



*After*

AFFIRMATIONS  
*Breakup*

*Rachel D. Garrison*

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# ABOUT RACHEL

*I am what most people would call a life coach. But I like to say that I am a safe space creator and accountability partner. In my practice, I create a safe space for you to be vulnerable and explore the dark and/or gray areas of your life. I cheer you on in your successes and I lovingly challenge you and hold you accountable for your words and actions in order to promote your growth.*

*I created this journal as a place for you to be vulnerable about your feelings about your past (your breakup), about your present and about your future. Turn to this journal when your fears of loneliness and abandonment try to get the best of you.*

*Please feel free to contact me at any time at [www.racheldgarrison.com](http://www.racheldgarrison.com)*

*Love Always and in All Ways.*

*Rachel*

























# NEXT STEPS

## Step 1:

*Remember to be patient with yourself. Healing is a journey. Be sure to enroll in the Breakup Bootcamp course to continue this journey with others who are experiencing the same pain. This ten-day course sets you up for success as you learn healing tools and practices.*

*Enroll on my website*

*<http://www.racheldgarrison.com/shop>*

## Step 2:

*To make sure you stay on the right track, connect with me via one-on-one coaching to get guidance as you navigate this painful journey.*

*We'll set up consistent times to talk and get you the support you need to process your thoughts/ emotions. I'll also explain and share other tools and practices that can help you on your journey.*

*Set up an appointment on my website*

*<http://www.racheldgarrison.com/coachme>*

