



Smart Woman's Guide to Better Divorce

21 Strategies to
Use Right Away



Nobody Plans for a Divorce

Without question, managing divorce is one of the most challenging situations a person can face in their lifetime. So I'm not here to downplay the heaviness of it. I am, however here to bring light to your courageousness for being here, signing up, and arming yourself with the proper resources.

Maybe you're just getting started with your divorce, or perhaps the process is already underway, but I think I already know a few things about you. **You understand the importance of setting yourself up for a successful life changed. You know that your emotional, financial, and mental well-being is a necessity, not a luxury. Finally, you're prepared to invest your time into what's best for yourself and any children involved.**

While there is no cure for a broken heart, there certainly are logical steps you can take to prepare yourself for the road ahead. And this road I'm referring to? It's not meant to be a lonely one. Many others have walked this road before you, myself included.

Let's start with small steps - take these strategies and begin implementing them into your days ahead.

Right here with you,



21 Pivotal Steps for Success

Your Well-Being

1. Determine your “why” and set goals to achieve them.
2. Fighting is never worth it. Repeat...never worth it.
3. Be kind to yourself, find stillness and practice extreme self-care.
4. Stop trash talking your spouse. You will regret it.
5. Abuse of any kind and physical violence is NEVER ok.
6. Don't go it alone - find a support system.

Fluff-Free Financials

7. Get copies/take pictures of all your financial documents immediately.
8. Consider how you want to divorce - each method has costs involved.
9. Ask for expert legal advice. Initial consults are free.
10. Hire a family law/divorce attorney who is the best fit for your needs.
11. Safeguard your irreplaceable items.
12. Run your own credit report to monitor your personal credit.
13. Know your assets & liabilities and create a budget.
14. Familiarize yourself with the divorce laws in your state.

Note-Worth Reminders

15. Make certain your marriage is OVER before you pursue divorce.
16. Your lawyer is too expensive to play therapist...find a licensed therapist.
17. Put your kids first, but keep them out of it.
18. Social media is not your friend - refrain from posting and stalking.
19. The court system simply wants to divide assets. They don't care about the lines a spouse has crossed.
20. Assume nothing. Keep asking questions until you have answers.
21. Align your values with your actions to avoid regrets.

The thing to remember is that even though everything may feel like it's crashing down, life does go on.

Believe me when I tell you what I've learned is that divorce is not a failure. It is a new beginning.

The key is that the earlier in the process you begin to plan and prepare, the better the outcome for all - especially as your children and finances are concerned.

Of the 21 steps, please let me know which strategies worked best and which ones you still need help with. I welcome a conversation regardless of the stage of the journey you are in.

You will build a new life.

You will be stronger.

You will be wiser.

You will be happier.

Where do I go from here?

No matter how you feel or where you are right now, after you reclaim yourself, life WILL get better. It's all in how you prepare for the upcoming change. I wish I had someone who could have spelled out my options and prepped me for what was to come when I was going through this, and that is solely why I am offering you a free honest-to-goodness open conversation together.



Request a Free
45-minute consultation

WORK WITH ME 1:1

Additional resources

I wanted to bring you some of the most helpful tools and supportive downloads in my arsenal... these are resources I wish I'd had during my divide: when I was depressed, fearful, and unsure of the journey. I hope they help to illuminate your path.

- ▶ Take my life-changing [Divorce Predictor QUIZ](#) to bring clarity to your situation and see if you can save your relationship.
- ▶ Grab your earbuds and anonymously listen to my [judgement-free podcast Thriving In Chaos](#).
- ▶ Daily guidance and tangible takeaways are all bundled for you [on my Instagram](#)... (and I LOVE making new friends!).

Better Divorce Academy

betterdivorceacademy.com

anchor.fm/thriving-in-chaos

