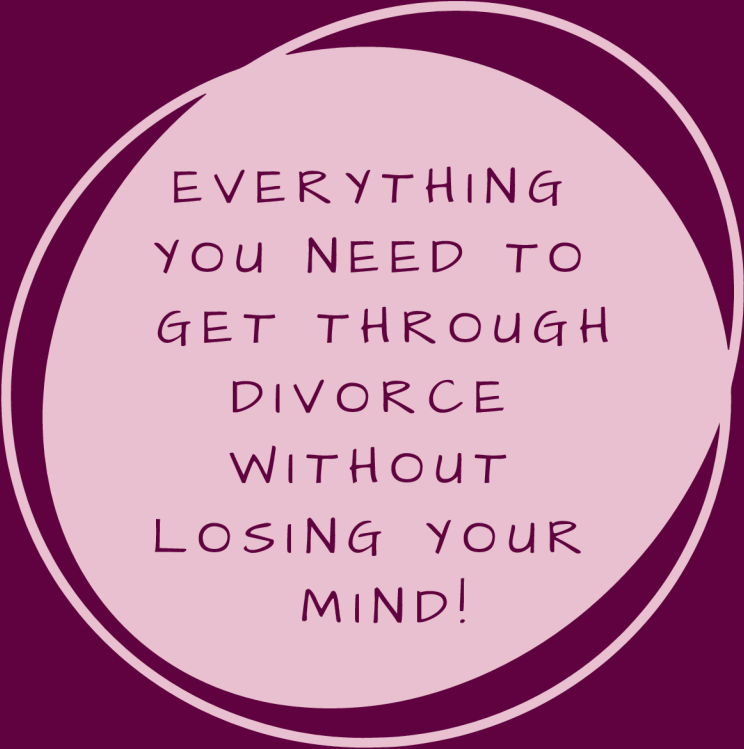



YOUR
ESSENTIAL
DIVORCE
CHECKLIST



EVERYTHING
YOU NEED TO
GET THROUGH
DIVORCE
WITHOUT
LOSING YOUR
MIND!



Personal

	Y	N	N/A
 Full names, dates of birth, & social security numbers for you and your spouse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Current contact info (<i>address, phone, email</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Marriage certificate, with date and place of marriage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Proof of state residency (<i>ie license or utility bill</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Your employment info (<i>ie company name, address, contact info, length of employment, salary details</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Your spouse's employment info (<i>ie company name, address, contact info, length of employment, salary details</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Details about previous marriage(s) and/or kids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Name and contact info for attorney(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Notes:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Notes:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Notes:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




Financial Information

	Y	N	N/A
 Income Records (<i>ie recent pay stubs, W-2 forms, and tax returns for the past 5 years</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Documentation of additional income sources (<i>ie freelance work, bonuses, commissions, dividends</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Statements from all bank and investment accounts (<i>ie checking, savings, stocks, IRAs</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Retirement Information (<i>ie statements from 401k, Roth, misc IRAs etc</i>) - Do you know about QDROs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Pension Information (<i>ie all details including benefits statements and location</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Alimony - Will you be requesting or paying?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Have you created a detailed & realistic post-divorce budget that accounts for changes in earnings and liabilities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Loan documents (<i>ie HELOC, personal, student, medical etc</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Credit documents (<i>ie credit card statements & credit reports</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Tax Filing - Filing separately or jointly? Who will take the dependency exemption?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Has there been or will there be an inheritance?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>






Property & Assets

	Y	N	N/A
 Home Documents (<i>ie. deeds, mortgage statements and property tax documents</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Vehicle Documents (<i>ie title, registration, loan docs for cars, boat, or other vehicles</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Personal property valuation (<i>ie jewelry, artwork, collectibles, significant household items</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Have you discussed tax consequences of property division with an expert?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Do you live in a “community property” or “equitable distribution” state?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Do you know which assets and property are owned “jointly” and which are owned “separately?”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Is there a family business? <i>If yes, gather documentation and tax info</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Dividing Retirement accounts - Does the divorce decree spell out what to do? (<i>Tip - Do you have a QDRO?</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Education and/or degrees for you and your spouse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Pets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Notes:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Child Custody & Support

	Y	N	N/A
 Are there any existing child-related court documents (<i>ie custody or child support-related. If so gather them.</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Has “physical custody” of children been determined? (<i>If yes, get a copy of these orders</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Has “legal custody” of children been determined? (<i>If yes, get a copy of these orders</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 If custody has been determined, have parenting schedules been established?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Child-related records (<i>ie educational, medical, dental, iextracurricular, insurance-related. Get records + costs.</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Parenting plans - Have you and your coparent created one?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Do your kid(s) require special considerations because of neurodivergence, educational, or physical challenges?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Have restraining and/or harassment orders around the children been issued? <i>If so, get copies of these.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Child Support - Requesting? Paying? Already have an order? Need to modify an order?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Notes:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Notes:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Legal + More












	Y	N	N/A
 Do you have a prenup or postnup? <i>If yes, get a copy.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Have restraining and/or harassment orders been issued? <i>If so, get copies of these orders.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Estate planning documents (<i>ie gather copies of will and trust docs for you and your spouse</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Advanced healthcare directives (<i>ie healthcare proxies, living wills etc</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Powers of attorneys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Life, health, and disability insurance policies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Business Interests - Do you have jointly or individually owned businesses? Patents or trademarks? <i>If so, gather the documents.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Digital Assets - Gather info for online accounts, digital subscriptions, passwords etc	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Future planning: Do you need to update wills/trusts? Powers of Attorney? Insurance beneficiaries?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Legal fees - Who is paying? How?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Notes:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



ESSENTIAL DIVORCE CHECKLIST

"Caring for myself is not self-indulgence, it is self-preservation." Audre Lord

Supporting YOU

	Y	N	N/A
 Water. <i>Drink, swim, cry, bathe.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Move your glorious body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Eat colorful whole foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Barefoot time in fresh air and nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Gather your support squad (<i>ie family, friends, neighbors, community members</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Make your space your sanctuary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Create new routines & build new hobbies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Focus on your future (<i>ie journal, create art, vision board, speak it aloud</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Dive into support groups and find your people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Thoughts:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Thoughts:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>