



LEARNING TO LIVE AGAIN

12-Session Self-Applied Digital Participant Workbook PRE-PURCHASE PROGRAM OUTLINE

Program Overview

Learning to Live Again is a structured 12-session self-applied digital participant workbook focused on living life on life's terms, acceptance, recognising unhelpful patterns, behaviour modification, self-discovery and maintaining positive change. The program guides participants from identifying the problem and practical strategies through acceptance, coping when situations do not go as planned, modifying behaviour and thinking patterns, consolidation, and planning for continued personal growth.

ONLINE PURCHASE - WIX DIGITAL PRODUCT

Complete 12-session self-applied digital participant workbook

AUD \$39.95

One-time purchase | Digital PDF | Individual participant licence

What This Program Covers

This pre-purchase outline provides a professional preview of the program structure, purchase inclusions and digital-product information without reproducing the complete paid participant exercises and workbook pages.

12-Session Program Outline

Session	Focus	Pre-Purchase Preview
1	Identification of the Problem	Identify the presenting problem and begin considering practical strategies.
2	What Is Learning to Live Again?	Explore the meaning of learning to live again and living life on life's terms.
3	Symptoms of Not Living Life on Life's Terms	Recognise patterns and responses associated with difficulty accepting life circumstances.
4	Review of the First Three Sessions	Review learning, progress and achievements from Sessions 1-3.
5	Acceptance and Strategies	Explore the meaning of acceptance and identify strategies that can be applied in everyday life.
6	When Things Don't Go My Way	Consider how to cope when circumstances do not go as planned and identify constructive actions.
7	Behaviours I Need to Modify	Identify behaviours that may need to change as part of learning to live again.
8	Understanding Behaviour Modification	Explore behaviour modification and practical approaches to changing behaviour.
9	Thinking and Minimising Old Behaviour	Review current thinking and identify ways to minimise old behavioural patterns.
10	Learning and Living Again	Explore the difference between learning about change and actively living differently.
11	Consolidation	Bring together the learning and strategies developed across Sessions 1-10.
12	Exit Planning and Feedback	Develop an exit-planning strategy and complete participant feedback.

What Is Included After Purchase

- 12 guided participant sessions.
- Reflection and writing activities.
- Practical strategy and action planning.
- Acceptance and coping exercises.
- Behaviour modification and thinking-pattern activities.
- Consolidation and continuing-change planning.
- Exit planning and participant feedback.

Who the Workbook Is For

This workbook is intended for adult participants seeking a structured educational and self-reflection resource for exploring acceptance, coping, behaviour change, thinking patterns, self-discovery and positive change. It is designed for individual participant use and may also be completed alongside appropriate counselling or facilitated support.

Digital Product Information

Product	Learning to Live Again - 12-Session Self-Applied Digital Participant Workbook		
Price	AUD \$39.95		
Format	Digital PDF workbook		
Delivery	Digital download after successful purchase via Wix		
Licence	Individual participant personal-use licence		
Physical product	No physical product is shipped		

Wix Product Listing

Suggested Product Name

Learning to Live Again - 12-Session Self-Applied Digital Participant Workbook

Wix Product Price

AUD \$39.95 - one-time digital product purchase.

Short Wix Product Description

A professionally structured 12-session digital participant workbook supporting reflection, acceptance, behaviour change, self-discovery and positive change. Includes guided reflection, practical strategies, action planning, consolidation and exit planning.

Suggested Wix Product Button

PURCHASE DIGITAL WORKBOOK - AUD \$39.95

Suggested Product Category

Digital Workbooks / Personal Development Programs

Suggested Wix Checkout Note

Digital Product - Please Read Before Purchasing. This is a digital PDF product. No physical workbook will be shipped. Please ensure the email address entered at checkout is correct and securely save your workbook after purchase.

Pre-Purchase Protection

This outline describes the program and purchase inclusions without revealing the complete participant exercises, reflection questions and workbook templates supplied in the paid product.

Customer Instructions

- Save the purchased workbook to a secure personal device.
- Complete the sessions in sequence and at a manageable pace.
- Use the reflection and action-planning sections to record learning, strategies and progress.
- Keep completed workbook pages private and securely stored.
- Do not forward, upload, reproduce, resell or distribute the workbook to another person.

Individual Participant Licence & Copyright

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Important Disclaimer

This workbook is a structured educational and counselling-support resource. It is not a substitute for medical, psychological, alcohol and other drug, crisis or emergency services. Participants should seek appropriately qualified professional support when needed.

PURCHASE DIGITAL WORKBOOK

AUD \$39.95

Available as a Wix digital product