



Women's

FINANCIAL WELLNESS CENTER

Episode 016 – Nilda Campuzano Don't Park . . . Keep Moving

Today's episode with Nilda Campuzano is very refreshing and inspiring. We talk about the key elements in creating a thriving life whether you are contemplating divorce, going through it, or have gone through it.

Nilda was a stay-at-home mom of 13 years before her divorce. She had a very trying time in the process – having children to consider, her family being in another country, and being away from the workforce for so long. But as she took things one step at a time, everything started coming into place. And she is now seeing the light at the end of her tunnel.

I hope this episode inspires you to gain clarity, ask for support, and really advocate for yourself and for your children. Don't settle. Don't Park . . . Keep Moving.

Here are some things we discuss:

Do Not Isolate Yourself

We all know the importance of staying connected and getting support. But as women are going through divorce, most feel that reaching out and opening up to people can be difficult and painful.

- Going through the divorce process alone makes things very hard.
- After emerging from self-imposed isolation, you'll find people waiting for you.
- You need to have the support from people who have gone through what you are going through.

Know Your Reasons

Divorce is such a rollercoaster. You will doubt yourself, your decisions, your actions. Being extremely clear with the reasons why you came to the decision and having a visual helps ground you in times of doubt. To gain clarity, you can meditate, journal, seek counsel, start gathering financial information and get your financial house in order.

- Be very clear in your head and in your heart.
- Write down all the reasons behind your decision.
- Post it where you can see them.

Nilda shares her 2 biggest commitments to herself and her children and how honoring these commitments and communicating it allowed for the support of other people.

Wanting to Have a “Peaceful” Process

Nilda shares how she took all the responsibility and left nothing for herself because of the guilt she felt around her divorce and in wanting a “peaceful” separation. Looking back, she reflects that being a little bit angry and advocating for herself more could have been better for her.

- Always advocate for yourself and your children.
- Do not settle for less than you deserve.
- Boundaries are easier to establish in the beginning but is still achievable if set in place later.

“Real peace is not the absence of conflict, it is the presence of justice.” – Andrew W. Marlow

RESOURCES:

[Necessary Endings](#) book by Henry Cloud

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