

Finding Your Inner Strength and Power Through Divorce: Rebuilding Yourself to Build the Life of Your Dreams

Episode 10: Show Notes.

What would you do if you found yourself in a relationship that is not serving you, one that is not fulfilling your needs? Whatever relationship you are in that is not serving you – whether it be a marriage, partnership, or friendship – today on the show, you will hear from a mother, wife, business owner, and fashion and lifestyle influencer, Shelby Kennedy, who shares her divorce story. Find out how she discovered her inner strength to pull the ripcord, find self-love, and build the life of her dreams, and hear her advice for those who are stuck in a loveless marriage and afraid of moving forward. She also talks about the importance of acceptance, getting to know yourself on your own terms, and finding external support when your cup overflows, as well as making time for self-care and living for today, so make sure not to miss this episode!

Key Points From This Episode:

- Shelby provides listeners with a glimpse into her life and work.
- How and why Shelby made the decision to leave a marriage that wasn't serving her needs.
- The process of finding herself post-divorce by traveling the world on her own.
- Shelby believes that no one, including your kids, deserves to live in a loveless marriage.
- Where Shelby landed after her travels and learned how to stand on her own two feet.
- Because she only knew "me and you", Shelby had to get to know and love herself.
- The difference between young love and mature love is acceptance.
- Shelby's advice for those stuck or afraid of moving forward: Trust your gut!
- The people that were there for Shelby when she was going through her hardest times.
- Shelby reflects on the stresses of COVID and how it affects our relationships.
- Finding support for mental health issues when your cup overflows and you're overwhelmed.
- Learn about the nighttime routine that allows Shelby to make time for self-care.
- Words of wisdom Shelby hopes to impart on her daughter – live for today, don't rush.
- Just because you've been with someone for a long time doesn't mean it's good for you.
- What's next for Shelby, like starting a new business with her husband.

Tweetables:

"It was wading through a lot of learning and excitement and adventure, but also trying to forgive myself for getting married [young] and thinking I was ready when, in the end, I truly wasn't and it wasn't right." — Shelby Kennedy [0:08:21]

"How can you love someone else if you don't love yourself? How can you know what you're looking for if you don't really understand who you are? Essentially, that's what I hoped to do

because, when I left my husband, I only knew ‘me and you’, I [didn’t] know ‘Shelby by herself.’”
— Shelby Kennedy [0:13:56]

“To my daughter, I say, ‘Trust your gut, listen to your mother, and don’t rush. Live for today! Enjoy your life for today. Don’t be governed by fear.’” — Shelby Kennedy [0:29:32]

Links Mentioned in Today’s Episode:

[Shelby Kennedy on Instagram](#)

[Shelby Kennedy on YouTube](#)

[Britt Anderson](#)

[Britt Anderson on Instagram](#)