



Move on Today

There's one thing you have to do.
It's not what you might think it is.

When you break up it's like the world turns upside down.

Everything that you were used to doing **suddenly changes**. Your emotions spiral and bounce all over the place as you try to **come to grips with living in a new way**. Some days you desperately try to hold onto the past. Other days you wish everything would go away. Let's be honest, **breakups suck**.

It's hard to stay focused and see a clear path forward.

You try to reach out to friends or even strangers for advice. But then you second guess when **different people** tell you to try **different things**. You wonder if you're making the right **decisions**. And with your emotions pulling you in different directions **it's hard to trust anyone** - even yourself.

There's one thing you can do today to move forward.

If you want to move on you have to choose a direction. You have to commit to something positive. **You can change your mind later**. But if you want to get away from the chaos you're in **you have to make a change**. You might be surprised to hear me say it doesn't have to be letting go of your ex. You can choose. **What will you commit to today?** Write it below.

