



# 10 ways to get divorce ready

Sarah Hull – Consultant Family Law



Hello, I am Sarah Hull

I founded Life's Chapters in 2018 because, unlike many traditional family law specialists, I have always recognised that divorce and separation are not merely transactional events, they are transitional and often deeply traumatic chapters in a person's life. I'm a strong believer in the power of strategy and forward planning to prevent crisis and bring clarity. Whether that is at the start of a new relationship, in the lead-up to marriage or at the first sign of uncertainty in your marriage.

I am a family lawyer with nearly 30 years of experience helping accomplished professionals and business owners untangle the complexities of midlife divorce with clarity, dignity, and confidence. Empowering them to navigate the storm without losing their business, their sanity, or their future.

I specialise in helping people like you :

Unravel the financial ties without drama;

Protect your business and future income

Gain clarity on your legal position

Take smart steps that protect wealth and minimise emotional strain

I bring legal expertise, emotional intelligence and strategic thinking to every case, with no jargon, no judgment and no unnecessary litigation. You have one life. One business. One chance to get this right. Exit the marriage without exiting your life!



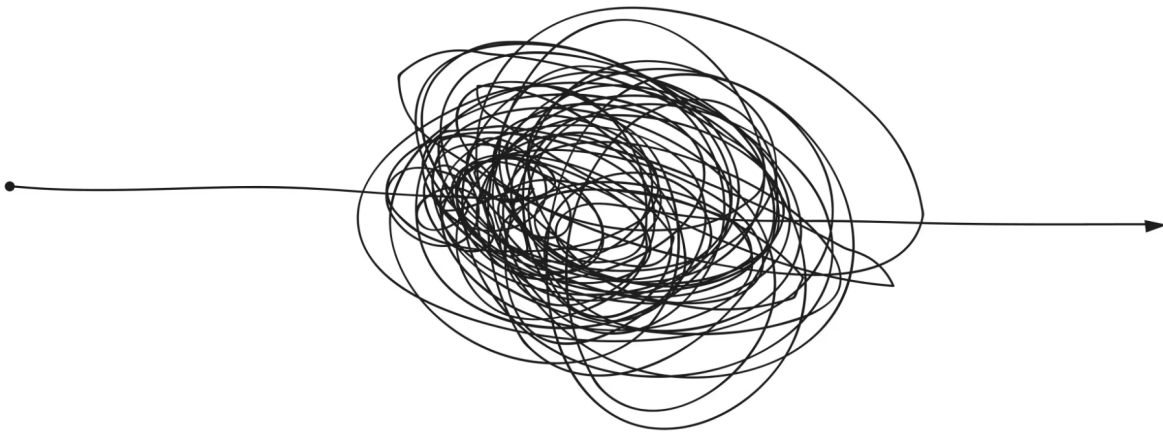
My approach to each chapter of 'life and the law' is unique. I believe that "everyone has a book in them, and I provide legal support for each chapter in their book".

I am a Leeds based solicitor with 30 years of experience in Divorce and Family Law. I know that nothing brings out the full range of human emotions like a separation or divorce.

And, this is precisely why my service is so different from others in my profession. I know that my role is not to simply see people through a legal transaction. It is a life-changing event. It's the conclusion of one chapter in their life, helping them get ready to turn the page and begin a new one. My relationship with my clients is teamwork.

Strategy and planning are vital to ensure the short, medium and long term implications of all decisions and outcomes are considered and their objectives achieved. Sometimes, this involves travelling on an unpleasant journey, with guidance and reassurance and rebuilding of self- confidence is required. I am there to defend your corner, carefully, and with a laser-focused, end- goal strategy behind each action.

I help you to cut through all the drama and have the divorce you want.



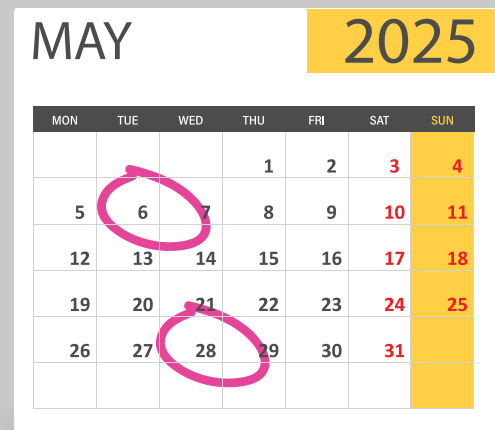
If you are considering getting divorced then your head may well be swimming with thoughts, considerations, emotions... you may not know which way to turn. It can be incredibly overwhelming, even if you are completely sure that the decision is the right one. You may have other people in your life that have to be considered, perhaps children (of any age), family and close friends.

All the thoughts may be affecting your concentration and even your work. Those thoughts and feelings are completely normal. But there is a way through.

This guide has been produced to help you to prepare and make sure you handle your divorce in the best way possible, causing the least hurt and upset, and to achieve



# 1. You need to plan



Fail to plan and you plan to fail.

This is not the time to go with the flow. Strategy is everything. You need to know where you want to be and how you will get there. A plan keeps you on track and reminds you of what's important when the curveballs hit.

Planning your divorce keeps you accountable to yourself and it keeps you focused on your end goal – getting out of your bad marriage and into your new life.

## 2. You need a team



Divorce is hard work, emotionally, physically and psychologically. Having the right team around you is essential. Friends, family, coach, financial adviser, lawyer... pick your divorce team wisely. The right people aren't always the ones who agree with you about everything. Sometimes you need someone to show you a different perspective and challenge your current thinking because this helps you get the best outcome.

Equally, you want to know that people have your back and are working with and for you, not against you, not draining your energy. Choose wisely who you spend your time and money with. When choosing a divorce lawyer look for someone who:

Listens to you.

Gets you and understands your objectives and the type of divorce you want.

Shares your values.

Discusses your options in full and allows you to decide which is the right option for you and your family.

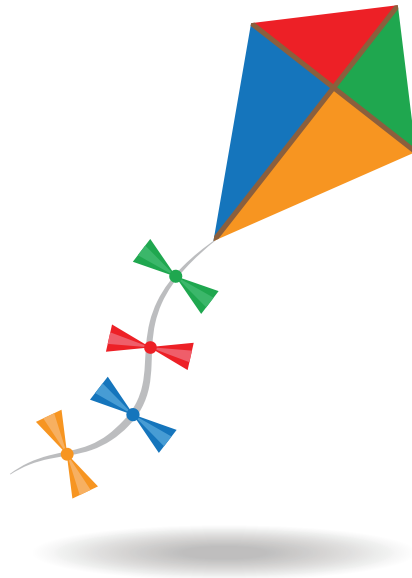
### 3. You need to know your values



Your values tell you what you need to focus on and help you make the right decisions for you and your children. It's important to spend time considering in detail what your core values are. This is your divorce, no one else's. If you write your values down, you can refer back to them. This will act as an anchor when emotions are running high and you are at risk of letting emotions determine your decisions. Even if you know friends and family who have been through a divorce, your divorce will be different to theirs.

No two divorces are the same because no one's individual circumstances are the same. You are unique... so your divorce will be unique. As you navigate the divorce process you may find your values change as you move forward, so don't be afr

## 4. You need to let go



Let go of anger, jealousy, and pain. Seeing your ex living with a new partner or spending money like it's going out of fashion is hard. Hearing them spreading untruths amongst friends and on social media can drive you insane. But you have to let it go. Block and remove your ex from your social media accounts. It's not giving in – it is you refusing to play your ex's mind games. It's about knowing what's important. It's about removing the opportunity for your ex to dictate how you feel.

Remember those who know you, and those that count, know the truth. Your ex does not deserve your energy. You, and those you love, do. Make the decision to let it all go. It may not be easy, but once you have made the conscious decision to let it go, it will get easier.

## 5. You need to be organised



There are forms to complete, there are letters and emails to file, and there are statements to make. Keep note of what's needed, when, and make copies of everything. I suggest you:

Invest in a printer if you don't have a personal one – it'll be cheaper in the long run and save you lots of time.

Have a lever arch folder for everything divorce related.

Filing your paperwork, as you receive or create it, puts you more in control of the process and provides a greater understanding of what is happening at each stage.

Being able to lay your hands on what you need quickly, without trawling through drawers and cupboards, saves untold stress and time...

## 6. You need to know your numbers



Transitioning to life as a single individual means your financial landscape will change significantly. It's essential to gain a clear understanding of all your financial interests. This means knowing what assets you own, whether jointly or individually, as well as business assets, investments and liabilities, both secured and unsecured.

Start by reviewing your personal and business bank statements closely. Track all incoming and outgoing funds, identify the payee and note the purpose of each transaction.

Obtain up-to-date valuations for property and other assets, including the transfer value of your pensions(s), and redemption figures for your liabilities.

Create a comprehensive summary of these details. Having a clear financial picture will be invaluable as you navigate the financial negotiations during your separation and ensure your business interests are properly protected.

## 7. Prioritise you



Despite what your ex may have you believe remember that YOU are important, your health and wellbeing are incredibly important. Make time to do the things that lift your mood and improve how you feel about yourself.

Self-care is vital when you're going through a stressful life experience like divorce.

If you have children you might feel like you need to focus all your energy on them, but this is seldom the right thing to do.

Children are smart – they can sense when you're stressed, and they need you to be calm and as happy as possible during this changing time in their lives.

Self-care is different for everyone. For some it's taking a walk either alone or with the dog, for others, it is having a hot bath, or getting their nails done, for others, it's having a round of golf or a game of squash to tennis or watching a match with a beer. Whatever it is that makes you feel good about yourself, make sure you set time aside to do it. And keep doing it.

Stress and anxiety take their toll on the body physically and psychologically.

Divorce is a long game so build in self-care from the start to help you achieve a more peaceful divorce.

## 8. Keep an open mind



Whilst it's always better to have a plan, that plan needs to be flexible as you grow more confident about getting divorced and moving into your new life after divorce.

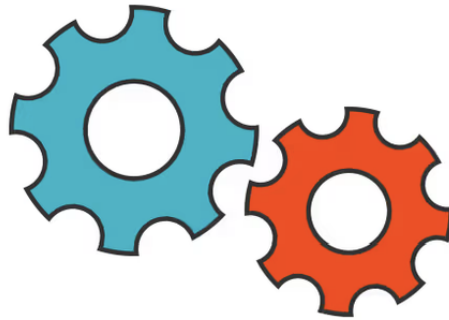
Being rigid in how you want your divorce to proceed can keep you locked in conflict and significantly drive-up costs.

By being prepared to be flexible and keeping an open mind about solutions and you will reach a better negotiated settlement sooner. This doesn't mean rolling over and accepting whatever your ex says. It means considering your options in line with your values.

There is always more than one acceptable solution – it's a case of finding the best one for you and to achieve this you need to be prepared to explore ALL your options as well as reassess your objectives from time to time. .



## 9. Understand the process



By taking steps early on in your decisions to divorce to learn from an experienced divorce and family law specialist about the ins and outs of the divorce process will not only help you feel more in control, but it will also help you make informed and strategic decisions.

It will prepare you for what is expected of you by the court and help you understand what is important to the court – allowing you to keep costs down as you are not focusing on matters the court considers irrelevant.

It will also give you the freedom to consider and explore different options and solutions proposed by your divorce solicitor to untangle your financial ties with your ex.



## 10. Believe in yourself



Fundamental to getting divorce ready is believing in YOU. This is YOUR divorce. YOU must believe it is the right way forward for you in your circumstances.

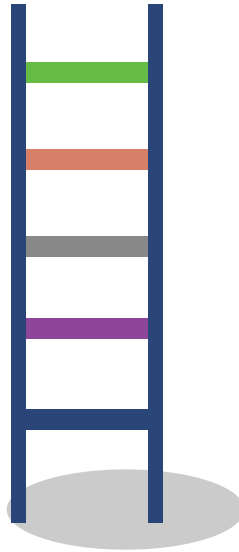
Put aside what others may think. They may have a vested interest in the outcome that is different to yours.

If you decide to divorce, it should be because YOU know that you will be happier when your marriage is legally ended. Throughout the divorce journey you must continue to believe in YOU.

It may feel overwhelming at times, but with the right divorce specialist by your side YOU have what it takes to navigate divorce and come out the other side.

YOU need to believe that a fresh start, a sense of freedom and the chance to be YOU again, without your ex dragging you down, is what you want. Trust in YOUR ability, with the guidance of your experience divorce lawyer to create the new life you need.

Start building YOUR best support team.



Whether you know you want to go ahead and begin divorce proceedings, or you are still considering all the options, I am here for you. I will give you the advice you need for your personal circumstances. Not generic advice... or advice based on another couple's divorce. I am dedicated to helping my clients through what can be the most emotional and stressful time of their lives.

I work with you pro-actively. We will, of course, take it at your speed but please be assured you will not be 'just another case' to me. I limit the number of clients I work with at any one time to ensure I provide a dedicated service which a large law company simply cannot provide. I will be by your side, to help you get the best outcome with the least stress and disruption possible.

### ***Ready to make the next step?***

If you found this guide helpful and want tailored advice for your situation, would love to hear from you. To book your free clarity call email me at [Sarah@lifeschapters.co.uk](mailto:Sarah@lifeschapters.co.uk)

Let's make sure your next chapter begins with clarity, confidence and control

e: [sarah@lifeschapters.co.uk](mailto:sarah@lifeschapters.co.uk) s: [linkedin.com/in/sarah-e-hull](https://www.linkedin.com/in/sarah-e-hull) w: [www.lifeschapters.co.uk](http://www.lifeschapters.co.uk)



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If you found this guide helpful and want tailored advice for your situation, would love to hear from you. To book your free clarity call email me at [Sarah@lifeschapters.co.uk](mailto:Sarah@lifeschapters.co.uk)

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e: [sarah@lifeschapters.co.uk](mailto:sarah@lifeschapters.co.uk) s: [linkedin.com/in/sarah-e-hull](https://www.linkedin.com/in/sarah-e-hull) w: [www.lifeschapters.co.uk](http://www.lifeschapters.co.uk)