

"When you lose touch with yourself, you lose yourself in the world." – Eckhart Tolle

Have you ever been in a relationship where you felt so powerless that you lose yourself in the process? "Don't do this, don't do that." Rules keep adding up one after another.

You are not happy anymore.

You want to break free and be you again.

How do you do that when you have children, bills, rent, . . . life, to think about?

In this episode, Liberty Wilson, a multi-potentialite creative, maker, and an artist, shares her story on how she got out of a relationship where she did not feel safe to make her own decisions without repercussions. Now, she is happier and more connected with herself as she makes art that gives people hope and inspiration.

Fill yourself with the hope that better days will always come as you listen to her story in today's episode!

In this episode, we discuss:

- Liberty's married life story with her strict husband
- Women's tolerance for pain
- How your identity is not tied to a person, object or even your career
- The camaraderie of women who have gone through tough times
- Setting your intentions through vision boards
- Liberty's community of women
- Gigs, real estate, and art
- Being present and not losing yourself

"Be easy. Take your time, you're coming home to yourself." – Nayyirah Waheed

RESOURCES:

[Nextdoor](#) – free private social network for your neighborhood community

[Marie Kondo](#)

[A New Earth: Awakening Your Life's Purpose](#)

Liberty Wilson

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Visit the Women's Financial Wellness Center for a [full directory listing of experts](#).

Be sure to reach out if you would like to connect personally with the Women's Financial Wellness Center. You can visit [our website](#) or grab a [complimentary 30-minute consult](#).

Keywords:

divorce, conversations, women, financial, wellness, marriage, finances, marriage, relationships, selfcare, wellness, women