

My Divorce Solution



Divorce Checklist

Financially Prepare Yourself For Divorce

Are you or someone you know feeling overwhelmed about a potential divorce? Does it seem like you can't get your financials in line and don't even know where to start? Divorcing your spouse can feel like crossing a giant mountain without any guidance. Luckily, we've put together a simple and easy-to-follow Divorce Checklist to understand your financials and so that you can be in the best position to take care of yourself.

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Run a Credit Report

It's necessary to understand where you are and what you need to improve on. Get an idea of where your credit is and if/what you can do moving forward.

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Develop a Budget

After running your credit report, you'll have an idea of what you can and cannot afford. Be honest with yourself and your income while you budget for your needs and wants on your own.

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Create a Safe Place to Receive Information

Consider getting a post office box or a new email that your partner isn't aware of. It's essential to get and receive both digital and hardcopy information in a safe place. You don't want your partner getting ahead of you and reacting emotionally to what you're receiving. You also don't want someone constantly looking over your shoulder.

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Change All Your Passwords

Most likely, your partner will know your passwords to get into your accounts and profiles – banks, social media, email, etc. Consider changing them to keep all your profiles secure.

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Make Copies

Make sure all your essential documents are copied and secured. One trick is to scan copies and send them to the new email you created beforehand. That way, you have copies of all documents in a place that your partner doesn't know of.

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Address All Medical and Dental Issues

If your insurance is through your partner, it's essential to take care of all medical and dental issues before the divorce. Divorce can also be very stressful and take an emotional and physical toll on you; it's important to be healthy and make sure you're in good health throughout the divorce process.

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Take An Inventory

It's essential to understand all "nonmarital" property and understand what you're getting into and have.

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Remove Personal, Irreplaceable items From Your Home

In an emotional and heated argument, the last thing you want is to have something irreplaceable broken. Move your beloved personal belongings to a safe place to protect them.

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Research Divorce Professionals and Divorce Methods

There are a few different ways to get divorced. You can read more about each of them [here](#). Take your time to understand your divorce options and evaluate which is in the best interest for you and your children. Once you've decided on a divorce method, research divorce the divorce professionals nearby (mediators, attorneys, divorce coaches, etc.).

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Sign up for the #1 Online Divorce Course – [DivorceU](#)

Divorce can be confusing and overwhelming; this course will help you understand what you need to do and how to protect yourself. The best version of you is an informed you.

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Do One Positive Thing a Day

It's necessary to start your journey on your own being happy and in good health. Take care of yourself and start your positive journey by doing one positive thing a day. The positive steps will add up, and you'll be amazed at how far you've come.

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We hope this checklist helps you to start and understand your divorce. The reality is that this can be a confusing and complicated time, and it's best to surround yourself with people who are willing and want to help you. My Divorce Solution offers the #1 way to prepare for divorce. Clients can save up to 80% on divorce costs with the Divorce Financial Portrait. Get Started Today By Taking Our Free Assessment

FREE DIVORCE ASSESSMENT