

Divorce Worksheet

Personal information				
Name of spouse 1:				
Contact information:				
Name of spouse 2:				
Contact information:				
Date of marriage:		Date of separation:		
Children's matters (if applicable)				
Preferred custody arrangements:				
<ul style="list-style-type: none"> • Joint physical & legal custody • Primary physical with joint legal 		<ul style="list-style-type: none"> • Sole custody • Other: 		
Parenting schedule ideas				
Weekdays:		Weekends:		
Holidays:		Summer/breaks:		
Child support framework				
Spouse 1's monthly income:				
Spouse 2's monthly income:				
Children's monthly expenses				
School: \$		Activities: \$		
Medical: \$		Childcare: \$		
Other: \$				
Property & Finances				
Bank accounts				
Account type	Institution	Account # (last 4 digits)	Balance	Joint/separate

Debts/liabilities				
Debt type	Creditor	Monthly payment	Balance	Joint/separate
Investments				
Type	Institution	Account holder	Approx. value	Date of marriage value
Business interests				
Business name	Ownership %	Estimated value	Started before/during marriage	
Real estate				
Property	Estimated value	Mortgage balance	Under whose name	Keep/sell/transfer
Vehicles				
Vehicle	Estimated value	Loan balance	Under whose name	Keep/sell/transfer

Other personal property items			
Item	Estimated value	Currently with	Keep/sell/transfer

Personal support system

List 3 people you can call when feeling overwhelmed:

- 1.
- 2.
- 3.

Check those that you have or you need:

- Therapist/counselor
- Divorce attorney
- Financial advisor
- Mediator
- Support group

Next steps

- Gather important financial documents
- Consult with attorney about rights and options
- Create monthly budget for post-divorce life
- Develop communication plan with spouse regarding children
- Research co-parenting apps/tools
- Consider mediation for unresolved issues

Remember: This worksheet is a starting point. Things will feel overwhelming, but breaking the process into manageable pieces makes it less daunting. Take one section at a time, and reach out for help when needed.