



# GL--AW HER

## GLOW UP AFTER GOODBYE

**A 10-Step Quick Guide to  
Healing After Divorce**

Erin Lynn Owens

# 'A 10 Step Quick Guide to Healing After Divorce'

Glow Her exists because life transitions, especially divorce, can leave women feeling untethered, exhausted, and unsure of who they are becoming. Divorce is often treated as an ending, but in truth, it is a profound reorientation of identity,

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# PREFACE

This book was not written from theory. It was written from lived experience.

Glow Her exists because life transitions, especially divorce, can leave women feeling untethered, exhausted, and unsure of who they are becoming. Divorce is often treated as an ending, but in truth, it is a profound reorientation of identity, belief, and direction. It challenges how you see yourself, how you trust, and how you imagine your future.

I know this because I've lived it.

This book is not about blame, bitterness, or rushing to “get over” what ended. It is about learning how to stand again with clarity, confidence, and self-respect. It is about understanding that healing is not linear, and rebuilding does not require perfection, only intention.

Glow Her was created for women who are ready to pause, reflect, and move forward with purpose. Women who want to heal mentally, emotionally, spiritually, and physically. Women who are learning to choose themselves without guilt, set boundaries without fear, and trust their inner voice again.

You will not find quick fixes here. Instead, you will find grounding truths, reflective exercises, and mindset shifts

designed to help you reconnect with who you are becoming.  
This is a space for honesty, grace, and growth.

If you are reading this, know that you are not behind. You are not broken. And you are not failing at life because a chapter ended. Sometimes, a chapter closes because you were never meant to live your whole life inside it.

This book is an invitation to release what no longer serves you, to reclaim your voice, and to step into the next version of yourself with courage and peace.

Welcome to Glow Her.  
Your healing begins here.

# ACKNOWLEDGMENTS

This work would not exist without the many people, experiences and seasons that shaped me into the woman writing these words.

First, I acknowledge God, whose grace carried me through moments I did not understand and whose presence sustained me when I felt uncertain, broken, or afraid to begin again. Every lesson, pause, and redirection was purposeful, even when it didn't feel that way.

To my children, you are my why. Watching you grow, adapt, and love through change has been one of my greatest mirrors of strength and love. You remind me daily that resilience is learned, that strength can be gentle, and that choosing yourself also teaches others how to do the same. Thank you for walking beside me through every season.

To my parents, siblings, and those who supported me professionally and personally, mentors, colleagues, friends, and community members, thank you for believing in my vision even before it fully had a name. Your encouragement reminded me that service, leadership, and compassion can coexist.

To the women who trusted me with their stories, whether through friendship, shared tears, late-night conversations, or quiet moments of understanding, this book is for you. Your

honesty, courage, and vulnerability reaffirmed my belief that women heal faster when they are not alone.

And finally, to the woman I used to be, the one who stayed quiet, questioned herself, and carried more than she should thank you for surviving long enough to become her.

This work honors you.

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# INTRODUCTION

(What I Wish I Knew)

This guide isn't here to rush you, pressure you, or tell you what decision to make.

It's here to give you clarity before courage.

Grounding before action.

Healing before rebuilding.

If you're reading this, you're probably standing in a space between what was and what could be.

And that space can feel terrifying.

But it can also become the place where you finally meet yourself again.



# STEP 1

## Become Decisive: Find Your Why

Before anything else, get honest about why the relationship ended, or why you're considering leaving.

Not the version you tell people.  
Not the version that protects them.  
The truth.

### Your why becomes:

- Your anchor on hard days
- Your strength when guilt creeps in
- Your reminder when loneliness lies to you



Write it down.

Read it often.

Stand on it when your emotions try to rewrite history.

Clarity reduces confusion.  
Confusion keeps people stuck.

I have provided you space to write your answer below, but if you need more room to write, grab a notebook. This is all about your truth.



## STEP 2

Create Your Exit Mindset

Divorce feels like a loss, because it is.

But it's also a rebirth.



Endings are not failures.

Sometimes a chapter closes because you were never meant to live your whole life inside it.

Permit yourself to start over.

You're not ruining your life.  
You're redirecting it.



Grab a notebook or open a blank page (provided below).

Title the page: "I Give Myself Permission To" and Finish These sentences without editing yourself:

- I give myself permission to grieve what I lost without guilt.
- I give myself permission to release the version of me that stayed out of fear.



# STEP 3

## Feel Everything (Yes, Everything)

You may feel:

- Grief
- Anger
- Relief
- Fear
- Peace
- Doubt



Sometimes all in the same day. Nothing is wrong with you. Healing happens when feelings move through you, not when they're buried inside you. Avoiding pain delays recovery. You don't heal by being strong. You heal by being honest.



# STEP 4

## Build a Support Circle (Not a Gossip Circle)

Not everyone deserves access to your pain. Choose people who:

- Keep you grounded
- Pray for you or uplift you
- Speak life into you
- Protect your peace



Stop sharing deep wounds with people who only want details. Safe support accelerates healing. Unsafe conversations reopen wounds.



# STEP 5

## Reconnect With Yourself

Somewhere along the way, you adapted to survive.

Now you get to rediscover who you are without survival mode.

Ask yourself:

➤ What made me feel alive before I started shrinking?




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➤ What did I silence to keep the peace?




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➤ Who do I want to become now?



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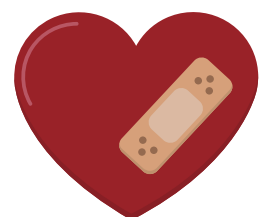
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Self-discovery isn't selfish. It's the foundation of healing.



# STEP 6

## Create Boundaries Like Your Peace Depends On It

Because it does.

You may need boundaries with:

- Your ex
- Family
- Friends
- Social media
- Yourself



Boundaries are not punishment.

They are protection.

Peace grows where access is limited to what is safe.

You cannot heal in environments that constantly reopen the wound.



# STEP 7

## Care for Your Mind, Heart & Stability

Healing requires intention. Choose the practices that center you:

- Journaling
- Prayer
- Coaching
- Stillness
- Movement



And rebuild your independence:

- Create a budget
- Rebuild credit
- Plan your future

Financial clarity creates emotional stability. You're not just healing, you're rebuilding your foundation.



# STEP 8

## Learn Self-Love Before New Love

Do not rush into dating to fill the silence

First learn:

➤ What does healthy love feel like?



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➤ What will you no longer tolerate?

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➤ How can you enjoy your own company?

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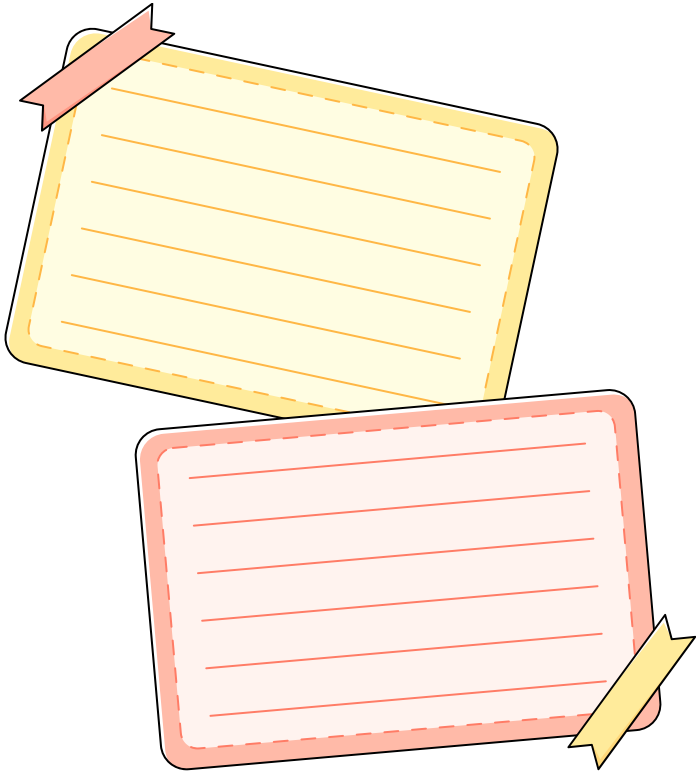
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Self-Love isn't selfish. It's preparation. Healthy love never requires self-abandonment.



# STEP 9

## Heal at Your Own Pace

There is no timeline for healing.

- Not months
- Not years
- Not what others expect.

### Progress looks like:

- A boundary you kept
- A calm response
- A peaceful day
- Small and consistent steps create lasting change.

### Your goal is not to “bounce back.”

Your goal is to build a life that feels safe.



# STEP 10

## Step Into Your New Identity

Divorce is not who you are.

It's something you survived.

### You are now:

- Wiser
- Clearer
- Stronger
- Softer in the right places

Your story didn't end. It shifted.

Now you get to choose yourself, intentionally.

You are no longer rebuilding your old life.

You are designing a new one.



# CONCLUSION

**If you made it this far, I want you to hear this:**

You didn't fail.

You outgrew what couldn't grow with you.

Healing isn't about becoming who you were before.

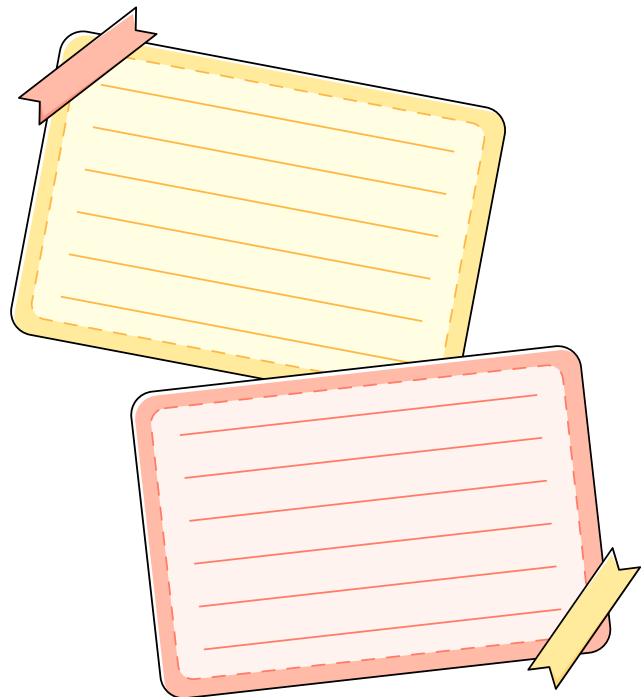
It's about becoming someone who no longer abandons herself.

Thank you for allowing me to walk beside you in this moment.

And if this spoke to you, stay connected.

We're not just healing here.

We're becoming, so keep choosing you and keep glowing.



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# ABOUT THE AUTHOR

**“Hello, I’m Erin Lynn Owens, founder of ‘Glow Her.’”**

Glow Her is personal for me. It was born from my lived experience, my professional background, and my belief that women are allowed to rebuild their lives with intention, dignity, and confidence, and still glow while doing it. For nearly 20 years, I’ve built my career in research and management, leading teams, supporting complex operations, and serving people with care, structure, and accountability. Professionally, I’ve always been grounded in integrity, systems, and people-first leadership. Personally, I’ve called the Raleigh, NC, community my home for almost two decades, raising my four children here and investing deeply in the well-being of others.

Glow Her exists because I understand the journey firsthand. As a divorced woman, I know the mental, psychological, emotional, spiritual, and physical weight that comes with life transitions. I also know healing is not instant and thriving again requires patience, boundaries, self-leadership, and grace. Glow Her is a space for women who are ready to rediscover themselves, redefine love, and move forward with clarity and peace.

I am also the founder of Safe In Grace, a women’s sober living home created from the understanding that healing requires more than a roof overhead; it requires stability, dignity, and community.

Everything I build is rooted in service, safety, and growth. Whether through “Glow Her” or “Safe In Grace”, my mission is the same: to create spaces where women feel supported, empowered, and strong enough to begin again on their own terms.

Together, we can extend the grace every woman deserves and create a path forward that leads not just to healing, but to lasting confidence and a life that truly shines.

# GLOW UP AFTER GOODBYE

You're not crazy. You're not weak. And you didn't imagine the distance you've been feeling. Sometimes the hardest part of divorce isn't leaving, it's admitting you deserve peace.

"Glow Up After Goodbye" is a compassionate roadmap for women navigating the emotional, mental, and practical reality of ending a marriage and finding themselves again. Through ten honest and grounding steps, this guide helps you gain clarity, rebuild confidence, and move forward with intention.

