



# Comprehensive Pre-Divorce Checklist

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# Introduction

Welcome to a pivotal resource in your journey through divorce. If you're feeling overwhelmed by the legal, financial, and emotional challenges, know that you're not alone.

This pre-divorce checklist is designed to help you manage the preparation phase comprehensively, covering legal, financial, emotional, and familial aspects, ensuring you are as prepared as possible before initiating legal proceedings.

# INITIAL CONSIDERATIONS

## **Research and Understand the Divorce Process:**

- Learn about different types of divorce (contested, uncontested, mediation, collaborative).
- Understand the legal grounds for divorce in your jurisdiction.

## **Self-Assessment:**

- Evaluate your reasons for considering divorce and assess if alternative solutions like therapy could be viable.

## **Gather Essential Information:**

- Collect all personal identification documents (IDs, passports, Social Security cards).

## **Initial Legal Consultation:**

- Consult with at least two or three divorce attorneys to compare advice and compatibility without formally hiring one yet.

# FINANCIAL PREPARATION

## **Financial Documentation:**

- Gather financial documents: tax returns, bank statements, pay stubs, investment accounts, retirement accounts, and any other assets or debts documentation.
- Create a detailed list of personal and marital assets and liabilities.

## **Credit Considerations:**

- Obtain a copy of your credit report.
- Establish credit in your own name if you haven't done so already.

## **Budget Planning:**

- Draft a realistic post-divorce budget.
- Start saving for potential legal fees and initial costs after separation.

## **Financial Independence:**

- Open individual bank accounts and a new credit card.

# EMOTIONAL WELLBEING

## Support System:

- Identify supportive friends, family, or groups that can provide emotional support.
- Consider starting therapy with a counselor specializing in divorce.

## Well-being Strategies:

- Engage in activities that promote mental and physical health.
- Practice stress-relief techniques: meditation, exercise, hobbies.



# CHILDREN AND CO-PARENTING

## **Informing Children:**

- Plan how and when you will talk to your children about the divorce.
- Consider their age and emotional maturity; possibly consult a child psychologist.

## **Co-Parenting Plan:**

- Begin to think about co-parenting arrangements: living arrangements, schooling, holidays, medical decisions.
- Research parenting classes or resources that focus on managing co-parenting during and after divorce.

## **Legal Considerations for Children:**

- Gather essential documents for your children: birth certificates, health records, educational records.

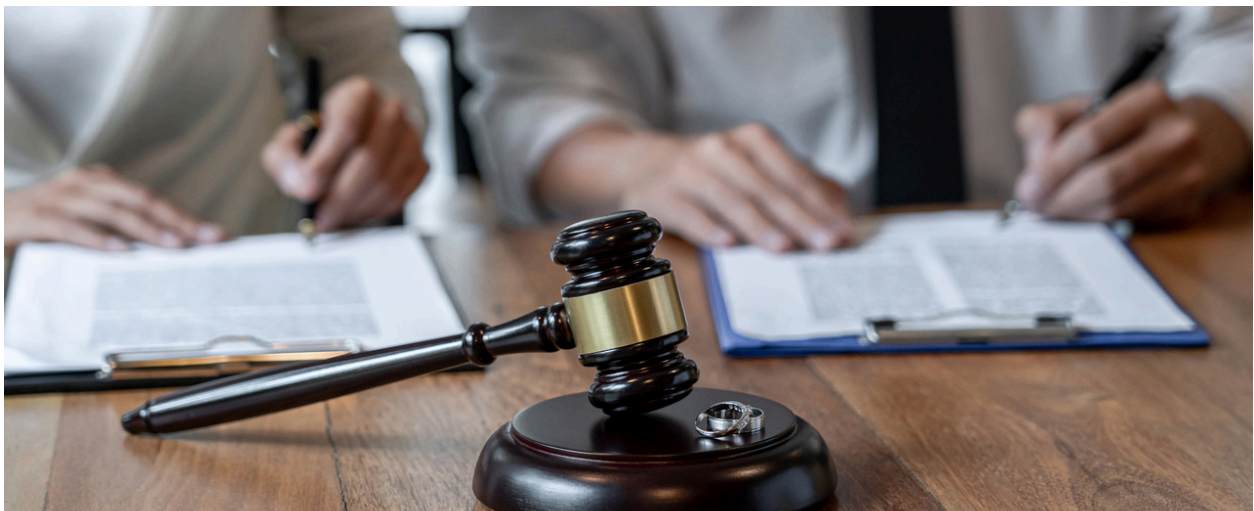
# LEGAL AND LOGISTICAL PREPARATION

## Document Organization:

- Create copies of all essential documents for your attorney.
- Use a secure system to keep track of dates, documents, and correspondence related to the divorce.

## Attorney Selection:

- Decide on and retain a divorce attorney who aligns with your divorce goals and approach.
- Prepare a list of questions and concerns to discuss with your attorney regarding your rights and expectations.



# FINAL CHECKLIST BEFORE FILING

## Review Preparedness:

- Go through all the items in this checklist to ensure nothing is overlooked.
- Have a final meeting with your attorney to confirm that all preparations are complete.

## Mental and Emotional Readiness:

- Confirm that you are mentally and emotionally prepared for the challenges ahead.
- Ensure you have a support system in place for the duration of the divorce process.





# Meet Your Coach: Kari Chaudhry



Kari Chaudhry is a distinguished entrepreneur and keynote speaker, widely respected for her innovative leadership and deep commitment to empowering women. After navigating the overwhelming complexities of her own divorce,

Kari recognized a critical need for clear, strategic guidance in this challenging journey. This personal experience revealed the scarcity of targeted support and resources that effectively address the specific needs of women facing divorce.

Driven by her own experiences and a desire to help others navigate this path more smoothly, Kari now specializes in divorce coaching, which distinctively combines strategic business principles with emotional intelligence. Her approach focuses on providing clear, easy-to-follow guidance that demystifies each step of the divorce process—from understanding legal complexities to managing children's expectations. Kari's coaching offers practical and straightforward strategies that help keep costs down and ensure you are well-informed about every stage and decision. This ensures you never feel lost or confused and are fully prepared before you even start engaging with lawyers. Through her coaching, Kari aims to transform the divorce process into a structured and manageable experience, preparing every woman she works with to secure their emotional well-being and financial independence with confidence and clarity.

Recognized in Forbes, Vogue, and GQ Magazine for her contributions to women's empowerment and business innovation, Kari uses her platform to advocate for strategies that foster resilience and growth during one of life's most challenging transitions. As your coach, Kari offers more than just guidance—she offers a partnership. She is committed to supporting you through every step of your divorce, ensuring you feel empowered to move forward with confidence and clarity.

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## Contact Info

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