



AUTHENTIC  
COACHING

# **Divorce Money and Mindset Checklist**

## **Don't Let Divorce Define You**

The first steps to creating financial and  
emotional freedom.

[www.authenticcoachingwithjess.com](http://www.authenticcoachingwithjess.com)

# Legal Checklist



## **Get a Lawyer**

This needs to be someone reputable or that has a history and experience in family law. References from people you know is a great place to start. You do not need the most expensive lawyer and divorce costs can be kept down if amicable agreements occur between the spouses.



## **Have a legal separation agreement in place that includes;**

Custody and Visitation Agreement  
Alimony or Child support  
Who stays in marital home

Nothing is set unless it is under legal jurisdiction. Do not verbally agree on anything. Everything must be written and signed by both parties.



## **Know the laws of your state (separation protocols, waiting periods, custody)**

Helpful Links: [Divorce Laws by State](http://www.divorcesource.com)  
[www.divorcesource.com](http://www.divorcesource.com)

## **Look at different custody agreements and decide what will work for you and your ex.**

Helpful Link: [www.custodyexchange.com](http://www.custodyexchange.com)



# Financial Checklist



**Obtain copies of all the bills stated below in addition to all of your bank accounts, credit cards, retirement, IRA accounts and a copy of your credit report.**

- |   |  |
|---|--|
| <input type="checkbox"/> Mortgage / Rent  | <input type="checkbox"/> Car Payment                     |
| <input type="checkbox"/> Electric   | <input type="checkbox"/> Child Care / Day Care           |
| <input type="checkbox"/> Cable  | <input type="checkbox"/> Groceries                       |
| <input type="checkbox"/> Internet   | <input type="checkbox"/> Health Insurance                |
| <input type="checkbox"/> Water  | <input type="checkbox"/> Credit Cards                    |
| <input type="checkbox"/> Phone  | <input type="checkbox"/> Debt-student loans or other     |
| <input type="checkbox"/> Children's expenses/ extra curriculars   | <input type="checkbox"/> Subscriptions / gym memberships |
| <input type="checkbox"/> Entertainment / Eating Out / Movies  |  |
| <input type="checkbox"/> Credit Report (Don't skip this!) You need to know where you as an individual stands! |  |

*Answer the following to give you a pretty good picture of monthly expenses.*

How much does it cost you to run your house hold (add the above): \_\_\_\_\_

How much do you bring in? \_\_\_\_\_

How much money are you over or below the estimated cost to run your household as it is now? \_\_\_\_\_

Helpful Links: [www.maritalaws.com/alimony-calculator](http://www.maritalaws.com/alimony-calculator)  
[www.avvo.com/family-law/alimony/alimony-calculator](http://www.avvo.com/family-law/alimony/alimony-calculator)  
[dadsdivorce.com/resources/child-support-calculator/](http://dadsdivorce.com/resources/child-support-calculator/)  
[www.alllaw.com/calculators/childsupport](http://www.alllaw.com/calculators/childsupport)

*Know what potential child support and alimony you may receive*

[www.authenticcoachingwithjess.com](http://www.authenticcoachingwithjess.com)

Credit Cards

# Emotional Checklist



## Self-Care Checklist

Download a copy from my site. Do this guide and really look deep at how you are showing up for yourself. What can you do NOW to start treating yourself better?



Do I feel any of the following? Write it out be honest and face your emotions head on.

Feel them thoroughly in this exercise.

This is a brain dump - anything and everything you feel.

- ✓ Anger
- ✓ Failure
- ✓ Shame
- ✓ Guilt
- ✓ Sadness

*Use the next page to reflect on these emotions, then list 1 thing you can think differently about each or the ones you have chosen.*

# Reflection

# Write It Out

What is your perfect outcome, letting go of all the feelings you have just reflected on? How do you want to show up beneath hurt and anger?

How do you want to describe yourself through and after your divorce?  
Most likely not bitter, angry and vindictive; reflect fully on how you can be better than before:

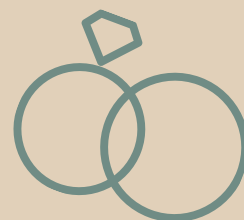
Write 3 things you can do to move forward to have a positive outcome.

Dealing with Loneliness: see my vlog here: [Loneliness Vlog](#)

# Support

It is so important to have support through this difficult time. Nobody ever wants to get divorced, but it is all too common. Divorce is not easy and nobody chooses to go through this. Come out more confident and more empowered than before. You are worth it. Use this time to work on YOU in creating the life that will bring you the most JOY. You can do this with dignity, grace and courage!. Here are some ways to get the support you need:

- ✓ Family and Friends
- ✓ Join my Facebook group [Divorce: Money and Mindset](#)
- ✓ Divorce Money and Mindset Course - COMING SOON
- ✓ 1:1 Support from me virtually or in person Certified professional coach specializing in Divorce to help you every step of the way giving you empowerment and confidence to create the new life waiting for you on the other side.



# Resources

## Books

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### For Adults:

You can heal your life Louise Hay

The Four Agreements

Spiritual Divorce —Debbie Ford

Surviving Separation and Divorce —Oberlin

You Are a Badass - Jen Sincero

Congratulations on Your Divorce – Botwinck

When Happily Ever After Ends - Covy

Divorce and New Beginnings – Clapp

Atomic Habits James clear

Untamed Glennon Doyle

Making Divorce Easier on Your Children - Long, Forehand

Voices of Children of Divorce - Royko

Co Parenting Works Tammy Daughtry

### For Kids:

Moms House Dads House Isolina Ricci

Two Homes Claire Masurel

My Family is Changing Pat Thomas

Listening to my body Gabi Garcia

A Kids Book About Divorce - Ashley Simpo



# Resources

## Meditation

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Insight Timer  
Youtube  
Head Space  
Tara Brach.com

## Podcasts

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- Emma Johnson's "Like A Mother"
- Stacy Freeman on "The Steve Pomerantz Show"
- NPR's "Invisibilia"
- Mandy Walker's "Conversations About Divorce"
- Erin Levine on "The Lawyerist"
- The Wall Street Journal's "Secret's of Wealthy Women"
- DivorceForce's "Survival Guide"
- The MindBodyGreen Podcast
- Kim Williams' "Experiencing Motherhood: Single and Black"
- Worthy's "Divorce and Other Things You Can Handle"