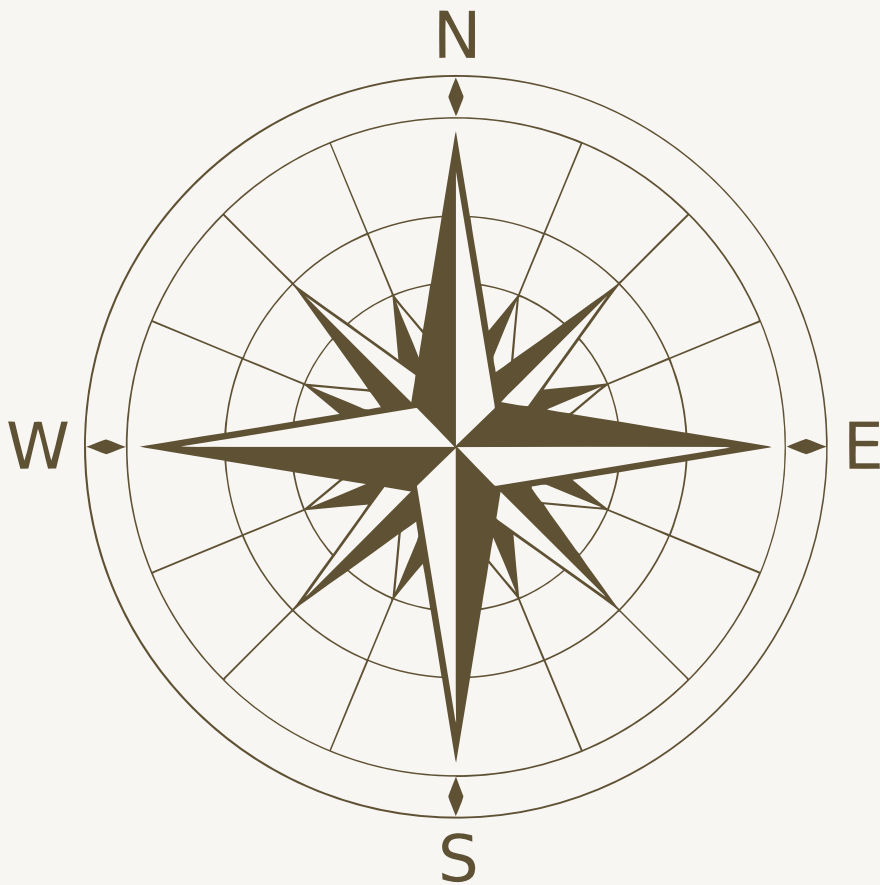


# THE DIVORCE COMPASS

**Stop Drifting. Start Leading.**



**DIVORCE-DADDY.COM**

# Welcome

I'm glad you're here.

Divorce is war but it's a different battle than you're used to. Rather than spending energy fighting with others, or even yourself, it's possible to use that energy to build an amazing life.

The way to win this war is to go inside and connect with your heart.

Your divorce can be a catalyst to a much bigger life.

## I'm Jeff

I help men get stronger by confronting their divorce head-on.

I had my entire life ripped away from me by a difficult divorce.  
I could have let that beat me.

Instead, I now have a supportive relationship with a great woman, a strong bond with my kids, a brotherhood with ambitious men, I'm living my purpose, building a legacy, and life's an adventure.

There is a lot of unnecessary suffering that happens through a divorce. Imagine what the world would look like if we could redirect that energy into something positive.

My goal is to help millions of men turn the negative energy from a divorce into a positive force.



# Quality Questions

## Ask better questions

Most men drift after divorce because they're asking the wrong questions.

- "Why did she do this to me?"
- "Will I ever feel normal again?"
- "How do I win?"

None of that gets you anywhere.

If you want a better second act, you need to ask quality questions — the kind that burn a little. The kind that pull truth out of you.

Try these:

- What am I pretending not to know about why my marriage ended?
- Where am I still trying to be the victim, instead of the leader?
- What part of me did I abandon to keep the peace?
- Why am I still stuck — and what payoff am I getting from it?
- What wounds from childhood did this divorce reopen?
- How have I trained my kids to see me?
- What kind of man do I want them to remember?

Your life will change from the questions you're brave enough to ask.

Write them. Sit with them. Let them confront you.

This is how you start leading again.

“

**A MEMORY  
WITHOUT THE  
EMOTIONAL  
CHARGE IS  
CALLED WISDOM**

”

**Dr Joe Dispenza**

# Balance



It's not the event that causes pain, but our perception of it.

Stress, pain, or sadness only happens when we see more negative than positive.

- > + is a lie

- < + is a lie

The truth is

- = +

The truth sets us free

# Void to Value

## STEP 1

Write the top three most negative or painful experiences in your past.

Example: You were bullied in school or your first love dumped you, or you parents wouldn't let you try out for the hockey team.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## STEP 2

Write three values, traits or skills you love about yourself.

Example: Being kind to others, super organized, charismatic - good at networking.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## STEP 3

Now draw a line between the negative event and the value that came about as a result.

Are you able to connect the two? If not, think about other traits, skills and values you have that might correspond.

Examples: Someone stole your puppy as a kid and now you're an animal rights activist.

You were sent to school hungry and now you're a chef. You were bullied at school and now you're a networking master!

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*If you did this exercise with full honesty, you should have a new appreciation for those "traumatic" events.*

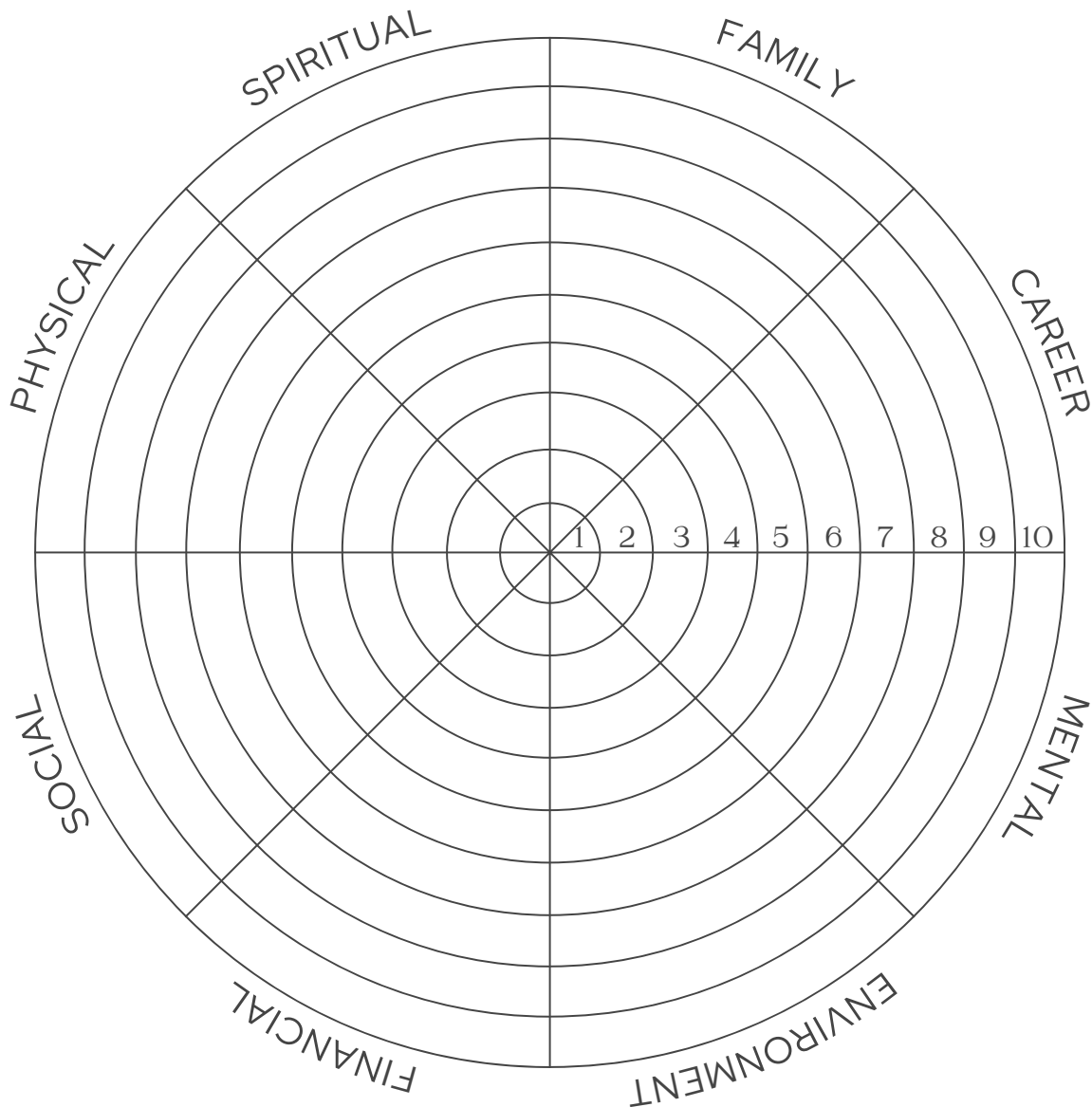
Now, pretend I have a magic wand I could wave and take away that trauma from your past, HOWEVER, I would also erase the corresponding value that goes along with it.

Would you take that bargain?

# The Eight Realms

This map shows the eight domains every man must navigate. After divorce, some will feel scorched, others neglected. The question isn't how "balanced" you are — it's where you're being called to rebuild.

For each realm, rate your current sense of strength, peace, or momentum — 0 being depleted, 10 being deeply aligned



What realm has your divorce cracked open?  
Where do you most feel the call to rise?  
Circle one. Take one step.

# FEATHER, BRICK, TRUCK

Often there are clear signs that lead up to the actual event.  
Sometimes we see them as a feather, even a brick before it becomes the truck.  
Below is an example of feather, brick, truck leading up to the divorce.



Asks for connection/communication



Stops talking to you



Serves you papers for the divorce

Looking back on your own experience, ponder the following questions.

What's the truck? (eg Divorce) \_\_\_\_\_

What signs (feathers) did I miss? \_\_\_\_\_

What signs (bricks) did I miss? \_\_\_\_\_

How was I weak? \_\_\_\_\_

Why didn't I listen? \_\_\_\_\_

Where can I take RESPONSIBILITY? \_\_\_\_\_

What ACTION can I take? \_\_\_\_\_

What can I LISTEN to now? \_\_\_\_\_



# Testimonials



Jeff's teachings led to a profound shift in my outlook. I went from focusing on what I didn't have to deeply appreciating all the goodness already present in my life.

The idea of balance was a revelation, which helped me understand that negative thoughts were natural and not to be feared, but to be acknowledged and then released. This understanding was liberating, and it released a burden I didn't even know I was carrying.

Today, my life has taken on a new, brighter hue.



Instead of an emotional response to the issues. I process it, understand it, able to jump straight to solving issues with a clear mind. Although, emotion still come in waves. I've learned to channel them constructively, approaching them with logic and acceptance.

It is not a suppression of an emotion, but an understanding and accepting them, acknowledging that life has its ups and downs, and that's perfectly okay.



Jeff helped me identify that my next move on the money chessboard is neither High nor Low. It's a Move that will get me closer to Victory.

Huge mindshift for me in becoming more at peace with myself. He has helped to open my eyes in recognising that I should not get too high with the highs in life and to recognize the lows as pure opportunities to get back up and build momentum to my goals.

# Sacred Rituals

**Microdose these into your day**

## Presence

Incorporating meditation into your life reveals deeper truths and allows you to engage with life in natural, satisfying ways. Meditation is about practicing Presence in stillness within a controlled environment. When the body is still, the mind will follow.

Learn to meditate by joining the meditation cave

<https://divorce-daddy.com/meditation-cave/>

## Movement

Even a simple walk can get your energy flowing and clear your mind. As you step outside, feel your feet connect with the ground, and let the movement awaken your senses. Each stride is a reminder that you are alive, capable, and in control.

“I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.” – John Muir

## Time in nature

Nature grounds your energy and serves as a healing balm for the challenging work ahead. The natural world has an innate ability to refresh your spirit.

Take a moment to feel the connection to the ground beneath you. Allow the earth to absorb your heavy energies, like a sponge soaking up water. Picture your worries and stress sinking into the soil.

# 20 Ways to Be Present

(without sitting still)

- Martial arts. Boxing, karate, muay thai. Nothing like fighting to get you into the here and now.
- Deep work. Find something that's never been made before, and throw yourself into it.
- Play with your kids. Throw a ball around. Wrestle with them.
- Walks. It sounds simple and it is. Going for walks absolutely saved my life. Bonus points if you've got a dog (or cat) you can take on a walk.
- Make dinner. Put some music on, rock out, and make something nice for dinner.
- Make money. What do you do for a living? Do more of it and make more money. Can't? Side hustle.
- Visit friends or family
- Breathwork. It's sorta like meditation, but it's more active. You can have some wild experiences simply by changing your breath.
- Clean, or even renovate your living space
- Visualization. Imagine and feel what it would be like when your life is ideal
- Affirmations. Write them down. I am worthy. I have the time and space to build an amazing life.
- Write. Put your thoughts, or feelings to paper. Write something that will help someone.
- Volunteer. There's always someone who needs help
- Get physical. Run. Stretch. Lift weights. Play a sport.
- Get creative. Draw, sing, paint, do interpretive dance.
- Yoga. Focus on breath and movement.
- Deeply notice the present moment. Sounds. Sights. Feelings.
- Gardening
- Go for a long drive. Put on loud music. Sing along.
- Gratitude practice. Find 10 things to be grateful for right now. Even if it's as simple as "I'm alive and in good health"

# Next Steps

## **The Sacred Rebuild**

### **1:1 COACHING**

For men ready to build something sacred

## **The Clearing**

### **8-Week Small Group Descent**

A clearing for men who have been carrying too much for too long

<https://divorce-daddy.com/work-with-me/>

Not sure what's next?

Book a free exploration call:

<https://calendly.com/jeffkolez/sacred-rebuild>