

# DIVORCE DADDY



**DIVORCE COMPASS**

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.



“

**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!

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

The truth is

- = +

The truth sets us free

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

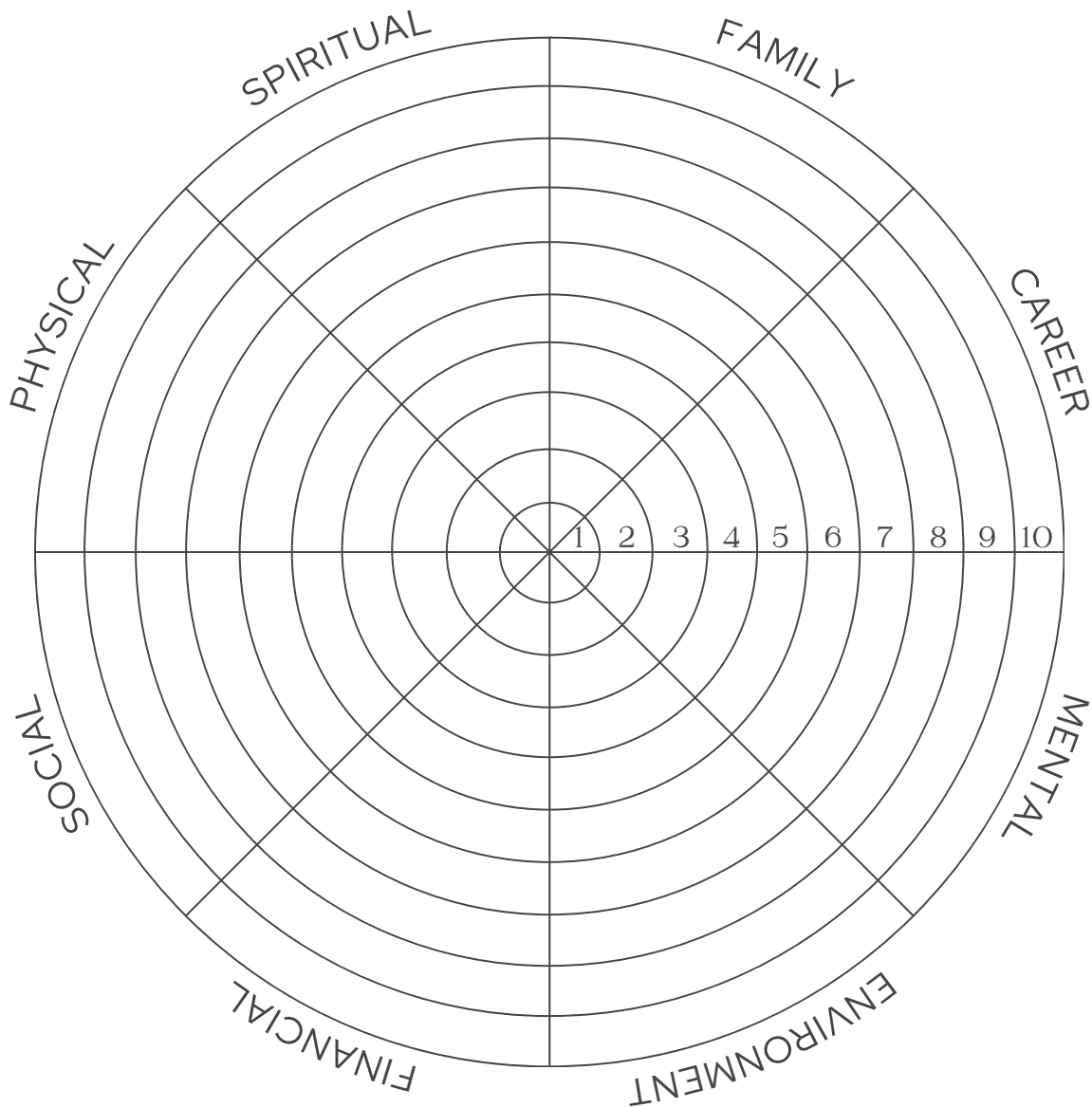
Now, pretend I have a magic wand I could wave and take away that trauma from your past, HOWEVER, I would also erase the corresponding value that goes along with it.

Would you take that bargain?

# Areas of Life

The wheel of life represents the many areas you spend most time and energy in.

Rate yourself from 0 - 10 on the chart below with 10 representing how satisfied you are in this area.



Which areas of life need improvement? Where has your divorce shown that you've needed help? What's one thing you can do to take action today?

# 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**

## Meditation

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 Meditate

## (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"

# Work With Me

## 1:1 COACHING

Go deeper.

You're ready to move on. Enough is enough. This situation has consumed enough of your life and you're tired of missing out on grand adventures.

1:1 COACHING

## Membership

If you like what you see here I invite you to join the Divorce Daddy Membership Program where you can gather with like-minded fathers and get more of the support you're needing.

The membership has courses, accountability pods, brotherhood, and coaching that will help you to create an amazing post-divorce life.

[DIVORCE DADDY MEMBERSHIP](#)