

## The Tea!

Hello, my queen, and thank you for taking the first step to a happier life and the path to self-awareness.

I want to be really raw with you and offer you all my experiences in the hope that you will resonate with some of the life lessons I have gone through. We, as women, are already quite in tune with our guts and truly are powerful creatures, and I hope that you will be just as raw with yourself in return. It's the only way to really heal; you have to be open and raw with yourself on everything that you have gone through—remember that every time you read through this.

I have had several big relationships on very different spectrums of each other that truly put me through the roller coaster of emotions—but then onto the path to growth within myself, making me realize what I wanted in a partner more than anything and what I wanted for my future happiness in life.

I've been engaged in a six-year serious relationship—I had the house and the dog, and I walked away six months out from my wedding because I had lost all the love out of the relationship.

And I've had a relationship that I thought was truly it, that was filled with passion and love, maybe too much passion, now that I think of it, and yes, there is such thing as too much passion.

I've had relationships where I have been the one to call it and say that it's just not working for me anymore, and I've also had relationships where I have been so emotionally invested that it truly backfired on me, and I became so lost from the path I was on and who I was.

These relationships really tested me and made me question so many things in my life and within myself. It's also so overwhelming—an emotional rollercoaster. Hence, the reason why I've put together this guide to at least help you understand everything that might be going on in your head and reassure you that it's completely normal, and there is 100% happiness and growth on the other side.

I have also been witness to many different forms of relationships and relationship issues through my close friends and family over the years, and seeing my friends and family go through these life lessons and having gone through them myself, there always seems to be the same method to grow, to move through the pain and gain happiness, and to find yourself afterward.

Not only that, but I truly do enjoy speaking with my friends when we go through these milestones together and

really working through everything with them. That is the true reason for my writing this book.

I want to be able to offer insight, and if I help at least one person, I'll truly feel joy and happiness knowing that I have helped you on this amazing path to your truest and most wonderful self.

Ending a relationship is not about going through pain and suffering; it is about processing through the emotions, the memories, the lessons, and all of these things always lead to growth. I do truly believe that everything does happen for a reason, and even though it may be painful now, this guide will help you see that there is always a reason life throws us these lessons.

Now, I don't believe in conventional academic education really, because you pay a lot of money to not really learn what life is going to throw at you. By the time you've spent four years and tens of thousands of dollars, you didn't really ever get to learn about all the emotions and scenarios life is about to throw at you, whether that be at work, with your family, with friends, and especially in love.

I believe education should be more accessible and not have you starting on the back foot financially once you've dedicated multiple years of your life to it. I do believe the right type of education can be one of the greatest gifts. No one ever wishes they weren't educated on a subject, and no one ever went backward for educating themselves, either!

This guide and the lessons in it are about understanding all the emotions we go through that can normally take months and sometimes years if we do not identify them properly and take actions to process through them.

We now live in a digital age where things are so readily available to us, and we don't need to wait around for anything anymore—it is a simple click away from virtual happiness!

In saying that, self-education is also so much more available to us now instead of spending hundreds and sometimes thousands of dollars on self-help, university, and better understanding our emotions and feelings.

I remember not going to university straight out of high school. I moved away from home quite young because I had a massive urge to be independent, and I threw myself into working two jobs to pay my rent.

A couple years on, when I had worked up to a pretty serious corporate job, I thought that I should probably get a piece of paper to say I was qualified because I thought that I needed that piece of paper for any future job (stupid, now that I look back on it), so I went ahead and signed up to university via correspondence while I continued to work full-time and spent—let's just say—a small fortune on two pieces of paper. I ended up smashing it out in 12 months when it was meant to take around three years part-time.

The reason I was able to complete it so quickly, now that I look back on it, was that I had already been through all the life lessons and all the scenarios that would happen in the workplace and with my staff. No amount of traditional education can prepare you for real-life scenarios, and that is

why I want self-education to be more accessible to women. It truly is the way of the future.

I would often find myself so confused about why I was so attracted to human resources study; I didn't really like the thought of being the big bad HR lady or people being wary of me every time I was around, but for some reason, I was drawn to it.

And now looking back on it, I realize that I enjoyed speaking to the staff about their issues and helping them find a solution and not so much the disciplinary action that came with it.

I've found in my past relationships that it has taken me so long, almost a year in some cases, to process through all the emotions and everything that happened because I just wasn't self-aware enough of the things that I was feeling, and I was almost ashamed or embarrassed to admit some of my emotions that I was feeling at the time.

In the first couple days of a breakup, we are flooded with so many overwhelming emotions.

In the past, I have been a real closed book. I wouldn't show emotion to even my closest friends, I would never cry, and I would associate it with being weak and tell myself to "keep pushing, head down, girl" and that I just had to suppress my feelings and move quickly through it.

If only it were that easy.

In some relationships, I actually felt so empty and, well, plain and simple—just done, so that I was able to walk away pretty quickly, but I found myself years later suffering from the emotional consequence of not properly digesting it all.

If you feel emotions, babe, express them; it's as simple as that.

If you want to sit in your bed and cry, just cry, honey—let it all out!

If you want to yell into the pillow or even at the wall, go for it.

Express yourself and as you do it, feel yourself being freed of those heavier emotions, almost like you just got the sage out and cleansed yourself.

Please don't ever be embarrassed to express how you feel. I would always hold back on saying some things to my friends or really describing just how hurt I was because I was embarrassed of how I might be perceived—maybe I would sound silly, desperate, crazy.

Just be yourself, tell people, your friends, everything you are feeling, and don't give a single fuck what they might think.

If they are important to you, they will listen, support, and care.

And I know that's so easy to say all these things like, "Be open and let it all out" and "Don't be embarrassed."

I know it's a lot harder than that, but remember—it is so freeing, and once you get past that initial fear or embarrassment, there is nothing but freedom.

And yes, being *free* tastes, smells, and feels just as good as it sounds: amazing!



So if you aren't there yet, start building yourself up to it, write it down in a journal, or start with little feelings you might feel only slightly embarrassed about and build up from there.

There's nothing a good hug from a loved one, a glass of champers, and a cry with a friend can't fix.

Now, all this emotion and processing is a lot, so I hope this guide shortens that process for you—as honey, you’ve got things to do, places to see, and an amazing life to live, and I don’t want you to waste another minute on wasted time or people!

Now, I have written this with a limit of seven days. One of my biggest pet hates with self help books is that I find they just keep repeating some of the same messages over and over again, but just use different ways of saying it.

I don’t want to do that I want this to be extremely direct and simply for you and in turn I need you to be extremely direct with yourself!

I don’t want this book to be lengthy and take up a lot of your energy, I want it to have direct meaning to you, in the most lean and concise way possible.

One of the biggest feelings we have after a relationship has ended is the feeling of wasted time. *Why did I waste all that time investing in that person and this is the result?*

It's something we question so much and badger ourselves over when it happens.

Don't think of this as wasted time.

This was education—it was a life lesson and growth tools to teach you not to do the same things again, change how you approach relationships, and ultimately ensure it doesn't end the same way again.

Now, I can feel some eye rolls already when I say it's all for a reason and it's a life lesson, and blah blah blah.

But I hate to tell ya, sis—it's the tea, so drink it!

You won't be able to move forward in having future POSITIVE relationships with people if you don't sit down and work this through with me.

I got you, girl—we are going to do this together. Find out what really makes you feel whole and happy when you're with someone.

With that being said, I feel that sometimes, we don't find the quickest way to heal and grow after a relationship, and we need help to become happier within ourselves and truly find ourselves to grow into the amazing people we are.

Now I, naturally as a person, I like to, well, let's call it *rush* sometimes. I'm slightly impatient, and sometimes, it's not a good thing, but sometimes, it pushes me to get my shit together and actually pull my finger out and get the job done.

Another reason that I have put a limit of seven days is that I was reading a book by Tim Ferris recently, and he explains how having shorter time limits make for even better executions. He explains how when you were in school and you left your big project till the night before it was due and miraculously, you stayed up, didn't get any sleep, and did whatever you had to do to finish it.

That's because time pressure forces execution, and shorter deadlines mean greater quality due to having higher focus.

Now girl, I'm giving you the manual and instructions here, babe. All you have to do is read the criteria and execute with a time limit!

I feel time is so valuable—your time is valuable—don't waste too much energy on things that hold you back. Everything has an expiration date, and the world keeps turning, so push hard to learn about yourself, and I promise you won't look back.

*Remember, action destroys procrastination!*

So let's dive right in and get started because babe, you got this and you are meant for greatness—not only greatness, but you also deserve the utmost happiness in life because it is short, and we need to value everything that life throws at us, and there is no value in sitting around wondering, *What if!*

***Glow-Getter • (noun)***

*A driven, busy gal who strives to achieve her goals in life while attaining a beautiful glow both inside and out.*

This guide isn't just for women who have been broken up with—it is also for women who have chosen to walk away from a relationship or partnership because it didn't offer them value or growth anymore. It is also for women who may be questioning,

*Is this it?*

*Is this the one?*

*Am I truly happy with this partner in my life—for the rest of my life?*

“You don't have to see the whole staircase; you just have to take the first step.” – Martin Luther King Jr.