

10 Smart Steps for a Fresh Start

Post-Divorce Checklist for the Financial Side of Life

You don't have to figure out everything all at once. This checklist is designed to help you take clear, confident steps towards rebuilding the financial side of your life after divorce. Start small and remember: Progress is powerful.



Update your budget

Track income and expenses based on your new lifestyle.



Revisit financial goals

Retirement, emergency fund, kids' college, etc.



Review credit and debt

Credit report, joint accounts, credit cards



Adjust insurance policies

Health, auto, home, life.



Update legal documents

Will, power of attorney, beneficiaries.



Evaluate housing

Rent vs. own, affordability, downsizing.



Understand taxes

Filing status, exemptions, deductions.



Track Social Security implications

Especially if divorced over 10 years.



Build your team

Financial advisor, attorney, therapist, CPA



Practice self-care budgeting

Leave room for joy and healing.



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