

Adversity Can Be A Blessing

Adversity can be a blessing. That may sound strange to you, but in many ways gets to the heart of my message, that the journey of recovering from divorce itself can be very liberating and a blessing.

I have had to overcome many adversities in my life, including sexual abuse, dyslexia, being held up at gun point, I was shot, I had a miscarriage, survived cancer and was in a severe debilitating car accident. I've had to change careers several times due to my chronic injuries and I lost my mother, who was my best friend, to cancer at her early age of 62 and then... I was divorced...all before I was 40 years old.

I tell you all these things only to make a point, if I can get better than you can do it too! I am certainly no superstar, academic wonder whiz or overachiever. I am probably a lot like you in many ways. I was fed up with the way my life was going and wanting it to be better much better.

In other words, if you choose to, you can come out of divorce having been enriched by the process rather than being damaged and stuck in it.

Instead of just getting on and getting by in life, carrying open wounds; and pouring fuel on the fire of anger and bitterness, this is your chance to not only heal but vastly improve your life.

You may be asking yourself "am I up to it?" or "can it be done?"

Those are questions I had when I was newly divorced and looking for a better life. You may not be feeling very hopeful right now, and that is okay and normal, you just don't want to stay that way.

My vision of contribution to this world, is for me to speak to you in a warm and personal way, offering you hope, proven strategies and encouragement from both my personal experiences and the 10+ years of divorce recovery teaching and coaching as well as from the professional knowledge of other experts in the fields of divorce recovery and personal growth that I have learned from.

Well, life after divorce can be better, all it takes is desire, commitment and perseverance. Don't let other people define who you are and what you can do. That choice is up to you, and you alone.

I know you may be scared to death to do some of the things that are different and new. I know I was, you just need to step out in faith and try something new, test new uncharted waters.

I know from personal experience that the more fulfilling path in life is filled with obstacles along the way but more importantly, the journey is well worth it. Are you worth it? Absolutely you are! I believe in you!

So, what are you willing to do about it? You can order my book right now, I suggest you read it and apply the principles; I'll repeat the most important point, apply the principles, take action, try something that you've never tried before (within reason that is)

Find a mentor, teacher or coach that you can relate to and work with them. Always continue to work on making yourself better, keeping a positive attitude, a creative mind and an open heart.

One very important concept that I learned is that you can come to terms with your past, forgive those who have hurt you and let go of the negative toxic thoughts and feelings that you have held onto. When you can do this you will move past them and powerfully and joyfully walk toward your bright and abundant future.

You don't have to do this by yourself, as a matter of fact I don't recommend that you try it alone. I didn't do it all by myself. I had councilors, mentors, teachers and coaches and people who inspired me to become all that I could be.

In the end, I had to make the decision to not accept what others said about me or did to me and to become the person that I dreamed I could be. If I hadn't been so beaten down maybe I wouldn't have tried so hard to overcome the obstacles.

That's why I said in the beginning that adversity can be a blessing. I must say that I am a better person today because of what happened to me and how I learned to overcome these challenges in life. Now I have the courage to face adversity straight on and overcome it and to heal, grow and improve my life.

My main passion in life is helping other people improve their lives; that's what motivates me and the more that I can contribute to the growth and happiness of others, the happier I am.

Seeing people light up and get excited when they learn that they can take control of their lives is very inspiring for me. You might be able to do it by yourself, but most people struggle without the help of someone who has been there. Besides, it is always more fun to have someone else to share your successes with.

Please check out my coaching programs if you want to learn how to take control of and accelerate the improvements in your life.

Now it's time to get to work, let's do this together.

I know if I can do it, than you can too!

~Kelly Morrisey