



11 Mindset Shifts

To Help You

*Move The F*ck On!*

(Respectfully)

hey
booski

I'm glad you're here! I'm glad that you're ready to shift your mindset. The more tools in your tool belt the better. Besides, it's high time to MOVE THE F*CK ON, mentally, emotionally, physically, sexually....all the "-llys," right?!
Right.

This is a short and sweet list to get those wheels turning. Get unstuck and move forward with confidence. As you may know, most things boil down to mindset. If you can tap into these eleven shifts, you'll be well on your way to making your next chapter, your best one yet!

It's not an exhaustive list, but there's some bangers in here! As always, take what resonates and leave what doesn't.

Now, let's get into it!

-Janine Bell



1. Choose Yourself First, Foremost, And Fiercely Before Seeking To Be Chosen By Anyone Else

Honey, you're the prize. Society has taught us that we're incomplete without being partnered. This is not true. Yes, life is different without a partner, but you're a whole person - with great ideas, great virtues and gifts to share with the world. **It's your job to fully understand what a wonderful person you are, as is, and choose that person, time and time again.** Accept that person, love that person. Once that's done (and it's an ongoing process), then you can add people who will join "you party." You literally have to see it for yourself, (see how great you are) to make sure everyone in your orbit is seeing it too- and acting accordingly. You're going from waiting to be chosen to choosing yourself!

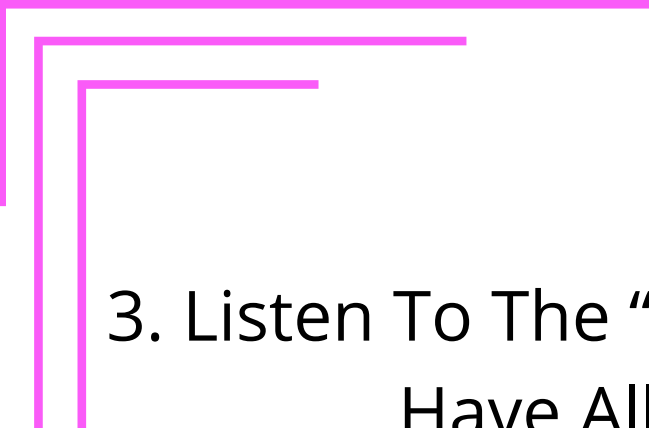
- Exercise: List all your non-physical attributes that make you a prize. If you can't list them, ask friends/family about them. Let them remind you of how incredible you are. Once you hear it, believe it. Embody it and walk through life living into that knowing. Caution: your chin may sit a little higher. It's for the better.

2. Learning To Trust Yourself Again Is A Process. Be Gentle With Yourself

Divorce can 100% make you question everything, about everything—namely things about yourself. We look back with confusion, “how did I let this happen?” or “what about me, let this go on for so long?” or “why didn’t I see that?” a.k.a “what is wrong with me?” And on some level, these are valid questions that can help us avoid making the same mistakes again. *Therapy* can help us get to these answers. However, while we’re questioning and digesting the answers, please know that trusting yourself is muscle that can be grown and strengthened. **Be patient with yourself. You will trust yourself again.** You have always had the answers. Maybe sadness, resentment, or guilt cloud the judgment at times, but you’ve always known what is best for you. That doesn’t change.

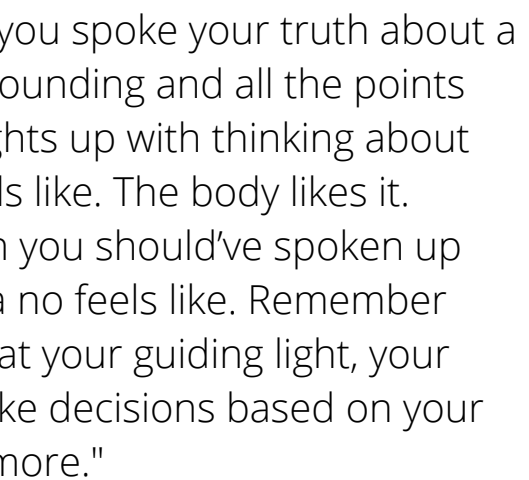
I have found that micro-promises can have a huge impact on rebuilding your trust with yourself.

- Exercise: Make small promises to yourself and keep them. It can be as small as “I will wake up 5 minutes earlier” or “ I will eat one fruit today.” Whatever the thing, make sure you do it. These micro promises are rebuilding your trust with yourself.



3. Listen To The “Yes” In Your Body. You Have All The Answers

The “yes” in our body is essentially our intuition. Sometimes we go against it, sometimes we listen. This mindset shift is about trusting that yes, and following what it’s telling you. In the past, you’ve said yes when your body (your gut) was a no. In other times, you’ve said no, when your body was a yes. We want the intuitive feeling and the action to be in unison. **When you listen to the yes in your body, you’re creating more alignment and harmony, and less discord and confusion.** Ultimately, more trust in yourself. If you’re a little rusty, that’s ok. It gets easier over time.

- Exercise: Think about the last time you spoke your truth about a topic. Remember the moment surrounding and all the points you made. Notice how your body lights up with thinking about that moment. That’s what a yes feels like. The body likes it. Conversely, remember a time when you should’ve spoken up but didn’t. That gut feeling is what a no feels like. Remember what the yes feels like and make that your guiding light, your Northstar for your interactions. Make decisions based on your yes, "here henceforth and forever more."
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4. You Can Do Hard Things. A Mantra.

Life can be tough, but beloved, you're tougher. Yes, life can give you circumstances beyond your control. Yes, life can throw curveballs. Yes, life can suck - plainly speaking. But you can do hard things. You can get through anything that is put in front of you. How do I know? Because **you've overcome 100% of the things that have already ever happened to you.** You're 10 for 10 babes.

- Exercise: Tell yourself verbally, or write a note somewhere prominent reminding yourself "I can do hard things." Rewire your brain to know that triumph is in future. Triumph is yours. This is not an *invitation* for hard things to come into your life! But a reminder, that if they find their way to you, you can overcome them. You will be victorious on the other side.

5. Lead With Curiosity

We live in a world of codes, niceties, expectations, unwritten rules and all types of non-verbal, societal, un-communicated BS. Chiiiiile, don't be afraid to ask questions. In fact, make it your business to ask more questions "What does this mean?" "What are you looking for?" "How have you healed from that?" No question is off limits. **You need clarity- on all the things! You cannot thrive in ambiguity!** Get your clarity. Get your answers. Get your emotional safety!

We're done romanticizing people's actions. We're done connecting dots with our own understanding. We're throwing on our proverbial dunce cap (joking, but not) and getting concrete responses to QTNA's (questions that need answers).

- Exercise: Be extra mindful of the next time you make an assumption- about anything. Clock it (sometimes it happens in microseconds), ask the relevant question(s), and respond according to those answers. Example: someone steps in front of you in line: it's not so much: "they must not see me, they must feel entitled, they don't care...." none of that. It's more: "Hi, did you see I am standing in line?/Hi I did you know I was here first.?" Based on *that* answer, you can respond according to the actual facts, not the ones/conclusions you created in your mind. You see the difference? I know you do. You're a smart one.

6. Your Emotional Safety Is Your Top Priority

Read that again. Feel that, like, really feel it.

If ever you feel unsafe, uncomfortable, or compromised in any way, that's your indication to change something about the situation. That change can be speaking up, physically leaving the space, leaving the conversation, or something to that affect. **Listen to your body and all the ways it tries to communicate with you. You know when you know.** Sometimes we get caught up in niceties and politeness. "I don't want to cut them off...I'll let them finish their point....I don't want to be rude" F*ck all of that. They've decided to make you uncomfortable - knowingly or unknowingly. It's your responsibility to let them know, you don't like it. When your safety has been compromised, it's your responsibility to regain it. No one else can do that for you, but you. Lastly, give yourself emotional safety first so when anyone enters your life, friend circle, business partnership etc, they either have to maintain it or increase it. Set the bar.

- Exercise: The next time you feel your emotional safety is being compromised, be an agent of change. "Can we switch topics?" "I have to leave" "I'm uncomfortable with this" "I don't do gossip" whatever the situation calls for. Either you steer it in a different direction, or steer yourself out of the situation. Period. Practice. It may feel uncomfortable. What you're doing is standing up for yourself- and in turn, showing yourself that you're worthy of standing up for. Win-win darlin!

7. You Don't Need Anything From Anyone. Start There.

OK OK. This is an extreme statement but try it on for size. Like I said in #1, you're a whole person. You don't need to be completed by anyone, any relationship, and career. It's really only about you, boo. Look around at all the love in your life. There is no hole to fill, seat, or shoes to fill. **When you meet people who enter your life, you get to decide if they match the existing energy that you've created.** Adding new people to your life is new and exciting and filled with possibilities. Just know you're complete, as you are. That way, you'll begin to add people to your life based on what you want, not just based on what's available (i.e what pursued you). See the difference? Also beware of dating a seat-filler. Imma leave that there. You do with that what you will.

8. Divorce Doesn't Make You A Failure, Babes

Divorce is a lot of things. One thing it's not, is a sign of failure. Here again, we're faced with how we're socialized to prioritize romantic relationships. In a world where marriage is seen as a huge accomplishment, divorce is seen as a huge failure. It's not. **At its core, it's a misalignment, a mismatch, not a good fit, an end of a relationship - for whatever reason.** It takes some healing to release yourself from the the guilt or shame. This is a little nudge in the direction of you seeing it differently. Fully seeing it this way certainly won't happen overnight, but I know it's possible. Don't let this divorce go to your head. Take control of your heart, body and mind.

9. You Deserve The Absolutely Best

After a divorce, it's common to feel low, down in the dumps. Specifically, it's easy to believe we are not worthy of nice things, because we have a lot of shame or guilt. It may take some time to get over these feelings. That's natural. While you're healing that, show yourself that you are worthy of not only nice things, but the best things! The magic happens when you actually do it. **How can you have/live your best life without having the best things?** Believe you're worth it by proving it to yourself. No need to wait for someone else to show you.

- Exercise: The next time you need to make a decision, give yourself the best option. This is how you teach yourself that you deserve the best. It feels good receiving it, and it feels good giving it to yourself. Win-win again! (like #7) Try it with small things, if that's easier for you. Then grow into bigger decisions.

10. De-Center Romantic Love

In this society, romantic love has been put on such a pedestal. It becomes a focus from a very young age - specifically for women. From children's books, Disney films, rom-coms, or love songs - it was everywhere. So much so, we put on proverbial blinders in search of romantic love. With those blinders, we block out everything else that isn't it. Can we temporarily take the focus off romantic love for a beat? And see all the love that exists in our lives?

Platonic love, familial love, even universal love can be found in everyday life. They can be as fulfilling as romantic love, if you allow them to be.

- Exercise: Look for all the love you receive on a daily or weekly basis. Write it down in a journal. Keep a record of all the expressions of love that you have in your life. It can be as small as a stranger opening the door for you, or a heart-to-heart conversation with a friend. Find one a day for 30 days. You may be surprised. Spoiler: There's so much love already in your life.

11. You Are Worthy of Love *Just As You Are.*

Somewhere through this divorce, or in life in general, you've subconsciously convinced yourself that you are not worthy of love, good, wholesome, healthy love. When the truth is, you are worthy of this love just as you are, nothing to add, nothing to subtract....as in. **Your choices will always reflect what you believe about yourself.** You will accept what you believe you deserve. Today, we shift that in a positive direction. We're tilling the soil of what's there, so we can change it.

- Exercise: First part is writing. Second part, is reciting these things in the mirror. You're going to tell yourself that you are "worthy of healthy, nourishing love with _____." You fill in the blank with all the things you've convinced yourself that make you less desirable, things you see as flaws. Write "I am worthy of healthy nourishing love with (ex: stretch marks, a fat tummy, my income level, my neurodivergence, acne scars, a less than perfect booty, a shorter leg, my body type, sense of humor...whatever the thing!). Write individual sentences for each item. Once you start, the rest will flow.
- After this, be aware of the places you change yourself for others. Breaking this habit is not a one-time thing. We're re-writing the script in this story, piece by piece.

Bonus. Be Heavy On The Gratitude!

One of the best ways to move on with your life is to be thankful for the experiences. It wasn't all bad. **Do your absolute best to find the good, find the beauty, find the best parts and be grateful for those things.** Think about all the things you got to experience, all the laughs, all the special moments. They were beautiful. At some point, they filled you with joy. Show gratitude for those things, to make peace with the whole experience. Thank yourself for showing up the way you did. Thank yourself for doing what was best for you at the time. And then take your lessons and blessings and go! Onward and Upward!

- Exercise: Write a letter to yourself writing all the things you're grateful for from the past relationship. Make sure to include all the lessons learned.

Add Your Own

Thank
you

I hope you found this list useful! It was a joy to make it.

May you MOVE THE F*CK ON, with grace, self-compassion....and big F-U to all the pain, anger, fear and resentment. You're more than that. You deserve more than that!

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Take good good care of yourself, friend.

- Janine Bell