

Divorce Worksheet

PERSONAL INFORMATION

Name of spouse 1: _____ Contact information: _____
 Name of spouse 2: _____ Contact information: _____
 Date of marriage: _____ dd / mm / yyyy Date of separation: _____ dd / mm / yyyy

CHILDREN'S MATTERS (IF APPLICABLE)

Preferred custody arrangements

☐ Joint physical & legal custody ☐ Primary physical with joint legal ☐ Sole custody ☐ Other

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: _____

BANK ACCOUNTS

1. Account type: _____ Institution: _____
 Account # (last 4 digits): _____ Balance: _____
 Joint/separate: _____ 2. Account type: _____
 Institution: _____ Account # (last 4 digits): _____
 Balance: _____ Joint/separate: _____

3. Account type: _____
Account # (last 4 digits): _____
Joint/separate: _____
Institution: _____
Balance: _____

Institution: _____
Balance: _____
4. Account type: _____
Account # (last 4 digits): _____
Joint/separate: _____

DEBTS/LIABILITIES

1. Debt type: _____
Monthly payment: _____
Joint/separate: _____
Creditor: _____
Balance: _____
3. Debt type: _____
Monthly payment: _____
Joint/separate: _____

Creditor: _____
Balance: _____
2. Debt type: _____
Monthly payment: _____
Joint/separate: _____
Creditor: _____
Balance: _____

INVESTMENTS

1. Type: _____
Account holder: _____
Date of marriage value: _____
Institution: _____
Approx. value: _____

Institution: _____
Approx. value: _____
2. Type: _____
Account holder: _____
Date of marriage value: _____

BUSINESS INTERESTS

1. Business name: _____
Estimated value: _____
2. Business name: _____
Estimated value: _____

Ownership %: _____
Started before/during marriage: _____
Ownership %: _____
Started before/during marriage: _____

REAL ESTATE

1. Property: _____
Mortgage balance: _____
Keep/sell/transfer: _____
Estimated value: _____
Under whose name: _____
3. Property: _____
Mortgage balance: _____
Keep/sell/transfer: _____

Estimated value: _____
Under whose name: _____
2. Property: _____
Mortgage balance: _____
Keep/sell/transfer: _____
Estimated value: _____
Under whose name: _____

VEHICLES

1. Vehicle: _____
Loan balance: _____

Estimated value: _____
Under whose name: _____

Keep/sell/transfer: _____
Estimated value: _____
Under whose name: _____
3. Vehicle: _____
Loan balance: _____
Keep/sell/transfer: _____

2. Vehicle: _____
Loan balance: _____
Keep/sell/transfer: _____
Estimated value: _____
Under whose name: _____

OTHER PERSONAL PROPERTY ITEMS

1. Item: _____
Currently with: _____
2. Item: _____
Currently with: _____
3. Item: _____
Currently with: _____

Estimated value: _____
Keep/sell/transfer: _____
Estimated value: _____
Keep/sell/transfer: _____
Estimated value: _____
Keep/sell/transfer: _____

PERSONAL SUPPORT SYSTEM

List 3 people you can call when feeling overwhelmed:

Check those that you have or you need:

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

NEXT STEPS

Select all that apply:

- ☐ 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.