

# 7 WAYS TO BOUNCE BACK AFTER A MINOR SETBACK

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# INTRODUCTION



**“My moves will impact lives and my words will change many minds. I plan to spark the minds of all people across the world. When women have tried to break me down, it is only because they are truly broken themselves. And the same for men, I almost let a man break me down. I almost let a man be the reason for me to break another woman down. But it was not her fault however, the man created a case and scenario of jealousy. He spoke the word himself. How could he? I hated the way he played mind games. He would ruin me in time for sure if I didn’t leave. I was no match for his mental abuse. I was able to reverse my words and ways almost immediately. It was a surprise to him and now he is playing the “I’ll wait until she needs me” game. However, I had moved on promptly. I will not allow myself to go down the wrong path because of a foolish man. I prefer love, guidance and attraction from my partner. One day I’ll figure it out, but for now I am reckoning myself. Meditation, prayer, journaling and taking action toward a better quality of life is what I am on a mission to accomplish.” -Just an Ordinary Girl (2017)**

# WAYS 1-5 GUIDE

1.

- DECLUTTER: Mentally-Affirmations; Physically-Clean House; Spiritually-Prayer

2.

- FILTER: Monitor Social Behavior; Minimize Alcohol Consumption

3.

- SELF-CARE: Personal-Bath&Body; Emotional-Laugh&Smile; Physical-Hair&Nails, Clothes&Shoes

4.

- RESEARCH: Library-Books/Internet; Magazine-Ads&Ideas; Community-Rec&Ed, Public Events

5.

- KEEP QUIET: Stay Indoors; Monitor Energy; Write Positive Topics

# WAYS 6-7 GUIDE



6.

- CAUTION SPENDING:  
Budget&Save;  
Create Lists;  
DIY&Coupons

7.

- MEDITATION:  
Increments of  
7, 14, 21 Days;  
Music, Exercise,  
Gratitude Journal

# 7 WAYS TO BOUNCE BACK TEMPLATE

WAYS 1,2,3

1.	
2.	
3.	

# 7 WAYS TO BOUNCE BACK TEMPLATE

WAYS 4,5,6

4.	
5.	
6.	

# 7 WAYS TO BOUNCE BACK TEMPLATE

WAY 7

7.

# THANK YOU!

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