

Let Your New Life Begin



*A small book
of
BIG INSPIRATION*

Compiled by
María Tomás-Keegan

A few words to start ...

What does it feel like to be inspired? How does that feeling show up for you?

I know for sure that I've been inspired by something when I get "goosies"—those chilling, hair-raising bumps I get from my head to my toes when I've heard a truth that resonates for me, or when the lyrics of a song or the words of a poem touch my heart. When I'm most inspired, those goosies often come with tears welling warmly in my eyes and a slight smile on my lips.

As life happens there are many reasons to feel inspired and hopeful ... there are just as many reasons to feel down-trodden and hopeless. How you see it depends on your perspective. How you feel it depends on the choice you make.

Life's journey is fraught with ups and downs, ebbs and flows.

Everything doesn't always work out for us the way we planned. There are disappointments and unmet expectations. There are betrayals and lies that lead to a loss of trust.

Then, there is happy synchronicity that helps us to feel like it's meant to be. There are those moments when we are absolutely certain that we've heard the truth. And there are simple pleasures that fill our hearts with joy.



Happiness is an inside job! Inspiration comes when you feel something from the inside out.

My life has been enriched by many who have shared their wisdom and it always seems to come at just the right time.

This small book of big inspiration is my way of sharing with you some of the wisest things I've heard on my journey. I hope one or two of these find you at just the right time and inspire you till you feel your own "goosies."

Let your new life begin!

— Maria



A bit about me ...

Like many of you, I dance in many roles: daughter, sister, aunt, cousin, friend, colleague, entrepreneur, care-giver, nurturer and wife. Each one requires a certain ability to be present, open and available.

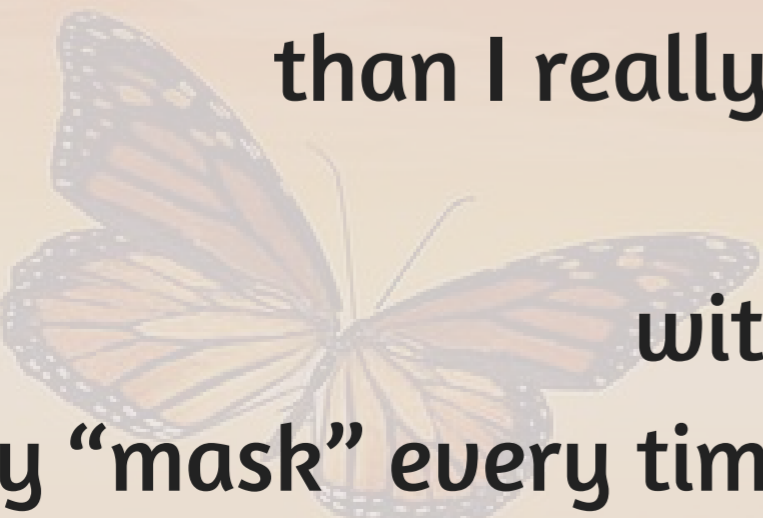
Life teaches those skills if you're willing to be aware, listen and learn. As I look back, it's been a journey of lessons.

When I learn something that helps me I like to share the wisdom to make it easier for others. That's my mission.

I'm María Tomás-Keegan. As a life transition coach and mentor for women, with a specialty in Divorce Recovery, I share my firsthand experience of how hard it can be to survive major life changes. One of the most traumatic of these is divorce, which I've been through twice. Many of my lessons come from these experiences.

My first marriage wasn't very long (5 years). We got married too young and for the wrong reasons (in hindsight) ... but still — I didn't deserve to be cheated on. I felt betrayed and humiliated. Numb. It kept me isolated for a long time.

The only thing that kept me sane was my career. I pretended at work that everything was okay and I created a tougher exterior than I really had — a suit of armor of sorts. It helped me manage through the day without falling apart. So I learned to put on my "mask" every time I left the apartment. I didn't let anyone in for a long time.



I learned later that I never really dealt with the emotions I felt, or my grief.

After a couple of years like this, I met my second husband. He swept me off my feet. Treated me like a Queen. I was sure I got it right this time. And it was right — for a while.

There were signals along the way but, I was determined not to be that woman who was divorced twice. So I worked hard at keeping this marriage together — to the point where I lost myself. I couldn't separate his opinions from my opinions — his thoughts from my thoughts. I started making choices to appease him, none of which were choices I would have made had I been listening to my own Inner Wisdom.

Again, I threw myself into my career to avoid the pain at home. My career flourished, while his languished. It played on his male ego that I was the “breadwinner.”

I should have given up long before I did but pride wouldn't allow it. I stayed in the marriage 5 years longer than I should have (in hindsight — 14 years total).

I felt like damaged goods. There was verbal abuse, then physical. When he came at me with my favorite chef's knife, the fear paralyzed me. I've never screamed so loudly in my life. I guess I scared him too, because he dropped the knife and dropped to his knees.



I could deny it no longer — we were beyond repair. Why did I feel so devastated?

It was as though that knife really did rip my guts out.

Déjà Vu. The humiliation. The fear. The panic attacks. Feeling like my heart was going to burst, it was beating so hard. I finally called my best friend who is a nurse.

With her stethoscope in hand, she assured me my heart was physically fine, but emotionally and spiritually broken — again. She suggested I reach out for professional help.

Why? I got through the last one just fine! I'll just dust off that suit of armor and find my special mask that shows I'm okay — no one needs to know.

After a couple of weeks there were cracks in the armor and my mask showed sadness instead of stability. It was time.

I had no idea how talking with someone who understands the grief and the pain could help so quickly. As my stories and choices came out I saw the absurdity of my actions.

By the way, some of these were old stories and wounds from my first marriage. What? How could that be? I already moved on long ago, right?

Some of the truths that came up for me were disturbing and heart-wrenching.



How could I give up so much of me?
Why did I think it was okay to sacrifice
myself so fully for a relationship that was a

one-way street? Twice! How blind could I be? And for so long! I beat myself up pretty good at first.

Then I learned how to change the way I looked at things. And I learned how to forgive myself. (This is one of the best lessons on the face of the planet. This is a lesson I still depend on today — for me AND my clients!).

Getting back to my most precious values, understanding who I am and becoming comfortable again in my own skin were the start of my transformation. It was also the ignition switch for my passion to help other women.

I've learned: we don't have to do this divorce stuff alone. We can learn to change the patterns and habits so we don't repeat the same old stories. We can stop going through the motions and live our lives by purposeful design.

I've relied on the wisdom of others and that which I've gained to inspire me each day to keep moving forward.

It's coming from that place that I compiled this book for you. Here's to being inspired!



From Fear to Fearlessly Empowered

“Hope and fear cannot occupy the same space at the same time.
Invite one to stay.”

~~~Maya Angelou

“The fears we don’t face become our limits.”

~~~Robin Sharma

“Whenever you find yourself doubting how far you can go, just remember how far you have come. Remember everything you have faced, all the battles you have won and all the fears you have overcome.”

~~~Unknown

“Always remember: You are braver than you believe, stronger than you seem and smarter than you think.”

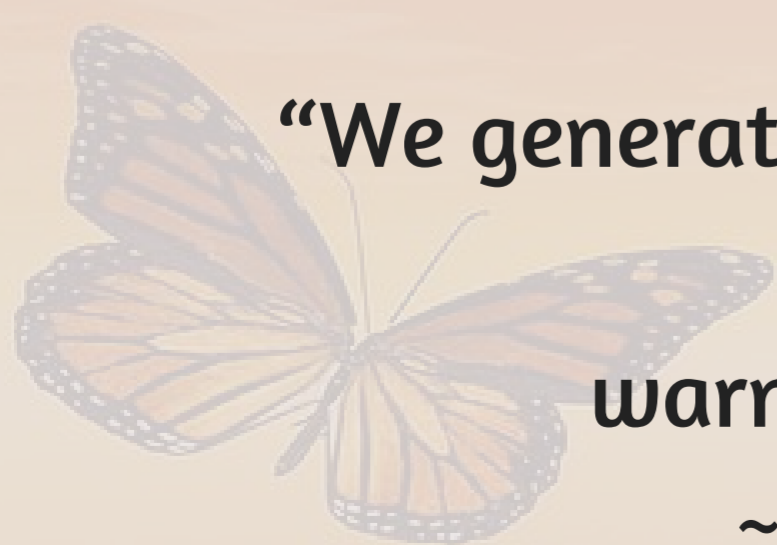
~~~Christopher Robin in Winnie the Pooh

“Sometimes that thing you’re most afraid of doing is the very thing that will set you free.”

~~~Unknown

“It’s okay to be scared. Being scared means you’re about to do something really, really brave.”

~~~Unknown



“We generate fears while we sit. We overcome them by action. Fear is nature’s way of warning us to get busy. “

~~~Dr. Henry Link



“Never fear shadows. They simply mean there’s a light shining somewhere nearby.”

~~~Ruth E. Renkel

“Most of the shadows of this life are caused by our standing in our own sunshine.”

~~~Ralph Waldo Emerson

“Miracles start to happen when you give as much energy to your dreams as you do to your fears.”

~~~Richard Wilkins

“Stop being afraid of what could go wrong and focus on what could go right.”

~~~Unknown

“Remember that your greatest talent is so much more powerful than your biggest fear.”

~~~Robin Sharma

“Fear is the brain's way of saying that there is something important for you to overcome.”

~~~Rachel Huber

“Fear is not your enemy. It is a compass pointing you to the areas where you need to grow.”

~~~Steve Pavina



“Everything you want is on the other side of fear.”

~~~Unknown

## *Empowering Words of Wisdom*

“Don’t ruin a good day today by thinking about a bad yesterday. Let it go.”

~~~Grant Cardone

“You must learn a new way to “think” before you can master a new way to “be.”

~~~Marianne Williamson

“In the end only three things matter: how much you loved, how fully you lived and how gracefully you let go of things that no longer serve you.”

~~~Unknown

“Open your eyes to the beauty around you. Open your mind to the wonders of life. Open your heart to those who love you. And always be true to yourself.”

~~~Maya Angelou

“We either make ourselves miserable or we make ourselves strong. The amount of work is the same.”

~~~Carlos Castenada

“Everything we do, we do for love. The beauty of love is that in giving it away, you are left with more than you had before.”

~~~Dr. David Simon



“No matter how you feel, Get Up, Dress Up, Show Up and Never Give Up.”

~~~Regina Brett

“You’ve done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination.”

~~~Ralph Marston

“Give. But don’t allow yourself to be used. Love. But don’t allow your heart to be abused. Trust. But don’t be naïve. Listen. But don’t lose your own voice.”

~~~Unknown

“For beautiful eyes, look for the good in others. For beautiful lips, speak only words of kindness. And for poise, walk with the knowledge that you are never alone.”

~~~Audrey Hepburn

“We are like the little branch that quivers during a storm, doubting our strength and forgetting we are the tree — deeply rooted to withstand all life’s upheavals.”

~~~Dodinsky

“A flower does not think of competing with the flower next to it. It just blooms.”

~~~Unknown

“When your own light grows dim, look to others to spark the light within.”

~~~María Tomás-Keegan



Freedom Comes from Faith

“Where there is hope there is faith. Where there is faith, miracles happen.”

~~~Unknown

“As I look back on my life I realize that every time I thought I was being rejected from something good, I was actually being re-directed to something better.”

~~~Steve Maraboli

“Keep the faith. The most amazing things in life tend to happen right at the moment you’re about to give up hope.”

~~~Unknown

“Sometimes the bad things that happen in our lives put us directly on the path to the best things that will ever happen to us.”

~~~Nicole Reed

“Choose to live each day as though your prayers are already answered.”

~~~adapted from Tony Robbins

“Worry looks around, fear looks back, guilt looks down, faith looks up and I look forward.”

~~~Unknown



“Keep your face towards the sunshine and shadows will fall behind you.”

~~~Walt Whitman



“When you need something to believe in, start with yourself.”

~~~Unknown

“Believe in yourself. Have faith in your abilities. Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

~~~Norman Vincent Peale

“Believe you can and you’re half way there.”

~~~Unknown

“It starts with a dream. Add faith and it becomes a belief.
Add action and it becomes part of life.

Add perseverance and it becomes a goal in sight.

Add patience and time and it ends with a dream come true.”

~~~Doe Zantamata

“When you’ve come to the edge of all light that you know and are about to drop off into the darkness of the unknown, having Faith is knowing one of two things will happen: there will be something solid to stand on or you will be taught to fly.”

~~~Patrick OVERTON

“She believed she could, so she did.”

~~~Unknown

“Take pride in how far you have come. Have faith in how far you can go.”

~~~Unknown



The Gift of Gratitude

“Begin each day with a grateful heart.”

~~~Unknown

“Every day may not be good, but there’s something good in every day. Notice and be grateful.”

~~~Unknown

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

~~~William Arthur Ward

“...thanks are the highest form of thoughts and gratitude is happiness doubled in wonder.”

~~~G.K. Chesterton

“Enjoy the little things, for one day you may look back and realize they were the big things.”

~~~Robert Brault

“As we express gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”

~~~John F. Kennedy

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

~~~Eckhart Tolle



“Be thankful for what you have; you’ll end up having more.  
If you concentrate on what you don’t have,  
you will never, ever have enough.”

~~~Oprah Winfrey

“Gratitude is a currency that we can mint for ourselves and
spend without fear of bankruptcy.”

~~~Fred De Witt Van Amburgh

“Gratitude turns what we have into enough, and more.  
It turns denial into acceptance, chaos into order, confusion into  
clarity. It makes sense of our past, brings peace for today  
and creates a vision for tomorrow.”

~~~Melody Beattie

“If you want to turn your life around, try thankfulness.
It will change your life mightily.”

~~~Gerald Good

“Piglet noticed that even though he had a Very Small Heart,  
it could hold a rather large amount of Gratitude.”

~~~A.A. Milne

“The only people with whom you should try to get even
are those who have helped you.”

~~~John E. Southard



“This is a wonderful day.  
I’ve never seen this one before.”

~~~Maya Angelou

The Seeds of Happiness

“Happiness is an inside job!”

~~~Unknown

“One of the easiest ways to be happy  
is to let go of the things that make you sad.”

~~~Unknown

“I caught the happiness virus
when I was out singing beneath the stars.”

~~~Hafiz of Persia

“It isn’t what you have or who you are or where you are or what  
you’re doing that makes you happy or unhappy.

It is what you think about.”

~~~Dale Carnegie

“I, not events, have the power to make me happy or unhappy
today. I can choose which it shall be.

Yesterday is dead, tomorrow hasn’t arrived yet.

I have just one day, today, and I’m going to be happy in it.”

~~~Groucho Marx

“Once you learn how to be happy you won’t tolerate being  
around people who make you feel anything less.”

~~~Shannon L. Alder



“Think thoughts that make you happy. Do things that make you feel good. Be with people who make you laugh.

All will be well in your world.”

~~~MTK inspired by Louise Hay

“Cry. Forgive. Learn. Move on.

Let your tears water the seeds of your future happiness.”

~~~Steve Maraboli

“I’m stronger because of the hard times, wiser because of my mistakes and happier because I have known sadness.”

~~~Unknown

“Grateful souls focus on the happiness and abundance present in their lives and this in turn attracts more abundance and joy towards them.”

~~~Stephen Richards

“Being happy doesn’t mean everything is perfect. It means you’ve decided to look beyond the imperfections.”

~~~Unknown

“Happiness is a journey—not a destination.”

~~~Ben Sweetland

“Happiness is letting go of what you think your life is suppose to look like and celebrating it

for everything that it is.”

~~~Mandy Hale



**“Happiness. Not for another place, but this place.  
Not for another hour, but this hour.”**

**~~~Walt Whitman**

**“Happiness is not the absence of problems;  
it’s the ability to deal with them.”**

**~~~Steve Mariboli**

**“Happiness is not out there. It’s in you.”**

**~~~Unknown**



## *The Elegance of Simplicity*

“You can make it simple and significant at the same time.”

~~~María Tomás-Keegan

“Do what you can with what you have, where you are.”

~~~Theodore Roosevelt

“Life is really simple, but we insist on making it complicated.”

~~~Confucius

“Our life is frittered away by detail. Simplify. Simplify.”

~~~Henry David Thoreau

“Simplicity, patience, compassion.  
These three are your greatest treasures.”

~~~Lao Tzu

“Great design comes from eliminating unnecessary details.”

Live your life by design.

~~~ Minh D. Tran with addition from MTK

“Live simply. Dream big. Be grateful. Give love. Laugh lots.”

~~~Paulo Coelho

“There is peace in simplicity.”

~~~María Tomás-Keegan



“Surround yourself with what you love. Let go of the rest.”

~~~Unknown

“You will find that it is necessary to let things go;
simply for the reason that they are heavy.”

~~~C. JoyBell C.

“Don’t confuse having less with being less, having more with  
being more or what you have with who you are.”

~~~Unknown

“The key to finding a happy balance in modern life is simplicity.”

~~~Sogyal Rinpoche

“Nature is pleased with simplicity.”

~~~Sir Issac Newton

“Free yourself of the complexities of your life!
A life of simplicity and happiness awaits you.”

~~~Steve Maraboli

“Let us not get so busy or live so fast that we can’t listen to the  
music of the meadow or the symphony that glorifies the forest.  
Some things in the world are far more important than wealth;  
one of them is the ability to enjoy simple things.”

~~~Dale Carnegie

“Get clear on what matters by getting
rid of everything that doesn’t.”

~~~Unknown





## *The Courage to Change*

“When life gives you a rainy day, play in the puddles.”

~~~Unknown

“New beginnings are often disguised as painful endings.”

~~~Lao Tzu

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

~~~Socrates

“If you don’t create change, change will create you.”

~~~Unknown

“If you focus on results, you will never change.  
If you focus on change, you will get results.”

~~~Jack Dixon

“Once we accept our limits, we go beyond them.”

~~~Albert Einstein

“There are two primary choices in life: to accept conditions as they exist or accept responsibility for changing them.”

~~~Denis Waitley



“To be fully alive, fully human and completely awake is to be continually thrown out of the nest.”

~~~Pema Chodron

“It’s not because things are difficult that we dare not venture. It’s because we dare not venture that they are difficult.”

~~~Seneca

“The beautiful thing about setbacks is they introduce us to our strengths.”

~~~Robin Sharma

“Change is not a process for the impatient.”

~~~Barbara Reinhold

“If you don’t like something, change it. If you can’t change it, change the way you think about it.”

~~~Mary Engelbreit

“The only way to make sense out of change is to plunge into it, move with it and join the dance.”

~~~Alan Watts

“The struggle you are in today is developing the strength you need for tomorrow.

Don’t give up.”

~~~Robert Tew



“At any given moment, you have the power to say:  
This is not how the story is going to end.”

~~~Christine Mason Miller

“When you change the way you look at things,
the things you look at change.”

~~~Wayne Dyer

“Yesterday I was clever, so I wanted to change the world.  
Today I am wise, so I am changing myself.”

~~~Rumi



Join the conversation ...

If you've enjoyed this book of inspiration and you're looking for support, accountability and training as you let your new life begin, I'd like to invite you to join a group of awesome women on Facebook.

Thrive after Divorce: Your Journey Begins is a group I host where we share experiences, inspiration, wisdom and love.

When like-minded women get together it creates a powerful community that helps us all be better, feel better and move forward with confidence. Join us!

Thank you!

— Maria





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