HEAL YOUR HEARTBREAK CHECKLIST

Heal Your Heartbreak

CHECKLIST

This is your Action Plan for the next 30 days!

- [ ] Get a breakup buddy.
- [ ] Do something that you didn’t have time for when you were in the relationship.
- [ ] Buy a special journal and use it daily to get that crap out of your head.
- [ ] Make a list of reasons why it didn't work out.
- [ ] Listen to your intuition.
- [ ] Talk to a professional. Open up to a bestie or someone you trust when it gets hard.
- [ ] Make time to relax. Meditate, sleep when you can, take a warm bath, get a massage.
- [ ] Get rid of his things. Donate his stuff if he has not picked them up after you've asked him to.
- [ ] Check in with what your body needs.
- [ ] Never mind if he thinks of you or not, it's none of your business.
- [ ] Smudge and redecorate your home. Create a safe and sacred space with things you love.
- [ ] Explore your interests, hobbies, or take a class that makes you feel good.
- [ ] Explore how this breakup is a blessing.
- [ ] Read self-help books to help you get through the tough times.
- [ ] Make room for practicing patience with the grief and loss process.
- [ ] Release your anger without being self-destructive.
- [ ] Let go of the fantasy that he was the cat's meow!
- [ ] Do some self-care. Treat yourself to a good meal, a yummy treat, or your favorite drink.
- [ ] Go out and have fun. Be playful. Laugh!
- [ ] Accept that relationships change.
- [ ] Do something creative.
- [ ] Set clear boundaries with friends who want to talk shit or tell you the latest gossip on him.
- [ ] Exercise, stretch, or twist. Find any form of exercise that fits your personality (don’t limit this to a yoga class). Twisting is a detoxifying practice.
- [ ] Stop calling/texting him. This includes not looking at his social media profiles.

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About Jennifer

Jennifer Escalera is a Mom, Empathic Healer, Holistic Therapist, and Self-Love Coach. She runs a soul-centered business helping conscious-driven women get clarity and freedom around an area of their life that was blocking them from living their fullest potential. She is the creator of Bad Boy Detox, an online program for single women who are motivated to heal from old love wounds so they can move forward and attract a great guy.

Jennifer is passionate about helping women to empower their lives through meditation, intuition, self-care, psychospiritual healing, sound and crystal healing so they can create a meaningful life of fun, healthy relationships and self-love. She lives in Los Angeles with her boyfriend, their toddler, and four cats. Her office is in Pasadena where she see's clients in person and distance sessions. Jennifer is the originator of Tune Up Tuesday. A weekly online training about how to use sacred sounds to heal yourself and others.

When Jennifer is not busy coming up with her next project, she enjoys spending time with her family, cooking. listening to music, and relaxing. Her guilty pleasures are cheese and ice cream!!

Jennifer offers FREE weekly downloadable sacred sound meditations. To learn more about Jennifer, click link here: http://www.JenniferEscalera.com/

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