



Preparing for Divorce - Limited Scope

Income

Pull your last 3 years of tax returns out. Look them over, along with all of your W2's, K1's, and 1099's. Where is your money coming from?

Assets

Find all accounts listed on your federal tax return producing income. Additionally, locate any account with money in it, and your name on it, and pull 6 months' worth of statements. (checking, savings, money market, retirement (401k, IRA (traditional and ROTH), pension, life insurance, CD, mutual fund, annuity, etc.)

Debts

The best way to obtain all of the debts in your name is to review the most recent 3 months of checking, savings, and credit card statements, and itemize all of your spendings. This will give you an accurate depiction of where all of your money is going. This task can be cumbersome, which is why we offer a Money Mindset review for \$250 that takes 2 – 3 hours for an in-depth review and accurate completion.

Identity

Locate your government-issued identification. Will you change your name? The first thing you'll need after choosing is your original ID, your divorce decree stating your name change, then go to the Social Security office for a new SSN card, and then, you can go to the DMV for new State issued ID. ****this is the approach for most states****

Physical

Please check-in and be honest with what you need to live on a day to day basis to actually get around. Will you need physical therapy? Do you have prescriptions that need to be filled and doctors that you need transportation to and from? What are your genetic tendencies when in duress? Do you have the support you need here? How is your physical health? Are you sleeping? Are you exercising?

Emotional

Perhaps your therapist is a couple's counselor, and now you need new assistance? Or you're accepting that your life cannot go on the way it has in the past. Check-in with your local therapists, and personal growth retreats (both local, and international) to get reacquainted with yourself.

Spiritual

Often we lose connection with our higher power, regardless of the name we call that power (God, Universe, Self, Science) in divorce. It is important to reconnect in solitude with this power, and yourself exclusively. Doing this reignites the intuition that you were given, that you may have been suppressing for some time leading up to this decision of divorce.

Goals

What do you want from your life in the next month? 3 months? 6 months? 1year? 5 years? Do you have what you need to get there?

Network

Who do you have to help you on this journey? We provide resources for all of the people you need, so if you don't have the following, reach out! You'll need a home leasing agent, mortgage professional, personal banker, financial planner, insurance agent (for your property, casualty, life, disability, and possibly health insurance), title agent, realtor, therapist (for yourself and children), meditation specialist, clergy, small group support, self-care specialist, nutritionist, massage therapist, handy-persons, car sales-persons, not to mention your already existing support system. Like raising a family takes a village, so does dissolving a partnership called marriage. You're not alone. If you need access to resources in your location, request it on our contact page at www.option29.org. We will email it to you for free.

**You are not alone. At Option 29 we provide assistance, preparedness, and relief.
Call. Let's talk about it. Request to be contacted at www.option29.org from our contact page.**