

Better Than Before Divorce™

WORKBOOK



Welcome to Better Than Before Divorce™, the complete method you need to stay calm, confident, and healthy during divorce.

Your strengths + these tools are the foundation to navigate what may be the most challenging period of your life, and come through *Better Than Before*.

Sending love and strength,

Andra

EVERY CHANGE
BEGINS WITH AN END.

– William Bridges, author



COMPASS ROSE
INSPIRED DIVORCE COACHING

My Best Self Statement*

No matter what your ex does, he/she cannot make you send a text or an email, pick up the phone or respond in a particular way during a conversation. When you decide to put yourself in charge of when, how, and what you communicate, you take back your power, create healthy boundaries, and set the tone for the divorce process.

Write a brief statement about who you are when you are at your best. Think about the attributes you admire in others, what others see in you and how you are when you are fully alive from reflections above.

Sometimes it is easier to do that for a specific role you are playing in this moment. Identify the role and how you want to be when you are at your best in that role (parent, friend, spouse, daughter/son, etc.)

I am at my best when

Values I demonstrate when I'm at my best include

When I'm in the role of

I am more easily able to access my best self because

When I'm at my best I feel I can

I want to be my best self because

What scares me about being my best self is

This is what deters me from being my best self

This is a mantra, or thought, that I can use to remind me to be my best self, even when it's challenging

Your Personal Mission Statement

With your best self as your guide, let's create your personal mission statement. This is a time to be both aspirational and authentic. Recognize what motivates and inspires you and ask others for their input on your strengths and skills. This is worth your time and effort. Revise it, sit with it, and revise it again. The more you believe in your statements, the more comfortable you'll feel using them as sounding boards throughout your divorce and possibly even longer. As you navigate the process you may even find you've outgrown your mission statement. Great! There are no right, wrong, good or bad answers.

There are countless examples of how to create a personal mission statement, and some may resonate more with you than others. My favorite comes from New York Times best-selling author, [Andy Andrews](#). Andy notes that a personal mission statement "sets boundaries," and adds that these boundaries will "provide clarity and direction in all areas of your life," and "help you face every decision and all adversity with calm, resolve, and perspective." [Indeed.com](#) also notes that a personal mission statement eases the decision-making process, "clarifying whether the decisions you're making are in alignment with what you want for your life." A search of "personal mission statement" will generate hundreds of templates and examples.

Wherever you look for inspiration, most mission statements follow this general structure:

1. Identify your strengths
2. Reflect on your values
3. Evaluate how your skills can solve real-world issues

I want to (what is important to you)

Based on my values of

and my goals

So that (what is the legacy you want to leave)

I value (doing x)

because (why it matters)

To do this, I will

My personal mission statement is:

To grow my personal relationships and my business based on the values of abundance and wholehearted living; helping others and myself to show-up as our best, most authentic selves in all aspects of our lives – even and especially when it's most difficult to do so.

Here are a few examples from well-known leaders:

1. "To serve as a leader, live a balanced life, and apply ethical principles to make a significant difference" – *Denise Morrison, Campbell Soup Company*
2. "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style" – *Maya Angelou*
3. "To use my gifts of intelligence, charisma, and serial optimism to cultivate the self-worth and net-worth of women around the world" – *Amanda Steinberg, Dailyworth.com*

4. "To make people happy" – *Walt Disney, Founder of Walt Disney Productions*
5. "To be a teacher. And to be known for inspiring my students to be more than they thought they could be" – *Oprah Winfrey, Founder of OWN, The Oprah Winfrey Network*

I also believe in the power of a divorce mission statement. While this statement will have a shorter life, it can be instrumental in guiding your day-to-day choices. Perhaps the most important question for this statement is, *When I look back on this period how will I feel about the choices I made?* Your mission statement should reflect the commitments you've already made toward showing up as your best self throughout this process (you're here, right?!). I didn't think to create a divorce mission statement for myself at the time, but I've created this one as an example for anyone who'd like to use it as a starting point.

I commit to conducting myself in a way that I will be proud of when I look back on this time. I will use this challenge as an opportunity to discover new inner strengths and I will remind myself daily that a wholehearted future is out there for me, and I deserve it. To stay focused on the high road I will ask myself these questions at every decision point:

- What is my true intention?
- Does this action support my personal mission?
- Is this decision based in love?
- Is this a building block in my journey to wholeness?

Ultimately, your statement will help you stay on track during the most difficult moments. Once you're happy with what you've drafted, put a copy on your phone, by your bed or your computer so that it becomes a living document and a natural frame of reference.

"EVERYTHING CAN BE TAKEN FROM MAN BUT ONE THING. THE LAST OF HUMAN FREEDOMS – TO CHOOSE ONE'S ATTITUDE IN ANY GIVEN SET OF CIRCUMSTANCES."

– Viktor Frankl, author and Holocaust survivor

PERSONAL MISSION STATEMENT

DIVORCE MISSION STATEMENT

Your Personal Communications Plan

Step 1

Define your divorce goals. In doing so consider the questions below and your personal and divorce mission statement:

- How do you want to feel when you look back on this time?
- How will your actions during this time inspire others?
- How do you want to model for your children dealing with difficult times?
- Who are you when you are at your best as a parent?
- What is the bigger purpose you can see for yourself?
- What values are important to you and guide your choices?
- As you look ahead to your next chapter, what have you learned about yourself from this experience?



Sample goals may include:

- Establish a healthy co-parenting relationship with my ex
- Be present and available to my children
- Take the high road in all communications about the divorce
- Don't badmouth my ex to our children
- Create healthy boundaries
- Be an active listener
- Speak up for myself

Step 2

What are three strategies I need to employ in order to reach those goals? The strategy is the approach you'll take to reach a goal. For example, if healthy co-parenting is one of your goals, a strategy could be to minimize opportunities for confrontation.

Step 3

Identify actions you can take under each strategy. Actions in support of your healthy co-parenting goal could include creating a clear and detailed co-parenting agreement so there is less room for disagreement; use of a family share app; or a list of text responses to utilize in order to avoid being provoked into an emotional exchange.

Questions to ask as you create your communications plan:

- What is my true intention?
- Does this action support my personal mission?
- Is this decision based in love?
- Is this a building block in my journey to wholeness?
- What am I really grieving?
- What else could I do?
- What would have to be true for this to be the right answer?
- Use the 10-10-10 rule: How will I feel about this ten minutes, 10 months and 10 years from now?
- What new boundaries do I need to set?
- What areas are uncertain? How would that be for you if it were normal again?
- What creates financial security for you? How much is that for you? How much do you need to meet your basic living needs? Invest in your health. Invest in your ability to earn a living.
- What are my key strengths? Have you talked to someone who can remind you what you have?
- Have you identified areas where you need support?
- Have you asked for that support? If not, what can you let go of that is in the way of asking for help?

Create three to five key messages that will guide you through the divorce. I recommend these categories:

- How do I want to look back on this time?
- How will I talk about my ex / the divorce to others?
- What are my key strengths and what do I need to be reminded of every day?

SAMPLE COMMUNICATIONS PLAN

The following is an example of a completed communications plan. Borrow as much as you'd like, use it to inspire ideas, or start from scratch! Whatever you do, make it authentic to your individual situation.

My personal mission statement:

To grow all my personal relationships and my business based on the values of abundance and wholehearted living; helping others and myself to show-up as our best, most authentic selves in all aspects of our lives – even and especially when it is most difficult to do so.

My divorce mission statement:

I commit to conducting myself in a way that I will be proud of when I look back on this time. I will use this challenge as an opportunity to discover new inner strengths and I will remind myself daily that a wholehearted future is out there for me, and I deserve it. To stay focused on the high road I will ask myself these questions at every decision point:

- What is my true intention?
- Does this action support my personal mission?
- Is this decision based in love?
- Is this a building block in my journey to wholeness?

My divorce goals:

- Be proud of the way I handled myself during this time.
- Put my children first. Do my best to role model strength, resilience and love for them.
- Establish healthy co-parenting with my ex-husband.
- Be fair and kind. Be willing to both stand firm, and to compromise.
- Find and acknowledge gratitude every day.

Strategies to achieve my goals:

- Say the serenity prayer before making decisions.
- Remind myself often that my ex-husband is a good person and father. He's hurting also.
- Support my kids' relationship with their father. It's in their best interest.
- Reduce stressors when possible (cooking, hosting family events).
- Keep a gratitude journal so I can be quickly reminded of the good in my life.

Actions:

- Create messages I'm comfortable with and stick to them, including asking my family and friends to support me in this effort.
- Say yes as often as possible to the kids. Give them a lot of room right now.
- Be flexible when the schedule changes.
- Ask the kids open ended questions every day.
- When possible, wait to do some hard things (like dividing up household items).
- Workout every other day.
- Ask my best friend for extra support.
- Give myself permission to bring in food or eat out more than usual.
- Ask someone else in my family to host events.
- Taking care of myself may include saying no to gatherings I don't feel up to, taking a nap in the middle of the day for no reason, and accepting that my best may not be that great right now.

Key messages:

To family and friends

- Our marriage is ending but we will always be connected by our children. We are both committed to helping them through this with love and consistency. We will not badmouth the other parent.
- Please support us in treating the ex with compassion. We are both sad and overwhelmed.

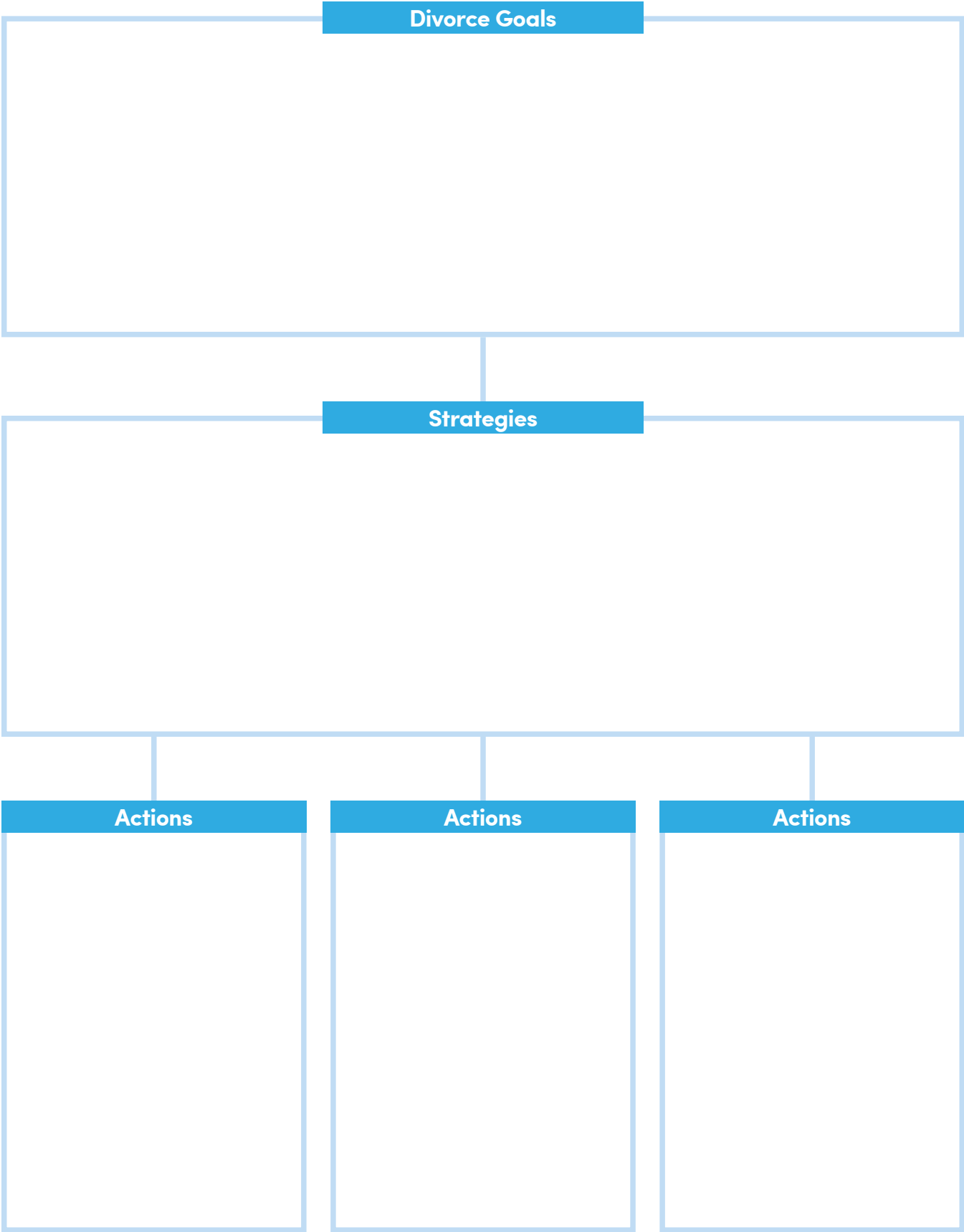
To the kids (teenagers in this situation)

- We know this is awful for you and creates stressors and anxiety that we can't undo.
- We will provide unconditional love, support and a safe space to express yourself.
- Nothing that happened is your fault.
- We both love you completely.

For myself

- I am strong and resilient. I have done hard things before and I can do this, too.
- I am worthy of love and belonging.
- My unique, amazing Phase 2 out there, even if I can't imagine it today.

CREATE YOUR COMMUNICATIONS PLAN



MY GUIDING MESSAGES



Your personal and divorce mission statements are the foundation of your guiding messages

How will I talk about my ex/ the divorce to others?

What are my key strengths/what do I need to be reminded of every day?

How do I want to look back on this time?



COMPASS ROSE
INSPIRED DIVORCE COACHING

P 720.804.0133 | betterthanbeforedivorce.com

