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Reclaim your peace after heartbreak

“You can’t hurry love” sang Supremes, and sadly, you can’t hurry getting over it either.

Studies show it can take anywhere from 3 to 7 months for someone to start feeling more positive after a break-up. And if you were deeply emotionally invested, the intensity of the heartbreak will reflect that. It hts harder. It lingers longer.

You may have heard of five stages of grief - denial, anger, bargaining, depression, and finally acceptance. These stages dont always follow a straight line. Some days you’ll feel okay, even hopeful. Other days you might feel like you’re back to square one. That’s not failure - that’s healing. It’s four steps forward, one step back, and it’s all part of the journey. The key is to keep walking.

Give yourself space to feel. Let yourself cry. If you can, take a day off - a mental health day - and do something different. Take a solo trip somewhere peaceful. Visit a library or a book store and get lost in stories. Walk in the woods and let nature hold your pain for a while. Even a small shift in your environment can begin to lift your mood.



Start removing what pulls you back into the pain: old texts, photos, gifts - anything that keeps the wound open. Don't reach out, especially late at night when the loneliness speaks louder. If you need to write a message, go ahead...but don't send it. Delete it the next day. You don't need to reopen doors that were meant to close.

Instead, write to yourself. Be brutally honest. Pour your heart onto paper. Don't hold anything back. This is not about pretending it didn't hurt. Instead, ask yourself: What was it I truly valued about them? Write it down. Then ask - Is it possible to find those qualities in someone else? The answer is : yes. Yes, and more than yes.

Their rejection might just be God's protection. You were not left behind - you are being redirected.

Try writing a letter to your future self. Describe the kind of partner you would like to welcome into your life. What qualities would light you up? What kind of love do you now know you deserve?

And manifest it.

And finally, I invite you to say this prayer - not for them, but for yourself ;

“May you be happy.

May you be loved.

May you be in peace.

I hope you find deep meaning and good purpose in your life.”

Say this prayer daily - even when you don't feel like it. It releases something within you. Forgiveness. Grace. Freedom.

Give it two weeks. You feel the shift. Not because the pain is gone, but because you are growing through it.

And if you're wondering whether this really works - I want to leave you with this:

I've experienced heartbreaks too - twice in my life. And it took me months to heal, to rebuild, to trust again. But I never lost faith. I knew deep down that I was strong enough to wait for the kind of love that truly deserves me. Everything unfolds in perfect timing. I trust. I believe. I receive.

The next section is for you - to help you to start the healing process

REFLECTIONS

This section is to help you think and reflect.

I am -

I have -

I love -

What's something new you've experienced today?
How did that feel?

your response.

What would you like to achieve? What would you
love to have?

your response.

What's something in your life that you're proud of
right now?

Replace this text with your response.

GRATITUDE

Jot down 3 things you're grateful for.

Today I am grateful for... Thing 1

Today I am grateful for... Thing 2

Today I am grateful for... Thing 3

