

# Prepare for a Year of Firsts

The first year after your divorce is final can be a hard year. It will also be a year of firsts...and with every first...whether it is first holiday, birthday, parent-teacher conference, school play, sporting event, family vacation...whatever it is...reflect on that first and decide whether you want to repeat the way you approached it...and decide if there is anything you will never repeat again.

The good news is that the “Year of Firsts” is only one year, but it is a year you should learn from...as it will help you define how you want to live your life in this next phase you are entering post-divorce.