

# You've got this

**I know a box of tricks is not going to wave away the challenge that comes with the end of a relationship. Having worked as a family lawyer for 20 years now, I have seen it all. But I can say to you- "You've got this!" Sure, none of us really plan to fall out of love, but sometimes we do and with time, you will get through this.**

Life is full of ups and downs and I have come to learn that it is the downs that bring the greatest breakthroughs if we just keep pushing through. Whatever life is throwing at your right now, don't give up. Take it a day at a time and remember that the end of a relationship can also be an opportunity to dream a new dream, when you are ready.

In your magic box you will also find a notebook to encourage you to dream those dreams and write them down- this little book can hide in your handbag and I encourage you to use it to store a few

new ideas, or those things keeping you up at night as over the next few months all of these questions will be answered.

And you should also have a copy of my book, Splitsville, that will help you to better understand the legal process when you are ready. (and make a separate version for the Luxe box that includes the further line- 'along with access to my online course to help you through')

Just because your past did not turn out the way you hoped doesn't mean that your future can't be better than you imagined. So as my dear friend Sam wisely said to me a few weeks ago- it's time to be 'kickass but kind' as you look after you and dream yourself a new dream!

*Clarissa*



**Hi my name is Clarissa Rayward and I am the Director and creator of Brisbane Family Law Centre, or as I like to call it- BFLC!**

If you are here, I guess you might want to know a little more about me? Well here goes! I am a wife, mum to two, Divorce Lawyer (don't hold that against me!) and lover of chocolate, coffee and anything colourful! I love to write, dance and spend any free moment I have 'crafting' (or as I like to call it #bedazzling!) By day I am an accredited specialist family lawyer and the Director of BFLC- a firm I created in 2008 as I felt that the usual way of helping separating families just didn't quite cut it!

If you are looking for assistance through divorce and separation I would welcome the chance to work with you. Me/ my firm and our style of lawyering is not for everyone but we work best if you are looking to untangle the legal aspects of your relationship with dignity and grace so that when the dust has settled, you can look back on this tricky period with some pride.

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# Hi there!

**If this little box of magic has found its way to you then there is a good chance that life is a little upside down right now. We know that there is no magic wand solution, but we also know that a 'virtual hug' can make all the difference when things are not going as planned.**

So this box is our way to saying 'You've Got This' and sending you a virtual hug to help you through. Now how does this work- well any way you like really, but when we were putting this together, we thought it might look a little like this...

- 01.** Find a quiet moment (and yes, we know that might feel impossible right now- but pull out your planner for this week and find yourself 30 minutes at any time of the day or night that is all yours!)
- 02.** Run a hot bath! (and if you don't have a bath, fill a bucket big enough for your feet!!)
- 03.** Grab your Six Barrel Soda Syrup from your Box of Magic and mix yourself the perfect soda mocktail! Mix 1 part soda to 5 parts sparkling water/ soda water (or good old tap water if that is all we have on deck) or you could ramp it up and go for a Champas Cocktail instead! Feel free to get creative with the floral garnish we have included for you too- it immediately turns that soda into an exotic mocktail masterpiece!
- 04.** Back to the magic box and find your Zeo Rose Organic Face Mask. Mix 1 tsp of the mask with 1 tsp of warm water and mix in a small bowl into a paste (you can also add a drop of honey if you are brave) and apply to that beautiful face of yours!
- 05.** Back to that bath (or bucket as it may be!) and find your Sacred Flora Smudge Bath Soak in your magic box. Toss in 2 tablespoons.
- 06.** Now in your box you will find a Jersey Candle and yes it will bring a bit of Christmas to your bathroom - but you can never have too much Christmas, can you? Light up that candle and get ready to switch off those lights (just complete Step 7 before you do as finding your final pieces in the dark may not be the easiest option).
- 07.** Now before you jump in, grab your Tiger Chocolate Bar, your Soda mocktail/ cocktail and your favourite chillout Spotify playlist...
- 08.** Now to relax.... In you get, turn down those lights and take 30 minutes of peace and quiet just for you! (and if you are bathless, grab a comfy armchair and toss those tired feet in that bucket and imagine it is a bath!) Sip on that drink, chomp on the chocolate and if you are really up for it, why not start to dream your new dream.... whatever that might be for you.

**Now any time life is feeling a little too much, follow the 8 steps above and hopefully you will start to feel a little bit better!**