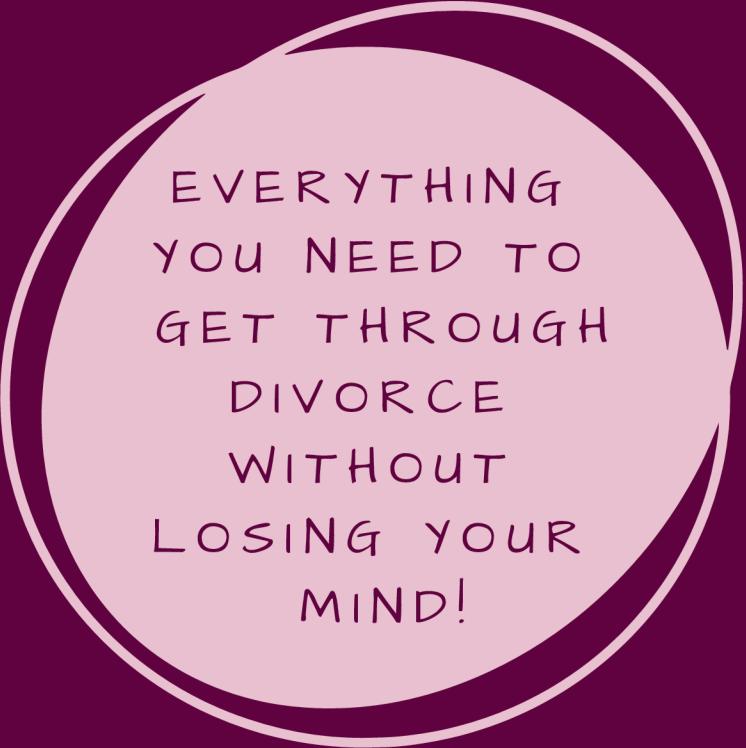


YOUR
ESSENTIAL
DIVORCE
CHECKLIST



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 (address, phone, email)	<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 (ie license or utility bill)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Your employment info (ie company name, address, contact info, length of employment, salary details)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Your spouse's employment info (ie company name, address, contact info, length of employment, salary details)	<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 (ie recent pay stubs, W-2 forms, and tax returns for the past 5 years)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Documentation of additional income sources (ie freelance work, bonuses, commissions, dividends)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Statements from all bank and investment accounts (ie checking, savings, stocks, IRAs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Retirement Information (ie statements from 401k, Roth, misc IRAs etc) - Do you know about QDROs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pension Information (ie all details including benefits statements and location)	<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 (ie HELOC, personal, student, medical etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Credit documents (ie credit card statements & credit reports)	<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 (ie. deeds, mortgage statements and property tax documents)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Vehicle Documents (ie title, registration, loan docs for cars, boat, or other vehicles)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Personal property valuation (ie jewelry, artwork, collectibles, significant household items)	<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? If yes, gather documentation and tax info	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Dividing Retirement accounts - Does the divorce decree spell out what to do? (Tip - Do you have a QDRO?)	<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 (ie custody or child support-related. If so gather them.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Has “physical custody” of children been determined? (If yes, get a copy of these orders)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Has “legal custody” of children been determined? (If yes, get a copy of these orders)	<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 (ie educational, medical, dental, extracurricular, insurance-related. Get records + costs.)	<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? If so, get copies of these.	<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. Drink, swim, cry, bathe.	<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"/>