



LAW OFFICES OF
TRESA A. SADLER, PLLC

A GUIDE FOR CLIENTS

The Divorce Success Checklist

*15 things my most successful divorce clients
have in common*

Tresa A. Sadler, Founder
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A note from Tresa

After more than twenty years in family law, I've noticed that the clients who come through divorce in the strongest position tend to share a set of habits. Not perfect people. Not the ones with the best facts. The ones who show up, stay honest, and do the work. This checklist is what I've watched those clients do.

Read it once through, then keep it nearby. The boxes are there so you can mark what you have already put in place, and see what is still worth your attention.

Tresa A. Sadler

Founder, Law Offices of Tresa A. Sadler PLLC

PLEASE READ FIRST

This guide is provided for general informational purposes only and reflects observations drawn from our experience working with divorce clients. It is not legal advice and should not be relied upon as such. Reading this guide does not create an attorney-client relationship with the Law Offices of Tresa A. Sadler PLLC. Every case is different, and the outcome of any matter depends on its specific facts and the law of the applicable jurisdiction. For advice about your situation, consult a licensed attorney in your state. Advertising does not indicate a guarantee of results.

Communication and follow through

☐ **01 They meet every deadline.**

When your attorney asks for tax returns, bank statements, or text messages, send them promptly. Every day spent waiting is a day your case can't move forward.

☐ **02 They give facts, not opinions.**

Tell your attorney what happened, who said it, who did it, and when. A clear chronology is worth more than ten pages of emotion.

☐ **03 They stay responsive.**

Unanswered emails and missed calls slow a case down. When your attorney asks a question, there is usually a deadline behind it.

☐ **04 They follow the advice they asked for.**

If counseling, testing, or treatment is recommended, they go. Courts notice action, not promises.

Ownership and stability

☐ **05 They take accountability.**

Blaming an ex rarely strengthens a case. Asking "what can I do differently starting today?" often does.

☐ **06 They create stability.**

Moving from place to place raises questions, especially when children are involved. A steady home builds credibility.

☐ **07 They change harmful behaviors.**

If something you're doing could hurt your child or your case, adjust instead of defending it. Protecting your child matters more than protecting your pride.

☐ **08 They treat everyone with respect.**

The court watches more than your evidence. It watches how you carry yourself, and maturity builds credibility.

Respect and priorities

☐ **09 They respect different beliefs.**

Family court is not deciding whose beliefs are right. It's looking at whether parents can put their children's needs first.

☐ **10 They respect the process.**

Review every invoice for accuracy and ask questions when something isn't clear, but don't spend your energy arguing over minutes.

☐ **11 They prioritize their case.**

Staying current on your responsibilities keeps your attorney focused on strategy instead of logistics.

☐ **12 They stay prepared.**

Deadlines and hearings don't pause when funding isn't in place. Preparation creates momentum; waiting creates stress.

Perspective and honesty

☐ **13 They understand who decides.**

Your attorney's job is to present the strongest case possible. The judge decides the outcome.

☐ **14 They're coachable.**

Not every conversation with your attorney will be easy. The strongest clients don't shut down, they ask what to do next.

☐ **15 They acknowledge reality.**

You can't heal what you won't acknowledge, and you can't change what you won't acknowledge. Honesty about where you are today is the first step toward a stronger tomorrow.

A CLOSING THOUGHT

The goal isn't only a good legal outcome. It's to come out of this stronger, wiser, healthier: a better parent, a better partner, a better person. Our children inherit the world we hand them. They deserve the best version of us.



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NEXT STEP

Talk with someone who's guided families through this before.

The Law Offices of Tresa A. Sadler PLLC serves Mill Creek, Snohomish County, King County, and clients throughout Washington. Our work covers divorce, custody, support, property division, and QDROs.

If you would like to talk through your own situation, a consultation is the place to start.

Schedule a Consultation

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