



SELF-CARE

During the Divorce Process

Choosing the right mediator is an important step in your divorce process. If you've met the right match, that's one thing you can cross off your list.

But while your mediator is helping you take care of many matters related to your divorce, it's up to you to take care of yourself.

What does that mean?

Contrary to popular belief, self-care isn't all about relaxing and feeling good. It's about truly caring for yourself during a trying time. It's about respecting, protecting, and investing in yourself as you move forward on your unique journey.

This worksheet will help you map out your personal practice of self-care.

Best wishes to you as you begin anew!

TARA EISENHARD
Divorce Coach

RESPECT YOURSELF

Respecting yourself begins with your self talk. Is the voice in your head compassionate and respectful? Are you respecting yourself with the food you eat, the company you keep, or the amount of rest you get?

PROTECT YOURSELF

Protecting yourself is all about setting boundaries. They might be physical, like changing the locks on your doors. Or they might have to do with who you choose to engage with, or how you communicate.

INVEST IN YOURSELF

Who are you going to be when your divorce is done? Think about the personal, professional, financial, and spiritual aspects of your life. What steps can you take now to invest in that vision?

Worksheet on Reverse

SELF-CARE

A Worksheet for You

NAME 3 THINGS YOU CAN DO TO OPERATE WITH MORE SELF-RESPECT:

Example: I'm going to eat more broccoli and less ice cream

1. _____
2. _____
3. _____

NAME 3 THINGS YOU CAN DO TO BETTER PROTECT YOURSELF:

Example: I'm going to update the privacy settings on my social media accounts

1. _____
2. _____
3. _____

NAME 3 THINGS YOU CAN DO TO INVEST IN YOUR FUTURE:

Example: I'm going to go back to school

1. _____
2. _____
3. _____

Was this helpful?

If you're curious about how you can benefit from coaching, learn more:

TARAEISENHARD.COM