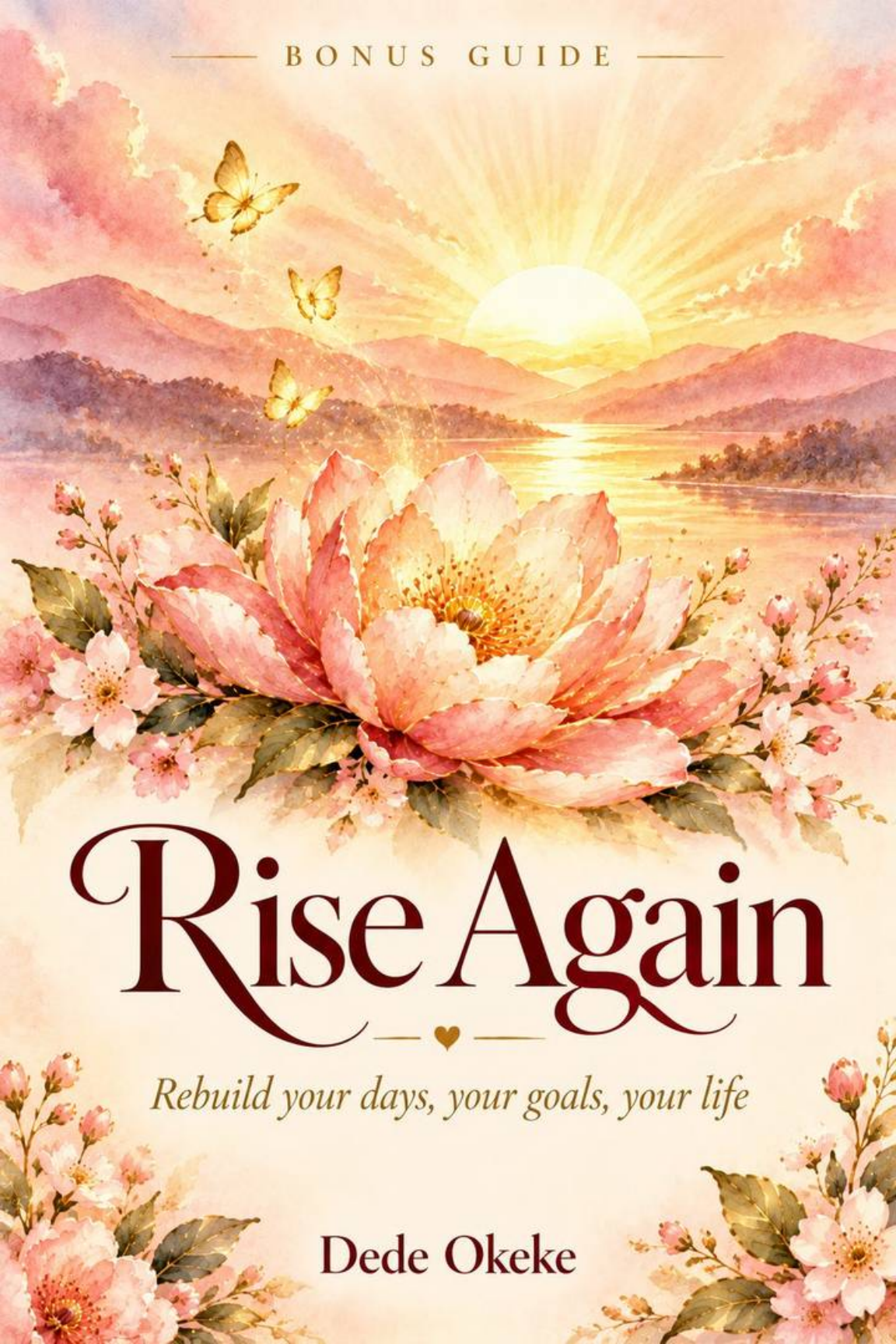


— B O N U S G U I D E —



Rise Again

— ♥ —

Rebuild your days, your goals, your life

Dede Okeke

BEFORE WE BEGIN

A Note From Dede



Welcome, friend.

When your heart is broken, your daily life can feel broken too. This guide helps you rebuild it. You will build a simple routine, a money plan, and goals that fit.

How to use this guide

- Read one page at a time.
- Pick one small step from each page.
- Go at your own speed.
- Finish with your Rise Plan on page 11.

This guide is general advice. It does not replace a financial, legal, or health professional.

With love,

Dede Okeke

A NEW START

You Can Rise



A hurt can make everything feel stuck. But a life is rebuilt in small pieces. One day. One habit. One step.

You do not need a big plan. You need a small start.

Four parts of rising

1. A daily rhythm.
2. Small wins.
3. Money steps.
4. Goals that fit you.

You will work on all four, a little at a time. There is no race.

Your Daily Rhythm



A steady day holds you up when your feelings are shaky. Build a simple rhythm.

Morning

- Wake up at about the same time.
- Drink water. Wash up.
- Make your bed.
- Say one kind sentence to yourself.

Midday

- Eat a real meal.
- Walk for ten minutes.

Evening

- Tidy one small area.
- Write one good thing from your day.
- Go to bed at a kind hour.

SMALL WINS

Collect Small Wins



Big goals feel far. Small wins feel close. Each win tells your brain, “I can do things.”

Ideas for small wins

- Wash the dishes.
- Reply to one message.
- Take a short walk.
- Cook a simple meal.
- Clean one drawer.
- Learn one new word or skill.

The Win Page

At the end of each day, write one thing you did. Even a tiny one counts. In a week, you will have seven wins on one page.

MONEY STEPS

Simple Money Steps

Money worries can make a hurt feel heavier. A simple plan brings calm.

Three buckets

Bucket	What goes in it
Needs	Food, rent, transport, bills
Savings	A small amount, every time
Joy	Something small you enjoy

Even a very small amount of savings builds the habit. The habit matters more than the amount.

MONEY SAFETY

Keep Your Money Safe



Your money is yours. Treat it with care.

- Know where your money is kept, and who can reach it.
- Keep your own account.
- Keep copies of your important papers in a safe place.
- Write down what you earn and what you spend.
- Do not sign what you do not understand.

Build a safety cushion

Try to set aside a little each week. The goal is a small cushion for hard days. Start with whatever you can.

DREAM AGAIN

Dream Again



Many of us put our dreams on a shelf for someone else. Now you can take them down.

Ask yourself

1. What did I love to do as a girl?
2. What would I try if I were not afraid?
3. What would make me proud in one year?
4. What skill do I want to learn?

Do not judge your answers. Write them all down. Some dreams will fade. Some will stay. The ones that stay are worth your time.

GOALS

Goals That Fit



A good goal is clear, small, and has a date.

Too big	Just right
Be rich	Save a little each week for three months
Be healthy	Walk 15 minutes, four days a week
Find a job	Update my CV by Friday

One goal at a time

Pick **one** goal for this month. Write the first step. Do the first step today.

Care for Your Body



A hurt heart needs a strong body. Take care of the basics.

- **Sleep:** aim for a steady bedtime.
- **Food:** eat real meals, at regular times.
- **Move:** a short walk counts.
- **Water:** keep a bottle nearby.
- **Rest:** breaks are not lazy. They are fuel.

You are not lazy. You are healing.

If you feel very low for a long time, or you cannot eat or sleep, please see a doctor or counselor.

YOUR PAGE

My Rise Plan



Fill this in. Look at it every Sunday.

My goal: _____

First step: _____

Date: _____

Who can help: _____

Small reward: _____

One step today is enough.



THANK YOU



You are not starting from zero. You carry lessons and strength. Go step by step. You will rise.

This guide gives general encouragement and education. It is not medical, legal, or mental health advice. If you are in danger, please contact local emergency or crisis help.

Thank You!

Your Healing Journey Begins Here.



A Beautiful New Chapter Awaits You

"Thank you for choosing yourself, your peace, and your healing. May these pages remind you that your story is far from over."

*With love,
Dede Okeke*