

Prepare for Divorce: Checklist



Mindful Divorce
Open Minds, Open Hearts



Emotional Preparation:

- Accept and process your emotions (shock, anger, sadness, etc.).
- Lean on support systems (friends, family, or a therapist).
- Prioritize self-care: maintain healthy routines and find time for personal joy.



Legal Considerations:

- Understand the grounds for divorce in your jurisdiction.
- Consult a family law attorney to learn about your rights.
- Prepare documents like marriage certificates and agreements (e.g., prenups).
- Research local laws on property division, spousal support, and custody.



Financial Organization:

- Collect financial records (bank statements, tax returns, investment accounts).
- Assess debts and shared financial obligations.
- Close or separate joint accounts to protect your credit score.
- Consult a financial advisor familiar with divorce processes.



Practical Steps:

- Draft a budget reflecting post-divorce realities.
- Outline preferences for asset division and custody agreements.
- Explore mediation or negotiation options to reduce litigation costs.



Child-Focused Planning:

- Document involvement in your child's life (school, healthcare, daily routines).
- Create a parenting plan detailing schedules, holidays, and responsibilities.
- Prioritize open communication and cooperative co-parenting.



Emotional and Community Support:

- Join support groups or online communities for divorced women.
- Set boundaries to avoid toxic relationships and focus on positive connections.
- Reflect on lessons learned and set new goals for personal and professional growth.