

# 5

## BABY STEPS

to living with Power & Freedom  
After Separation & Divorce



### Reclaim

Your Power and Create  
*Your Life with Purpose*

**FREE  
GUIDE**

An introduction to the  
step-by-step processes which  
will teach you how to change  
your past, heal your pain and  
create a life of your dreams



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**Are you ready to leave the pain of the past behind and learn how to create the life of your dreams?**

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**There is only one way to transform your life and that is to transform yourself. Everything comes from you and therefore only you can change it!**

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**No matter how impossible life might seem right now, the one thing you can rely on is that things will change. How they change is up to you!**

**You have the power to recreate your life in any way you choose. Little by little you can change your world from the inside out**

# Introduction

When you lose someone you love, or a long term relationship breaks down, you can sometimes get stuck, unsure and afraid of what to do next. Everything you thought you knew about your life and your future disappears as if it never existed. Even if the decision was mutual, or instigated by you, the speed at which changes take place can be overwhelming. Nothing is as you expected and it takes a while for your heart and mind to catch up with your body.

If you feel betrayed by your ex-partner, then anger and pain can be the only things you see. How could they do this to me? How could they be so cruel? It's not fair!

And even if the relationship ended quite some time ago, the wounds can feel as fresh as they did when it first happened. The problem is that unless you change something, it will always feel like that. Do you want to be in pain for the rest of your life? And even if the pain fades with time, unless you choose to move beyond it, you may find yourself stuck in sadness forever.



In this '5 Baby Steps to Living with Power & Freedom after Separation & Divorce' e-book, I want to introduce you to some simple tools which you can use to change the way you view the events of your life. To help you see how powerful you are as the creator of your life and teach you how to access that power to build the life of your dreams.

**'sometimes it's more painful to stay exactly where you are than to take a leap to somewhere new'**

# STEP ONE

## THE POWER OF CHOICE

The single most important concept to grasp is that **you are creating your future every minute of every day**. Whether you do this consciously and actively, or unconsciously and therefore passively, determines the direction your life will take. Your power lies in your decision to choose the thoughts, words and actions which are creating your life.

### What do I mean by this?

We understand that the 'big' choices we make, like a new job, moving house or a new partner, can change our life. And in most cases we take the time to consider these decisions wisely before committing ourselves to a particular direction. However, many of us are not aware of the smaller choices we are making, the ones we don't think about or are not aware of. It's these day to day, minute by minute choices which have the biggest impact on the way our life looks. Therefore it is at this deepest level that our true power lies.



### Does this mean I have to think about everything I do in every moment? That sounds exhausting!

Most of us are on autopilot, going about our lives without any awareness of what we are thinking. Of course monitoring every thought would be impossible but you can start to monitor the overall flow of them. And as you become aware of your dominant thoughts and feelings, you have the power to change them and therefore your life.

Let's take a simple example. You have plans to go to a film with a friend but at the last minute she sends you a text to cancel. She doesn't give you a reason but simply say 'sorry, I can't make it'.



You have a choice to make.

*Choice one:* you think your friend has let you down and feel rejected and annoyed. Perhaps you ignore her text or maybe you send a terse response letting her know how you feel. You spend the rest of the night thinking about 'how badly you have been treated and that she can't be much of a friend if she can do that to you'. The more you think

about it the angrier you get until you decide that actually, 'who needs enemies when you have a friend like that!' You may decide in that moment that

your friendship is over and you don't want to see her any more.

*Choice two:* you think your friend has had something unexpected happen. You understand that she is not letting you down but simply that something else needs to take priority right now. You text her to ask if she is okay and let her know you are thinking of her and hope to see her soon.

This simple example shows two very different responses you can make. And the choice *you* make will likely determine the outcome. Not the choice your friend makes - that's up to her. Your power lies in *your* response to everything including your own thoughts. A simple shift in perception delivers a completely different result.

*Chapter six of 'BEYOND THE PAIN' goes into more detail and has excellent action steps to help you understand just how powerful your choices are in creating your life. To get your copy [click here](#)*

## CLAIM THE POWER OF CHOICE

**'unless you actively choose something different you will continue to recreate the experiences of the past'**

# STEP TWO

## THE POWER OF QUESTIONING

The second step in reclaiming your power is through asking questions. We ask people questions every day.

How was your day? What would you like for dinner?

How can I help you?

Some questions are simply out of politeness but others help us to understand the people around us. As we are not mind readers, we need to ask others what they want, need, think, and if they understand.

When you ask a question, you are opening your mind to the possibility of something new. And without something new, everything remains exactly as it currently is.



### **If you want to know something new - start with a question**

You have no power over anyone else and therefore *your questions need to be to you*. Any question that starts with a 'how, why, what, where' is good as it forces you to think about the answer.

How could I have handled that situation differently?

Why am I upset? Why am I angry? What has made me feel so sad?

*Where has my smile gone?*

Whilst it is tempting to look to someone else for the answers, they can only tell you their truth.

### **Your power lies with *your* truth**

And the simplest way to get to your truth is to ask questions. And for each answer there will likely be another question. Imagine you are peeling an onion and as you remove one layer, there is yet another underneath. There are many layers to peel before getting to the heart of the onion. In the same way, to get to your truth you may have to ask many questions.



If you are honest with yourself, you may be surprised at what you discover. Keep yourself in focus at all times and resist the urge to blame someone else for your feelings.

### **Your feelings are your responsibility**

Blaming is a way of 'passing the buck' or avoiding responsibility. It is only as you take responsibility for your thoughts, words and actions that you will find your true power. Whilst others will sometimes act in a way you find painful, how you choose to react or respond to their actions, determines your happiness.

*Chapter four of 'BEYOND THE PAIN' goes into more detail and has excellent action steps to help you use the power of questioning to transform your life. To get your copy [click here](#)*

*Do not give another the power to determine your happiness*

## **CLAIM THE POWER OF QUESTIONING**

**'only you can reclaim your power and choose the life you want'**



# STEP THREE

## THE POWER OF SIGHT

How often do you use your eyes during a day? I use mine constantly as I look about me to determine what's going on in the world. I gather an enormous amount of information through my powers of sight.

Similarly, you have the ability to use your internal eyes to determine what's going on in your inner world. Your inner world creates your outer so the more you can understand about *you* the better equipped you will be.

*What do I mean by inner and outer worlds?*

Your inner world is dominated by thoughts, ideas and feelings. These are the core of your motivation, or reason for taking action.

Your outer world is everything out there. This includes your family, friends, colleagues, job, possessions and the wider world beyond your immediate experience.

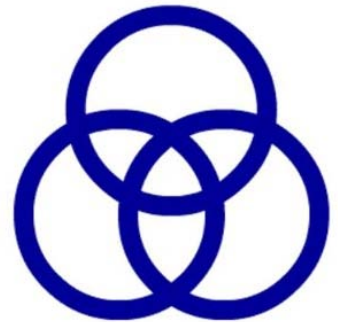
The two are interlinked and each builds or destroys the other depending on your choices. One of the easiest ways to understand your inner world is to look at the results which show up in your outer world.

*I still don't understand?*

Imagine for a moment you are baking a cake. You have a mixing bowl in front of you together with a series of ingredients. You start by beating the butter and sugar until you achieve a smooth finish. In another bowl you have combined the rest of the dry ingredients. And in yet another you have separated two eggs.



The success of the cake, both in how it looks and how it tastes, is down to the skill you have in combining the various ingredients. If the cake is too dry perhaps you added too much flour. Or if it hasn't risen, maybe there is not enough baking powder. Once you see and taste the finished product you can make adjustments so that the next time, you will have more success creating the perfect cake.





## What happens on the inside shows up on the outside

Looking at your own situation can tell you a lot about yourself. This can be uncomfortable but I promise you, the more aware you are, the easier it is to change. It can be a real relief to see clearly the thoughts, ideas and feelings which have sometimes worked against you. Once you understand, you can make adjustments to your thoughts so that you get a different result next time.

**Looking at your feelings is a fantastic way to determine the motivation for the actions which have created your life so far.**

If your thoughts and feelings are your motivation for the actions you take, then it stands to reason that by changing these, you can change your life.

*Chapter three of 'BEYOND THE PAIN' goes into more detail and has excellent action steps to help you transform yourself and therefore the results which show up in your life. To get your copy [click here](#)*

## CLAIM THE POWER OF SIGHT

**'you will always see what you expect to see; look again'**

# STEP FOUR

## THE POWER OF GIVING

When we are sad and lost in our own pain it can be difficult to reach out to others. Sometimes we feel so low, so overwhelmed that we feel we need others to give to us.

**No matter how small or worthless you feel right now, as you give to others you will discover how valuable you truly are**

Getting outside of your own feelings is a fabulous way to realise you are still alive. That no matter how difficult life seems, no matter how much pain you are feeling, you are still here. You may feel you have lost yourself along the way but under the feelings which may threaten to swallow you up, there is *you*.



As you give to others, you show them who you are. Seeing yourself through the eyes of someone else, lets *you* see *you* too. Even a little glimpse will start to open the door and allow you to see beyond your pain.

Pain is like a room with no windows. It is a dark and scary place where you cannot see the light. But just because you can't see it, doesn't mean it isn't there. Every cloud has a silver lining – it is the sun shining even though the cloud has *momentarily* hidden it from view.

As we give to others we are able to be the silver lining for someone else. What a wonderful gift it is to shine a little bit of light in a dark place.

And the truth about giving is that what you put out comes back to you in abundance. As you give you receive. No necessarily in the same way but even bringing a smile to someone else's face is a gift. A gift you can give.

**Treat others as you wish to be treated**

How do you treat yourself? With respect, love and kindness?



There are times in life when we feel very alone; where it appears that no one cares. But giving includes giving to *you*. Showing *you* the kindness, respect and empathy you would show to others. As you give to others, so give to *you*.

### Ways to give ...

Volunteer in a homeless or animal shelter  
Visit an older person who is alone  
Help at a school  
Tale yourself on a date

Giving is a truly powerful action which will change your life.

*Chapter nine of 'BEYOND THE PAIN' goes into more detail and has excellent action steps to help you give to yourself as well as to others. To get your copy [click here](#)*

## CLAIM THE POWER OF GIVING

**'as you take control of your life, you create it anew'**

# STEP FIVE

## THE POWER OF NOW

Now is all the time you have. You can choose to live in the past, forever tormented by events which have occurred or spend your time enjoying your life now. You cannot change the events of the past nor can you control what is to come. You can only decide what you want to do now.

### The only place you have any power is now!

Your life is created by the choices you make in each moment and therefore *now* is the only time you can choose.

Do you want to continue to create your current reality?

Or do you want something different?

It's up to you to decide. You already have everything you need inside *you*; *you* just need to learn how to see it.



You may not feel you are strong enough, wise enough, smart enough or rich enough to change your life. Perhaps you tell yourself, 'if only this, or if only that; then my life would change'.

The problem with this strategy is that *you* are not the one in control of *your* life. You are leaving your life to chance events rather than sitting in the driver's seat of *your own life*.

### It's your life!

Read that again. It's *your* life. This means that it's yours to do with as you please. No one else can create your happiness. No one else is responsible for your pain, anger, joy, love, freedom; it's all you!

### Do you see how much power you truly have?

You no longer have to wait for something to change and bring you the happiness you desire. You can decide in this moment, right now that you are happy. The two most powerful words in the world are:

**I AM**



When you put these two words in front of any statement, you are saying whatever comes after it as a fact. If you say 'I am happy', then you are stating your *current* reality. Not a reality which may happen one day but the way you feel right now. And as you say these words, somewhere inside you is smiling. It may not reach your face or your eyes just yet but a tiny ray of hope begins to shine in your heart.

## So if NOW is your moment, what would you like to do NOW?

It truly is up to you. You do not know what you can do until you decide to reclaim your power and learn to use it to create your *new* life.

*Chapter nine of 'BEYOND THE PAIN' goes into more detail and has excellent action steps to help you seize this day as the first day of the rest of your life. To get your copy [click here](#)*

## CLAIM THE POWER OF NOW

**'there's no reason to miss this perfect moment; this moment is now'**

## How can I help you?

I realise that after a relationship breaks down, the idea of happiness can seem very far away. I certainly felt that way more than once in my life. I couldn't imagine how my future would look like and I felt frightened and alone. It wasn't until I stood up for *myself* and claimed *my* power that I transformed my life.

And you can too. Using my personal experiences, and the experiences of other women I have worked with over the past 10 years, I am committed to helping you overcome the pain of your past by showing you how to reclaim your personal power and live with freedom.

You are the powerful creator, the fairy godmother of your life. Your magic wand is in your hand ... you just need to learn how to use it.

The 5 baby steps in this ebook are simply a glimpse into the tools you can use to transform your current life into the one of your dreams.

My full length book 'BEYOND THE PAIN' uses a step by step process to help you uncover the choices which have created your life until now, how to heal your past and how to step into your power and create a new life of freedom. Freedom from the past, freedom from other people's expectations and the freedom to think, speak and act in a way which is powerful in transforming your life. The power has always been yours ... reclaim yours today and build a new life full of joy, love and happiness. [Get your copy here](#)

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- ✓ In person – look out for a **Power & Freedom** workshop in a major city near you soon
- ✓ Visit – [www.powerandfreedom.com](http://www.powerandfreedom.com)



Allanah Hunt is an author, teacher and founder of Power & Freedom.

Married at 19 with two children by the age of 21, divorced 20 years later and after another six year relationship ended, Allanah has taken her own experiences together with those of the women she has interviewed and turned them into a positive tool to help other women.

Her passion is to teach you how to take responsibility for your life, your happiness and your future; to show you the tools you can use to transform your current reality, set you on the road to a new life and to help you rediscover who you are and want you want to do now.

Her highly successful book, BEYOND THE PAIN is an intimate look at the disillusionment you can face when a relationship ends. It teaches you how to rediscover yourself, take responsibility for your life and to reclaim your personal power to transform your lives.

*'After the breakdown of a relationship, those around you who care about you will tell you to Move On', or to 'Let it Go'. But how do you do this when your partner has been such a huge part of your life? When you have made plans for a future together only to see all your hopes and dreams disappear out the door with them?*

*Letting go can be one of the hardest things you will ever have to do. Surely you need something to hold on to? Something to hope for?*

*You have you and believe it or not, you are all you need. It may not feel like you are enough right now but you can learn to move [BEYOND THE PAIN](#) and put **you** at the centre of your life. And as you do so, you will transform your perceptions, your actions and ultimately your life.*

Congratulations on taking the first step ..

*Allanah*