

SURVIVORS GUIDE TO TRANSFORMING YOUR LIFE AFTER A TOXIC RELATIONSHIP



XARA BLACK

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Thankyou!

I am so happy you have chosen to use this guide as a start, to help you on your healing journey to reclaim your power and peace after a toxic relationship. I know exactly how it feels have your power, confidence and self belief stripped from you from the very same person that was meant to love you. I also know the amount of work it takes to rebuild your life. I have written this guide to give you some of the secrets you need in order to close that bad chapter of your life and be on your way to a new beginning of a life that you deserve and have created for yourself.



ABOUT ME

I am Xara Black, life coach specialising in Narcissistic abuse.

It is not only my passion but my life's purpose to inspire, encourage and uplift women who have experienced abuse to no longer settle for a life that is so far below what they deserve but to reignite their light that is within them that will guide them toward a life more fulfilling filled with love, happiness and joy.

I personally have overcome narcissistic abuse amongst other forms of abuse and ever since made it my mission to spread awareness about abuse and ensure that women know what abuse looks like, leaving on time and of course how to pick yourself back up if you have ever fallen for one of these individuals

If you are desperate to make a change in your life like I was after leaving the narcissist, but you dont know how to start, I suggest using this guide as a starting point.

Even if you have already started on your healing journey, but need some extra support, this book will also help you to fill the gaps and help you to get you the life you deserve

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TRANSFORMING YOUR LIFE AFTER A TOXIC RELATIONSHIP

FORGET WHAT IT HAS BEEN AND FOCUS ON WHAT IT NEEDS TO BE

Visualise the higher and better version of you. What does that look like to you? Really take a deep dive into what you want for your life. Don't just put down what you think will be possible, doable or 'realistic' to you. Really think about how you would want your life to look if you met yourself in the future 5 years from now, how would your life look if it was perfect? How would you look? What is your hair like? What clothes are you wearing, what jewelry do you have on? What are you carrying? What would you be saying? What car would you be driving? What neighborhood do you live in, what hobbies do you have, what job do you have? What business would you be running? What kind of partner do you have? What countries have you been to? Having a clear picture of the future you wish to create fills your heart with joy and positive feelings and excitement toward what is actually possible and erases negative feelings and emotions within you making your dream life more attractive to you instead of catastrophe. Whenever you start to think about all the mistakes you have made, all the opportunities you have missed, if it wasn't for this or that I would have....just remember these words; shoulda, woulda, coulda. You could have but you didn't, you would have but you didn't and you probably would have but you didn't. All of that is now in the past and we cannot change the past the only thing we know we do have control over is the future so let's focus on that. Think about what you want to create in your life. If you woke up tomorrow morning and your life was perfect how would that look to you? Keep that vision and work on this goal everyday remember that life when you start to think about the past and what you should've done. It is still a beautiful life you can create for yourself.

GET A HOBBY

Always be working on or towards something. Knowing your next step and having a goal in sight is always helpful to direct your energy toward a particular outcome instead of focusing on the negativity that is now in the past. This will make it a lot easier to keep yourself distracted and busy and also increase your self confidence as you feel a sense of accomplishment. Your hobby should bring you results, whether it be through creativity, creating art or music, getting an academic qualification to work toward, achieving inner peace by meditating or yoga, losing weight by attending zumba classes or kickboxing. Having a positive target to achieve will keep your eyes on the prize, creating the new you and leaving the old you behind with all of the pain.

LOOK YOUR BEST

Do not skip this because you think what's the point, who is looking at me, I'm too old, too fat, I want to wait until I lose weight to start looking good. Whatever your rationale is, get into the habit of taking care of yourself and looking your best everyday. Imagine you bump into someone of power or influence and your were in your bonnet, crocs and a onesie? that is not cute.

Get into the habit of prioritising your self care, looks and presentation as people will make assumptions based on your appearance. Especially after a toxic relationship you cannot portray to the world that they got the better of you and drove you to the ground. Put some effort into looking and feeling your best everyday. Get your hair done, lashes, nails, brows, wear a fitted dress. Confidence comes from the inside out. When you look better you feel better and are naturally more confident. You exude more magnetic energy which will make good things and good people attracted to you. Investing in your appearance will never be a wasted investment as you will 100% feel better inside out and look like a person who has some self respect, high standards, self love and discipline. Always put your best face forward.

MAKE MORE MONEY

This is imperative. You must make more money in order to transform your life. Transforming your mind and developing the right mental attitude and self image is important and in fact fundamental but in order to open more doors to different circles and better opportunities you need to find a way to make more money. Let's assume you want to marry rich, the quickest way to marry rich is to be rich yourself. You can afford the private members clubs, you are invited to more exclusive parties, better gyms, better social circles.

The best way to attract something to yourself is to be it. And money is the best assistant to get you whatever you want. Making more money will help you to travel more, stay in nice places like you deserve, see more of the world. If your goal is getting in shape, money will help as you can afford personal trainers, meal preps, juicing equipment, fitness coaches. whatever you need the option is there for you since you can afford it. Making more money will also mean that you have more disposable income which means that you can save more money toward an emergency fund which will always be helpful in the future. Always look for opportunities to upgrade your skills, get additional qualifications, look for potential side businesses that you can operate online. Look for a higher paying job. Find an additional parttime role. Think about what skills you currently have that you can charge people for and make extra money on the side. At least with one of these income streams you should be aiming to save the profits for a rainy day or investment to make you more money in the future.

JOIN THE IGNITE YOUR LIGHT COMMUNITY

This is a community that will always remind you to stay away from toxicity, not just romantic but in all other types of relationship including; spiritual, family and workplace.

This community keeps you in a high state of vibration with accountability and constant reminders of how to continuously keep showing up as your best self in life and holding yourself in be your best self, shifting your mindset higher to believe in yourself build your confidence, belief in yourself, your voice, values and boundaries. You are less likely to fall back into the same patterns when you around like minded people, constantly learning teachings, tips and strategies to keep you operating as your best self.

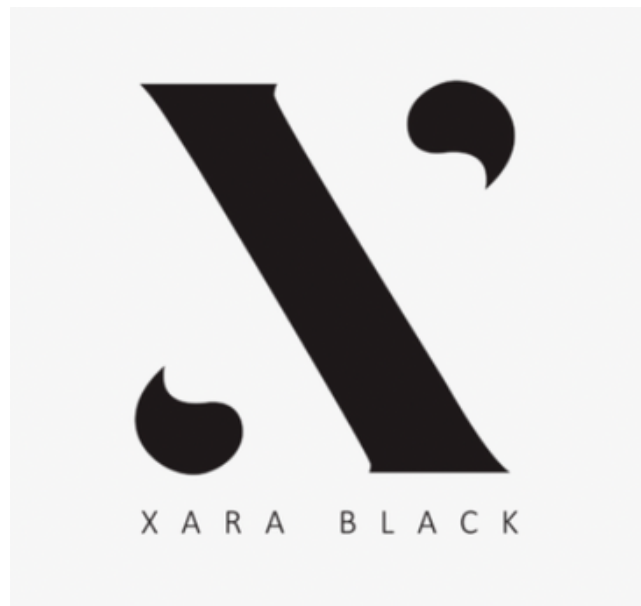
Networking, meeting new people establishing new connections this is what life is all about some may not have many friends as i didnt when i came out of it but being around like minded people living your best life and best self can help push you intop the next version of yoursewlf .

Opportunity to get glamorous, dress up attend events anddinner travels and well nes retreats you would not otherwise feel pushed to get out of your confort zone and live this life- This is part of your new identity.

TRANSFER THAT ENERGY

Stop crushing on them. Stop giving out energy, toward them. Any minute spent talking about them, thinking about them, spying on them, wondering what they are up to, researching about them, stalking their social media is a waste of time and will not help your life in any way. You need to use that exact same energy on yourself, to better yourself making yourself better and better, transforming your life into a much better version of what they saw last.

It is not about how badly they treated you and the injustice that was served to you. Unfortunately, this is life and we cannot put our focus on them getting their karma. The truth is that there is nothing that will pay off more than prioritising yourself and transmuting that negative energy,used on them, taking it off them and turning it into good, positive energy by pouring it all over yourself. Whenever you catch yourself falling into this negative energy trap, decide what goal of yours you are going to work on instead and work on it immediately, on the spot.



NEED MORE SPECIFIC ADVICE?

I offer a free call as I understand that evrybodies situation is different and you may need a more tailored strategy on how to **transform your life**

To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.

[SCHEDULE A FREE CALL](#)