and a light beard. He is wearing a dark grey suit jacket over a light blue and white checkered shirt and a dark blue tie. He is looking directly at the camera with a neutral expression. The background is a solid light grey. Overlaid on the image are numerous horizontal black lines of varying thickness, creating a striped effect across the entire frame. In the bottom right corner, there is a small, dark brown rectangular box with a thin gold border. Inside the box, the text "Work Book For Bouncing Back From Divorce With Vitality and Purpose:" is written in a white, serif font.

Work Book For Bouncing Back From Divorce With Vitality and Purpose: A Strategy For Dads

WORK BOOK

Lined area for writing notes, overlaid on a background image of a person covering their face with their hands.

The next tool is like a get-out-of-jail-free card in the board game Monopoly. It's something that assists you to neutralize a negative thought in your head if it ever penetrates your mind.

Remember though, your job is to always protect your mind before this happens, but when it does happen you can use this tool to stop it and fast forward you into a new place with momentum.



Tool #4, The Random Neutralization Tool

Listen, we are all susceptible to negative things creeping into our brains, but when this happens we can kick this out of our brains very quickly using this approach.

There is no limit to the number of times you can use this tool for a given situation and I use it regularly to enhance my momentum because it involves me remembering moments in my life when everything was going great and I felt on top of the world.

For you right now though, I want you to see this as a restorative tool for when something negative has occurred to bring you down.

Sometimes I refer to this as your Micky Mouse tool because it's like waving your magic wand to make a bad thing go away just like magic.

Here is how to use and play with this tool.

Please play with this tool because the more playful you are with it the more you'll gain confidence with its use and as you do that you'll find it's more effective.

This is how this works.

My idea is to have several stories or situations you can replay in your head so that you have variety and you don't disbelieve them because you get bored. I believe the more fun you have with tools the more you will use them, get effective with them and most likely see the results you want from them. So, practice, practice, practice!

This will be a common Mantra and Theme you'll hear from me.

Think of five situations that are bad and five that are good that you're dealing with. Write those down clearly so that you know what they are.

Pick one of these bad ones, something that fills the pit of your stomach with anxiety.

Now think about this like a movie and watch it over and over again in your mind until you get it really graphic. Once you get this super graphic, stop the movie and really feel how bad it is.

Now comes the really cool part!

Take a moment from your life that was a time when you felt super amazing. Select a time when you were in the zone and you felt on top of your game.

Was it hitting a baseball out of the park?

Was it winning that game of Tennis against someone you've never beaten?

Was it scoring that goal or winning that race you were in?

Try to select something that made you feel special.

Write these down so you don't forget them or lose them. I want you to be able to remember them or use them for your benefit whenever you have a bad moment because this will be your GO-TO recovery system.

Take a few moments to record these in your workbook.



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WORK BOOK

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A man with a beard and short hair, wearing a light pink button-down shirt, is looking down with a slight smile. The image is overlaid with horizontal black lines for writing. In the bottom right corner, there is a dark brown box with white text that reads: "Work Book For Bouncing Back From Divorce With Vitality and Purpose:".

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Now, focus on that really intensely and get yourself in the zone for a few minutes. Remember you're the champion in your mind and you feel on top of the world. Get the emotions really deep so you feel things super intensely.

Breathe and feel the intensity because this will only work if you embody the spirit of the moment completely. Play full out doing this so that you can experience the full benefits.

It's a movie in your head that's all positive and it should make you smile, but now I want you to do something that will feel a little strange.

Okay, I want you to play that movie you just made in your head, but not forwards, I want you to play it backward!

YES BACKWARDS!

Shut your eyes and play it backward!



Make it feel like you're rewinding the recording you just made. Can you hear and feel the funny noises that a tape makes when it's rewinding? The squeaky sounds make it feel a little silly and juvenile, doesn't it?

It may make you feel like you did when you thought of the bad zone experience and that's okay.

That's okay just go with the process and make sure you recall how that feels so you don't forget.

Now, as you reach the end of the rewind recall how you felt as the champion. Lock in that feeling. Shout at the top of your voice like you would if you were scoring that goal again or winning that race.

The more intense you celebrate that moment the deeper you will lock in the feeling and that's going to be something you can recall at any moment.

What we are doing here is locking in or anchoring the positive energy you're feeling so that we can use it to displace future negative feelings when things are not going well.

Punch the sky if you feel that helps. Make a noise like you do if your team just won the super bowl....but this is your Super Bowl.

Celebrate that win and hold it for at least ten seconds so that positive energy washes over you and you assimilate the anchoring process to its fullest extent.



Now open your eyes and look in the mirror to see what you look like. You should be smiling like the champion you are!

Take a few moments to come back to normal to allow the anchor to take its full effect on your body.

Listen if you have done this exercise properly and played FULL OUT, then you've now just given yourself the power

to take back control of any situation instantly that anything turns nasty.

Write down how that makes you feel.

Be as graphic as you can be so that it fixes itself in your mind and so you can come back later and have a record of what you have done.

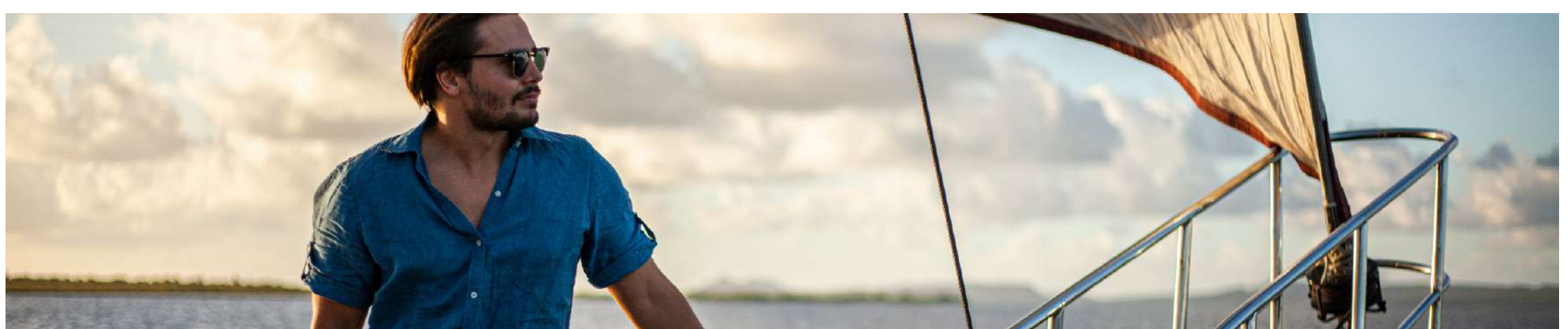
Remember, this is a tool to use many times over as necessary so it's not a once-off thing.

Make good notes so you can refer back whenever you need refreshing.

Okay, congratulations. Please celebrate the mini-win here. That's all part of the process of your transformation. ALWAYS, ALWAYS, ALWAYS celebrate your wins so you create the habit of success in your mind.

Remember, your life going forward is all about winning and being fulfilled, so make sure that each experience is felt completely and recorded in your emotional self.

This is a very important tool in your recovery and transformation process, so make sure that you do the work and practice so you become fully proficient in its use and application.



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WORK BOOK

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A man in a white shirt is shown from the chest up, drinking from a glass and holding a bottle. The image is overlaid with a grid of horizontal lines, suggesting a notebook or workbook. In the bottom right corner, there is a small brown box containing the text: "Work Book For Bouncing Back From Divorce With Vitality and Purpose:".

Work Book For Bouncing Back From Divorce With Vitality and Purpose: A Strategy For Dads

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COMMUNICATIONS

This is such a vital part of your whole transformation process so it's important that we learn another useful technique/tool.

With this one in your armory, you will have another mechanism to disarm volatile situations and regain control.

With this in your personal toolbox, you will become a more effective communicator and will be in a better position to stop **REACTIVE** behavior from derailing your attempts to get situations that may need attention from being discussed.



Tool #5, The Mastery Tool

I call this one the Mastery Tool because it is a tool that if applied with skill can enable you to become a Master at difficult situations.

From experience, it is something you can use daily in almost any situation to help you to understand what things people may be attempting to communicate to you.

This is an important life skill that can be and has been

extremely useful in helping myself and students to navigate tough situations which could have morphed into hopeless scenarios.

I'm sure you are going to find this exercise interesting and very helpful.

For this reason, I nickname this the Language Augmentation Exercise.

Arguments and disagreements are the bedrock of a divorce process and the longer and more intense they become the longer the process goes on and the more expensive it becomes.

I know you've experienced that because you've all got horrible invoices from your attorney, right?

So, we want to take some control over what we can control, right, and that is how we made verbal interactions....which are often highly charged emotional situations.

To start the exercise, I want you to write down 5-10 situations that you have experienced as you have been in the divorce process that have resulted in big arguments with your Spouse/ex and or her attorney. I'm sure you can recall dozens of these but 5-10 will do for this exercise.

Record these in your workbook.

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A person with curly hair is shown from the chest up, looking down. They are wearing a grey jacket over a red shirt and a dark headband with a colorful geometric pattern. The background is a bright, hazy outdoor setting. The entire image is overlaid with horizontal black lines. In the bottom right corner, there is a dark brown box with white text.

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Okay, remember when I told you that you had to guard the door to your brain? Well, this is the type of situation I was talking about.

You've heard something that has been verbally hurled at you and you are now going to react to that verbal attack.

Remember the word REACT, because this is important.

Okay, I want you to realize this important point..... the voices in our divorcing spouses' heads play at a different speed and language narrative to those we hear as men.

Get that fact drilled into your consciousness because it will help reduce your anxiety.

As a result, most attempts to rationalize differences of opinion with them using OUR logic or RATIONALE will NOT WORK!

GET THAT STRAIGHT!!!!

Don't try to understand that, just accept it, and we can work from there.



If you try to force the issue I guarantee you will drive yourself NUTS!

Men have been trying to do this since time started and we have failed as a gender, so don't think you are going to break the code, you won't!

I'm sorry, it doesn't matter how special you think your relationship is or has been, now we are in the region of primitive jungle times where whatever you think will be possible doesn't live.

RULE # 1:

Laugh and don't take anything too seriously.
Remember you are Venus and Mars to each other!

Yes, this is a serious and anxiety-provoking situation, but you can still have a degree of control over yourself and so you have personal power. Never surrender that!

Okay, so how does this work?

RULE # 2, that you must remember

The other side will make little or no attempt to agree with you and may say things to provoke you. Use the 54321 tool as a first step.

RULE # 3, is that

You are charged yourself so you may not actually hear and interpret correctly what is being said to you.

Yes, that's a truth and something we can control so let's work on that point so we have some power over how things affect us.

From the examples that you've recorded earlier, I want you to take one of these discussions where your Ex/spouse has communicated to you about something.

Write down what she said to you and then underneath

write down what you think she was saying to you.

Read the comments she made, take a few minutes and then write down what you think she was saying to you. Write the first thing you thought of.

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A close-up, soft-focus image of a woman's face, showing her eyes and smile. The image is overlaid with horizontal black lines, suggesting a notebook or journal page. The background is a warm, golden-yellow color.

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A photograph of a woman with dark hair, wearing a grey blazer, covering her face with her hands in a gesture of distress or despair. The image is overlaid with numerous horizontal black lines, creating a visual barrier or symbolizing emotional isolation.

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Now I want you to ask yourself the question, “Is there another meaning to what she was saying to me?”

So, in the second paragraph, I want you to write down another possible interpretation of that same statement that she made to you.

Okay, so now ponder that one for a moment and look at the first attempt you made and then ask yourself, "Is it possible that they could be another possible meaning to what she was saying to me?"

Okay, now repeat the exercise until you have three versions.

Think about this because this is a very important process and the tool will throw up some very important information for you if you play full out and do the work and complete the exercise.

Okay, now that you have all three versions, I want you to look at what you have constructed. Options #1, #2 & #3.

Let me point out something to you that you may not have noticed.

Is there a trend from #1 to #3 that is a softening of the way you think the comment was intended?

Is it possible that you got it wrong the first time around?

Think!

This is not always the case but you see you now have options and this could avert a bigger disagreement which as I have pointed out could cost you time and attorney money.

Something to think about don't you think?

I'm hoping you see the value of this tool as it provides a way for you to be gentle and less aggressive and perhaps disarm a potential high-energy situation from becoming worse.

Remember, this tool has a purpose and that is to help you with your communication skills to get you out of difficult situations.

The added benefit is that can be a life-long skill that you can use anywhere and something that I am sure will benefit you as much in other aspects of your everyday life.

So, what is your conclusion from your exercises?



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A man and a woman are looking at a document together. The man is in the foreground, looking down at the document. The woman is in the background, also looking at the document. The image is faded and serves as a background for the worksheet.

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Before we leave this Tool, I want to say that what you MUST do is take these opportunities on board.

I strongly advise you to practice, practice, practice these exercises.

What we are doing here is creating new positive intentional habits for you and these are driven into our consciousness through the repetition of the exercises we perform.

By way of a piece of science, we know from experiments that were performed at NASA that creating new habits and traits takes between 28-35 days so it's not going to work for us unless we repeat consistently until it becomes second nature to us, in much the same way as driving a car is second nature after we have become experienced behind the wheel.

Think about this because it is key.



The Marines have a saying that's along the lines of adapt or don't survive so take that on board and get super skilled in this and see where it takes you.

Let me leave you with a motivating thought that could provide the continued impetus for you to complete things.

So it's your daughter's wedding and there you are escorting your daughter down the aisle to get married. Do you think she wants her mother and father arguing? Obviously not!

Take the high road even if being provoked and show that you have control and are not the problem.

It's probably that no one will thank you for being this way but you will know and that is what's important.

Then again life is full of surprises!



Tool #6, The Gap Analysis Tool

Moving right into the main body of your Transformation Process we come across the most valuable and interesting tool from my experience, The Gap Analysis Tool.

This is where we get serious about where you are in your life and later on what you want and how your life is to be.

Designing your future is what we are going to do here, so get excited about that because it is all in your hands.

Throw out all the pieces you currently have that you don't want or like and create a new path filled with all the things you want or desire.

This section is all about your mindset re-adjustment and you need to be serious about being granular about the details of your life. Only if you do that will you get the results that you desire.

As a first part of the process create a table with two columns, one for the Current State of things as it is now and another called the Future State which is how you want things to be going forward.

Do this in your workbook so that you have a record of what you feel and want.

Now, chart the current state in terms of how you feel about the present state of your life. Examples could include: You are feeling scared, lonely, you're feeling anxiety, you are unloved, hurting, feeling betrayed, angry, concerned about your health, financial situation, losing your children, losing your home, feeling like a victim being totally confused.

Now in the Futures column construct words that are the opposite of each of these statements. They should be positive, forward-looking, and represent how you want things to be in the next chapter or volume of your life.

Good topics for this comparison to use as headers include:

Health, Relationships, Finances, Career/Job, Family & Intimate life.

The key to this is to get details and granular about where things are now and what you really want.

Moving forward we only want to take those things with us that support and move the needle of our lives forward. Anything that does not support our lives we want to

Jettison and leave behind.

Remember that this is a fresh start so really concentrate and build a detailed plan.

The more detailed description you build the easier it will be to formulate a blueprint for you that will deliver what you want to manifest.

Here are a couple of examples for you to model:

GAP ANALYSIS TOOL

YOUR CURRENT STATE SITUATION	YOUR IMAGINED FUTURE STATE
Scared	Happy
Lost	Secure
Lonely	Relationships
Full of Anxiety	Calm
Unhappy	Happy
Unloved	Loved
Hurting	Full of energy
Betrayed	New relationships
Abused	Cared for

YOUR CURRENT STATE SITUATION	YOUR IMAGINED FUTURE STATE
Angry	Positive attitude
Bitter	Welcoming
Money worries	Financially secure
Finances	Financially set
Job	Great career
Losing children	Happy content children
Losing home	New home
Poor health	Unbelievable health
Scared children	Happy family
Insecure	Secure
Uncertain	Certain
Rent/Mortgage	Homeowner
Broke	Abundant
Confused	Confident
Victim	Winner
Battered	In control
Paralyzed	Riding high!

GAP ANALYSIS Transition Punch List

TRANSITION TOPIC	PUNCH LIST ITEM TASK
Financial Situation	1. Secure new employment with salary to support situation
	2. Control spending by creating a household budget
	3. Negotiate appropriate child support
	4. Negotiate Alimony that may be due
	5. Secure new individual bank accounts and credit cards, etc.,
	6. Arrange appropriate bank credit lines
	7. Negotiate Fees for legal counsel
	8. Arrange daycare or help as appropriate
	9. Repair/secure credit score

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You should do this exercise for each of the categories you describe.

The image is a full-page background featuring a blurred portrait of a person with light-colored hair, wearing dark-rimmed glasses. The person's face is out of focus, with the eyes and nose area being the most prominent. In the bottom right corner, there is a dark brown rectangular box with a thin gold border. Inside this box, the text "Work Book For Bouncing Back From Divorce With Vitality and Purpose:" is written in a white, serif font. The overall aesthetic is soft and professional.

WORK BOOK

NIGEL SMART, PHD

Work Book For Bouncing Back From Divorce With Vitality and Purpose: A Strategy For Dads

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Lined area for writing notes, consisting of 20 horizontal lines.

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This tool is going to provide you with the raw material to create your unique Life Blueprint that will become your Success Roadmap.

Once this is in place we can create a scorecard that will be able to chart the degrees of success that we are completing as they are completed during the Transformation Process.

Now you have completed this most important document, go out and celebrate and do something you enjoy to mark the occasion. This will lock in the commitment and contract that you have made with yourself to become that person.

Remember that you can always get help here and if you want to take this to the next level take the step to engage me as your accountability coach and mentor. It would be a privilege to help you.



Tool #7, The Vision Board

Friends, at this point you are well on your way to your transformation but there is still work to do.

This next tool will seem like magic but of course, it isn't, because the secret lies in your power of intention to invoke the Law of Attraction.

This is an exciting tool that enables you to manifest some remarkable things in your life, so be creative and inject emotional energy into your thoughts to increase the speed that things can change for you.

This one is a mainstay in your Transformation Process and can be fun, so do the work and play full out again. You'll be amazed at what can show up.

It is a visual tool that helps you to re-enforce the things that you want in your life.

You will place this in a place that you will see each day and something you will look at daily and something that you will feel intense feelings about.

As the tool name describes, it's a VISUAL TOOL, so with that in mind, it is important to be as visually appealing as possible.

This is a very practical tool that involves some hands-on application.

Just as with other tools it's important for you to get clear about what you want in your life and to select images that reflect those choices.



The first thing you need is a piece of board about 18' x 12' in size that can be mounted using pins or tape somewhere that is visual.

I use the bathroom or in my office where I can look at it early in the day.

This is the size I use but it can be larger if you like. There are no absolute size requirements, I just use something that I feel most people find practical.

Next, you need to select pictures and words that represent some of the things you want to manifest in your life.

For example a holiday home, a car, dogs, children, money.

I manifested all of these as part of my journey using my vision board.

Now, arrange these in a sequence to tell a story.

For example:

Maybe you have children that you take on holiday and require money to take them on that holiday.

The more detailed and complete you can make that story the more probable that the things can occur.

To make this even more intense if you can overlap the sequences then that seems to provide more power to the process.



Get good at this and practice because as you do amazing changes start to happen for you.

As goals change or things manifest, update the board and keep the mental focus on what it is you want.

Like I keep saying, this is a process and each piece fits together as part of a sequence, so embrace everything and enjoy the fruits of your efforts.

Again, celebrate the completion of your vision board.



Tool #8, Selecting Legal Help

This is a sensitive subject and one many guys really make a bad choice over.

Although I firmly believe many aspects of the Divorce process can be managed well and in many cases without legal help, having someone that has a proven track record is helpful to avoid catastrophic situations.

As I have often coached there are some main considerations that will need to be addressed and these are generally the following points:



Filing legal separation papers is usually best filed by a skilled legal professional although the process can be handled personally if you have confidence and some guidance.



Where children are involved there will be custody issues and these can be complex depending upon circumstances and the level of access required or refused.



Child support payments and alimony may need to be negotiated, even though each State does have guidance for these requirements, especially for child support.



Separation of assets will need to be negotiated



In some cases, access to the other spouses' retirement accounts may be accessible.



Ownership of personal property will need to be negotiated and decided upon.

There can be other wider topics to consider but in my experience these are the major points.

So, choosing someone to assist in this process is of paramount importance in my view. However, the immediate choices may not be as obvious as you may at first think.

Below is a short list of what I consider are the 7 secrets to selecting the right person to help you with your legal matters.

I suggest you create a chart in your workbook using the chart attached as a complex and potentially a source of conflict, so the guide and then screen 4-5 attorneys or more to see if they score highly for the 7 points given in the chart. Any more than one negative and I would recommend that you keep interviewing.

7 SECRETS CHECKLIST FOR SELECTION CHARACTERISTICS

	SELECTION CHARACTERISTICS	YES	NO
1	Someone with a local track record of success in your jurisdiction and has availability for frequent consultations The local aspect is important.		
2	Someone that is a strong negotiator and takes the whole picture as part of the assignment including post-divorce issues. This is important for overall success in the Future State life you are creating.		

	SELECTION CHARACTERISTICS	YES	NO
3	Someone that is experienced in working with mediators and sees the big picture avoiding collateral damage.		
4	Someone that can work effectively with counselors.		
5	Someone that can recommend therapy and additional counseling resources should they be necessary.		
6	Someone that has appropriate relationships and access to good accountants including forensic accountants, if assistance is required for financial analysis.		
7	Someone that has relationships with valuation experts to assist in reliable market valuations of assets including jewelry, automobiles, boats, art, vacation properties, investment properties and other high-end assets.		



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A close-up, profile view of a person's face, looking down. The image is heavily textured, with a pattern resembling a knitted sweater or a similar fabric. The lighting is soft, highlighting the contours of the face. The background is a solid, light color.

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Dealing with Family issues like children after the Divorce is final.

These topics can be complex and a source of conflict if things are not laid out and planned appropriately. The idea here is to have something structured that you can work with, but that will not take forever to organize.



Tool #9, The Goal Setting Tool

This is a simple calendar-type chart that sets things out that need to be arranged. This can be family activities or individual items like dental appointments or school projects. Below is an example for you to use as a guiding template so that you can understand what is involved.

Using this as your guide come up with a few examples of your own so you understand how this can work.

Practice this in your workbook now.



GOAL SETTING TOOL

TOPICS/TASKS THAT YOU WANT TO ARRANGE	WEEKS OF THE YEAR							
	1	2	3	4	5	6	7	8
Get orthodontics appointment set								
Get school project completed								
Organize for school play								
Watching children at special event								
Take children to Zoo								



GOAL SETTING TOOL

TOPICS/TASKS THAT YOU WANT TO ARRANGE	WEEKS OF THE YEAR							
	1	2	3	4	5	6	7	8



GOAL SETTING TOOL

TOPICS/TASKS THAT YOU WANT TO ARRANGE	WEEKS OF THE YEAR							



GOAL SETTING TOOL



TOPICS/TASKS THAT YOU WANT TO ARRANGE	WEEKS OF THE YEAR							

Okay, now you have mastered that idea. I want to give you a version of that same table that you can use to prioritize things that you need to do for yourself and the family/children’s issues.

An example of this is provided below.

THE PRIORITIES DECISION MANAGEMENT TOOL

T O P I C S	TIME IN WEEKS								
	1	2	3	4	5	7	8	9	10
A									
B									
C									
D									
E									
F									
G									
H									
I									
J									

Okay, the idea here is to use this as your life management tool to help you with all your transition exercises and tasks.

This will help you streamline all the things on your plate and keep you on track.

TRANSITION OBJECTIVES

As I pointed out in the book, it’s important that you leave the things behind that do not serve you going forward.

You only want to carry on with things that are making a positive change in your life and make you feel good.

To keep you honest about this I’m advising that you build a list that is the opposite of a to-do list. We call this a **TO-DONE LIST!**

So, here we are going to compile a table of all the things we want to leave behind us as we move forward in our transition.

TO-DONE LIST



1	
2	

TO-DONE LIST

3	
4	
5	
6	
7	
8	
9	
10	

I’m providing you with a template with examples you may want to consider leaving behind. Use that as your starting point and build your own list. Get creative and be ruthless because you’re building the new you that will not want to tolerate the things that have been the norm in the past.



TO-DONE LIST with EXAMPLES

- 1 No more confrontations
- 2 Anger
- 3 Resentment
- 4 Whining/complaining
- 5 Early evening alcoholic drinks
- 6 Fatty Foods
- 7 Procrastinating
- 8 Breaking health routines
- 9 Smoking
- 10 Recreational drugs

Have fun with this but above all be creative!

FINDING A NEW PARTNER

If you are wanting to find a new partner the chances are you will want someone quite different from the individual that you just separated from.

Before you embark on anything solid in this respect it is really important that you think this through and get clarity on what it is you really want in a new life partner.

One thing that's vital, is that you give yourself time to consider all the options and details about the transition and how you'll be with a new key person.

Get clarity, because going for the same set of characteristics without fully understanding things will likely lead to a disaster.

That's not something that we want to consider.

Please note that this is the single biggest mistake that most people make.

It's like jumping out of the fire into the proverbial frying pan! You don't want to do that so take your time.

What I advocate is that you create an AVATAR of the ideal person that you are looking for.



Tool #10, The Ideal Avatar Tool

Enter the most helpful tool you can have for helping you to decide what it is you want in a person.

Build a table of all the characteristics you want in the ideal person.

Don't worry about how you'll find that person right now, because your job at this point is just to get clear about the type of person who suits you.

Later on, we can touch on that . . . BUT remember I mentioned the Law of Attraction, well, that plays into the process here as does the use of your vision board.

For now, I just want you to describe every characteristic you'd like in a person. Get granular and frame as much information about that person as you can. The more you do this the clear the vision you will have about whom it is you want in your life.

I have provided an example of how you can start.

MY IDEAL PARTNER AVATAR TOOL



1

PHYSICAL CHARACTERISTICS

- height, size, hair/eye color, etc.

2

HEALTH -physical lifestyle,
athletic, drinker smoker drugs, etc.,

3

CAREER - professional,
managerial, entrepreneur

4

FAMILY - children, no children, wants
children, lives at home, not at home

5

FINANCIAL SITUATION -
independent, leveraged, etc.,

6

SPIRITUAL - Religion etc.

7

**HOBBIES/RECREATIONAL
ACTIVITIES**

8

ANIMALS - Dogs, Cats, Horses

9

EDUCATIONAL LEVEL - High school,
degree, advanced degree

10

POLITICAL AFFILIATIONS

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Now, practice building your own Ideal Partner Avatar.

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Okay, so now you've completed that exercise you should have a pretty clear picture of the type of person you're looking for.

Now it's time to build a vision board with the elements you have described featured in that board.

Create as much feeling in the material as you build the board because as you do you will create a stronger attractive force to manifest the person that is your heart's desire.

Congratulations on your achievements here. This is a big step forward in your quest to reclaim and develop the next version of you.

Celebrate your achievement here and the new skills you've learned, because these will prove to be an amazing help for you to clearly identify and attract the right person for you at this point in your life.

See you on the other side of
this soon. – **Nigel**

For further help and advice about developing your life sign up to our Relationships and Lifestyles website,

 **www.RelationshipsandLifestyles.com**

You can also reach me on at

 **bouncingbackwithnigel@gmail.com**

