

The Smoother Divorce Checklist (New York Edition)



DIVORCE DEN

NAVIGATING YOUR JOURNEY
THROUGH CANDID CONVERSATIONS

Your quick-start guide to a calmer, smarter divorce.

Know the Rules

- ☒ Learn the basic divorce requirements in New York (residency rules, grounds for divorce, support calculations). Keep in mind that each County may have their own rules as well.
 - ☒ Look into whether you qualify for uncontested divorce and, if so, what is needed. Check out Divorce Den Blueprint to see if you qualify for a flat fee uncontested divorce.
 - ☒ Understand the difference between mediation, Collaborative Divorce, and court-based litigation.
 - ☒ Include Additional Info Here: _____
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Protect Your Children

- ✓ Learn about New York's custody factors — what exactly is the “best interests of the child” standard?
- ✓ Consider a parenting plan that supports co-parenting and shields kids from conflict. Utilizing the support of a parent coordinator may be helpful here.
- ✓ Identify how you'll handle holidays, vacations, and decision-making together. Start to write down your agreements to avoid any confusion.
- ✓ Include Additional Info Here: _____



Organize Your Documents

- ☒ Gather recent tax returns (past 2–3 years).
- ☒ Collect recent pay stubs, bank statements and retirement account statements. Don't forget about crypto.
- ☒ List all marital assets (house, retirement, investments).
- ☒ List all debts and liabilities (credit cards, loans).
- ☒ Locate mortgage documents, insurance policies, and titles to any property or vehicles.
- ☒ Include Additional Info Here: _____



Safeguard Your Finances

- ✓ Open an individual bank account if needed. Understand this account may still be considered “marital” but having access to your own money will be important.
- ✓ Track your current income and expenses. Try to project future income and expenses.
- ✓ Avoid taking on new joint debts during separation.
- ✓ Consider talking to a financial advisor or divorce financial professional. A CDFA (Certified Divorce Financial Analyst) can offer a wealth of knowledge.
- ✓ Include Additional Info Here: _____



Make a Plan

- ☒ Write down your biggest divorce goals (financial security, peaceful co-parenting, staying out of court).
- ☒ Visualize your post-divorce life — where you'll live, how you'll budget, what you'll prioritize.
- ☒ Create a rough timeline for the next 6–12 months so you feel more in control.
- ☒ Include Additional Info Here: _____

Additional Items

- ☒ What else can you think of that will support you, as you navigate the divorce landscape?
- ☒ Include Additional Info Here: _____



Build Your Divorce Support Team

- ☒ Research mediators or Collaborative Divorce professionals if you want to stay out of court.
- ☒ Find a neutral mental health professional for emotional support.
- ☒ Look for an attorney or coach if you need help reviewing documents, even if you settle out of court.
- ☒ Identify trustworthy family or friends who can help with childcare, moral support, or a second opinion.
- ☒ Include Additional Info Here: _____

Reminder: While this sheet is designed to help you prepare, it is not legal or financial advice. Always consult a licensed professional before making final decisions.

Disclaimer:

This document is for informational purposes only. This resource does not constitute legal advice and is not a substitute for consulting with a licensed financial professional, attorney, or other qualified expert.

If you need additional support, please seek counsel from a licensed legal representative.

